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P O D C A S T

with

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Episode 29

Welcome back to the podcast loves. I want to bring a convo that started on my IG. I posted some stories one weekend as I was going through a flare up of my chronic pain and issues that I struggle with. It's something I didn't really talk about for a long time even with my friends because - anyone who's listening who has chronic issues? You already know that it's just very common that people don't understand.

People invalidate you, whether that's conscious or by accident. And it's just, you know, it's even more energy when you're already just kind of needing to tend to yourself, right? When there's a flare up of any issues that you might have. And what I shared on my story is I first I shared that I was spending the whole day in bed and I just put one story up with a picture of me and my cat. And then a second one of my cat's face looking really cute.

And those stories got so many like thousands of views and a lot of responses, people messaging me, people engaging with it. And obviously it was really resonating with a lot of people. And I just put that up there just for self-expression. I knew I hadn't been on stories over the weekend and I just felt this tenderness as I was in bed on a Sunday afternoon after also not being able to go and attend an event on the night before, which was a Saturday. I had a plan to attend an event and I had to just be so for real with myself that I was not going and I had hit a wall with my energy.

So some of the things that I want to talk about today. First of all, I'm going to talk about the hidden block that keeps people with chronic issues, chronic pain and neurodivergence from success in business. So this is going to be a business episode, but I also wanted to share some context for context sake that I was diagnosed with autism and ADHD. There was actually a past episode on the podcast as well before the podcast re-birthed about neurodivergence and entrepreneurship. So I do recommend that episode.

I will say I have learned a lot since then because I believe that I had only been diagnosed maybe a few months before I recorded that. And now I'm coming onto the third year since my

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diagnosis. So I've definitely learned a lot. And just to give context on some of the things that I experienced,

Autistic burnout is something that I've experienced all my life without realizing it. Classic ADHD symptoms, a lot of classic autism symptoms, as well as physical pain in my muscles, neuropathic pain. That's like the feeling of just this aching, burning pain all over my body, kind of like fibromyalgia. I've never been diagnosed with fibromyalgia. I feel like I don't want to go off on a tangent, but fibromyalgia is very mysterious. And I think it's like a word to try and understand what is actually like a cascade effects of other, of a bunch of different symptoms, right?

I don't know how I feel about that word, but I'm not diagnosed with fibromyalgia, but I do resonate with how that pain is described. So it's a feeling of ache. It's a feeling of pain. It can be all over my body or in certain places in my body, tension in my body, as well as a feeling of fatigue, just a feeling of fatigue, overwhelm, not having capacity and getting very emotional, very dysregulated, especially if I push myself. If I push myself beyond my limit, then I can start crying later on or need to have a cry and just stay in bed kind of thing.

A lot of it shifted when I just gave myself permission to be who I am, to have the symptoms that I have and not try and always force myself out those spaces or ignore what my body's telling me in order to accomplish or achieve something or go to a social event. So I've started to be a lot more attuned to myself, which is one of the biggest, biggest, biggest keys in life, honestly, just being attuned to yourself.

And for a lot of us, when we've had these chronic issues and maybe adverse effects, adverse experiences in childhood, tuning out would be a go-to, right? Tuning out of how we're feeling would actually be a defense mechanism that a lot of us reach for. And then for those of us who that extended into substance abuse and other forms of escapism, which was the case for me, it makes a lot of sense, right? Everything to just not feel how we're feeling in the body.

Now that I've matured, matured and learned and gained wisdom and let go of so many things that were my escapism and coping mechanisms and really just came back to being with myself and choosing to stay with myself, that means declining or canceling a plan that night, you know, and just staying home and staying in bed instead of having another coffee or having a drink or something to make me feel good enough to go to the event. The lifestyle changes really were all led by just attunement to how I really feel and not making how I feel wrong, not making it wrong.

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Now I want to talk about the business block, okay? Because a lot of people, and here was the real life situation is, I don't, not sure when this podcast is going to be uploaded because I'm going traveling. So I'm recording a few podcasts, but at the time that I'm recording this, usually I record and we upload almost right away, by the way, in case you're wondering, I'm not much of a batching content person. I like to speak to the moment with my Pisces moon. I'm very attuned to the field and I like to speak to the moment.

Anyway, at the time that I'm recording this on the weekend I had the flare up, spent all Sunday in bed and posted the first stories. And then today, which is a Monday, I am blessed that I created, I'm blessed that I chose to create a schedule where I don't have calls on Mondays. Very rarely do I have calls on Mondays so I can be, just take my time and ease into the week. Monday is the day of the moon. It is the day of emotion, the womb, intuition, the home, the roots, the lineage, and it is a day that I really use to set the energetic tone and vibe for the week ahead.

I don't consider it a day off like a weekend where I'm like, woo, I'm not on my phone and I just want to live life. I'm unplugging from the whole online space on Mondays. I might be writing like today I'm creating content. I'm coaching some clients on Voxer and stuff. So it's not exactly a day off. It's a gentle easing in and transition from the weekend into my more like powerhouse days in business that are usually Tuesday, Wednesday and Thursday.

And then I like to keep Friday very chill once again. So I created that schedule. We have that choice. And today after I had a massage and I was just in contemplation over the flare up that happened and how it feels to be an entrepreneur and how to deal with flare ups and how these things occur and then how we navigate that.

I decided to speak to this in my story because something that I see a lot of, whether it's people asking me this that are clients that are in programs or my membership, people asking questions when I do a Q and A box on IG or just conversations that I'm observing. A lot of people that struggle with chronic issues, chronic pain, invisible illnesses, neurodivergence and anything else that I might be forgetting here have a belief that that is a hindrance to them in business.

And because they have that, they cannot have a business. And what I posted on my stories is that because I have these issues and neurodivergence, I *must* be an entrepreneur. My hyper-focused special interest became the magic that others seek me out for. When we have, actually the woman, Dr. Rabia Subhani, who gave me my assessment. And I also have

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supported her in some of the work that she's doing with online courses, which is super, super fascinating. She works with neurodivergent adults. She told me that one of the best things for anyone with neurodivergence can do is to have a career profession related to their hyperfixation. And it just makes sense, doesn't it?

We all have these things that we're obsessed with, that we love. And when we have to go show up at a job, clock in at a job that we don't really care about, where the hours are rigid, where we have to put on a mask and continue to mask, which is a huge drain of energy for us neurodivergence. Masking does cost us energy to do that. And then learn these processes or protocols, whatever that the job is that very often we don't care about.

That's hurtful to the system. That's actually abusive to the system, in my opinion. And the system we live in is abusive to all humans. Just in the exploitation and the core tenets of exploitation and extraction that are what the matrix is based on. But neurodivergent people or highly sensitive people or people who have flare ups and sensitivities, it's like our body is just fully rejecting it. It's like our body is just like, no, I'm not standing for this. Whereas with soul business, with our businesses, it's given me the freedom to have all the time off that I need and want to create this my schedule exactly how I want to create it, to have long periods of time where I'm not having calls.

Every year I take weeks off of doing calls. I got my assistant to count last year, I took 12 weeks off of calls, which was amazing. Like not all at once, but over the year, there were chunks of time where I went traveling or I went on retreats. I was not available for any of my client calls. I took six weeks off of posting at the end of 2024 into the beginning of 2025. I didn't post on Instagram once.

Having the total freedom of how you set up your weeks, how you set up your days, when you create, when you serve clients and finding the way that uniquely works for you is such an amazing asset for those of us who are neurodivergent or have chronic issues. Because we can literally create our life in a way that supports us and we can create our businesses in a way that supports us. And then we get to talk about the thing we're obsessed with all day long, right?

I get to talk about astrology all day long and get paid. I used to do that shit for free with my friends, right? On my days off when I had worked 40 hours in the week, I still wanted to talk about astrology, right? So it's actually, what if we could shift that perspective that it's not a hindrance to your success? It's the path, it's the path for you. Soul business is the path for you.

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If you feel called to sharing your spiritual gifts, soul business is the path for you, if you feel called to entrepreneurship.

So what I wanna talk about is the hidden block on why people with neurodivergence and chronic issues haven't necessarily had their breakthrough into being steadily sustained in business. Because yes, it's easy for me to say now, I can create my schedule how I want, because there's demand for my work, right? So I can choose, okay, I'll put client A over here, client B over here, we'll do the program on Wednesday. I like Wednesdays for programs, because it's the day of Mercury. Yeah, we get to get inspired by the astrology, we get to get inspired by our transits, we get to live in accordance with the cycles.

And our system fucking loves that. And it's actually so good for our systems. And also for women, women have different systems than men in terms of just, I'm talking like hormones, biology, our cycles through the month, right? Where we're in capitalism, we're expected to have the same level of productivity all the time when our energy, maybe I should say menstruating people, people who menstruate, our energy is different all through the month, right? So any way that we can be inspired to align our business and set our business up in alignment with cycles is inherently going to feel more rightful and harmonious with the system.

So how can we say, I can't do business because I struggle with these issues, that means I have to get a job. When the job is so much more harmful to you. But the reason why, the hidden reason, the hidden block is one, okay, there's a couple of things I wanna say. One is I get it.

If you knew that there were all these clients waiting there for you and you could just choose, okay, I just do calls on two days a week and I just fill it with these clients, but there's the added work of getting the clients. There's the added work of building the business to begin with. I get it. I get it. Whereas a job offers you, you can clock in, you can clock out, you get paid and you're going to survive in this crazy world where we need to earn our right to survive, which is something I don't agree with.

But you're selling your energy for something that's not necessarily, it could be, definitely, I'm not saying business is better than being employed. I know people that are very fulfilled in the work that they do, especially science people, engineers, I definitely know people that are fulfilled in their work. I'm talking about jobs that are not fulfilling to us that we do for survival. When we do that, unless we have a plan to step ourselves to a better position, we kind of end up looping in survival. And guess what that triggers?

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Chronic issues and symptoms. And guess what? When we need to show up to work no matter how we feel, unless we are actually sick and contagious, which that's at least excusable most of the time, not even necessarily all the time, but invisible issues are usually a lot harder to get time off for and you may not be able to. The reason we do that is to survive. And when we stay stuck in that, we are looping in the survival issue, then our symptoms get triggered and then guess what we may reach for?

We may reach for substances or other escapism things, whether it's sugar or alcohol or smoking weed all the time like I used to smoke, a big time cannabis smoker, no hate to cannabis at all. I think it's an amazing tool. I will not say I'll never smoke weed again because I really enjoy it. I think it's a beautiful medicine. Being a stoner is a whole, is another story. And if all we're doing is just managing our symptoms so that we can go to the job that we don't even fucking care about, how are we going to break that pattern at some point, right? Unless we are actually intentionally creating a way, a different way.

So I get it. I get it that it's scary to choose the business path because it's up to us to attract the clients, right? It's up to us to have the marketing and to show up so that the clients can be there so that then we can say, okay, great, I'm only gonna take clients on these days and I know my vibes, I know my energy, I know my energetic flow and my cycles. But we can get there. We can get there and you can even choose that before you have clients. You can choose to start tracking what days work best for you, what times of the day work best for you.

I do my first calls at 12 p.m. Eastern time. Every now and again, I'll do an earlier one for a client who's in a different time zone. Every now and again, I'll do an evening call for the Aussie clients. I have had so many Aussies and Kiwi clients over the years. But for the most part, my calls are at 12 PM Eastern time because that gives me the hours and hours and hours that I want in the morning before I am serving others. I am not someone who wants to wake up and an hour later have a call.

I like to have hours and hours and hours of free time and spaciousness to do my own self-care, but also just to like maybe read or journal or whatever that I wanna do. I need that freedom. Otherwise it feels a bit oppressive to me. And obviously that's a dramatic word to use, but that's just how it feels to my system. I don't wanna be rushing in the morning. I want to have all the time in the world and then sit down for my calls. That's something I can choose, right? So you can make the choices and start noticing when you feel better.

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When you feel more able to serve and when you feel more able to create. And this is one of the beautiful things about having a soul business is we can build it exactly how we want, but you also need to be attuned to yourself to know when great times are for different things. That's why working with astrology is really amazing as well, by the way. Knowing your cycle, all that stuff, really great, can inspire so much. And then there's also the piece on the real hidden block.

The real hidden block that I see play out every time I've had a conversation with someone about business and the person struggled with neurodivergence or chronic issues. It's an underlying belief that in order to be successful, you have to mask and abandon yourself, because that's what we were taught in all the jobs that most of us did and school potentially.

So when it comes to our businesses, especially for those of us who have social media platforms and that's how our clients find us, it's this thing on like, how I can't do all that because I am struggling with these issues. Meanwhile, it would have taken you a couple of hours to make a podcast episode and a post that day and repurpose the post into an email.

But you're happy to go spend eight hours at work doing something that's not actually exalting your gifts and not actually providing you the freedom to truly heal, all for financial security, right? And so if we actually, instead of seeing content creation, because I would say it's not so much about serving clients. The problem is usually not, I don't feel good enough to serve clients because when we're serving clients, we're in our magic.

When we're serving clients, it just feels so good to be of service. It's a, it's a container that we can just do our thing in our thing. You know, this is your thing, your thing that you love learning about, that you love talking about. Your thing that you're naturally gifted with, which is what most of us are doing for our business. Right. It's usually not the client service part. It's usually the content creation part that's actually the thing. So we can say, I struggle with these issues so I can't have a business.

What I'm really seeing. And I'm not saying that this is the only thing okay. But I'm just gonna, speaking from my experience of almost six years doing what I'm doing and serving thousands of paid clients and tens of thousands or hundreds of thousands of people that read my work online or came across my work in another way. What I believe it is really is this association with content creation and the marketing aspect that it requires you to abandon yourself.

So that if you're having a low energy day, you're having a low capacity day, you're having a flare up thinking you need to like put on a mask and put on a smile and go fucking be so high vibe.

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Check out my past episode as well on what it really means to be high vibe. By the way, it's a very complimentary message to this one. So we think, I need to go teach something so mind blowing and I need to make this like amazing content that no one's ever written before. So the pressure we've put on ourselves all our life and the pressure we felt in systems that were not made for us all our life, that was such a pressure on our system.

We then just bring that into our business. We literally bring it into our businesses. Instead of meeting ourselves where we're at and creating from there, we think we need to push ourselves to somewhere where we are not. So like, I'm feeling low. I need to force myself to make a post. I need to force myself to be in a different energy, to think different thoughts.

I need to fix myself. I need to show up. What showing up means to me, what I'm making that mean in this example, hypothetical, it's like making it mean that you can't just be yourself where you are in this moment, which means there's something wrong. Like there's something wrong with you. There's something wrong with the situation. You should be able to do this, that, and the other instead of asking yourself.

Not what should I be doing or fixating and looping around on what you should be doing. I should be posting more, should be posting more, I should be posting more. Listen, the post can take you 30 minutes, but instead we tend to be looping on all this other stuff that just feels so heavy and just adds to the pressure. And guess what? It triggers the symptoms. And at that point, it can just feel easier to just go clock in at a job and you're there, at least you know you're getting paid, which is not something that you know as a business owner until you are more sustained, right?

Because you can't force clients to be your clients. But at a certain point, you can build the sacred structures that hold you where, you know, I've had probably 62 or 63 consecutive multiple five-figure cash months in a row. So did I mention I'm autistic, have ADHD, struggled with addiction, dropped out of high school when I was 15? Did I mention these things? So it's definitely possible.

But the uncertainty and the pressure and the, should be this, I should have posted more, I need to show up more, da da. It's not about more. It's not about showing up more actually. Posting more than four times a week is an amazing rate to post. If my goal is growth, four times a week would be awesome. But seven times a week, I don't think is gonna make that much of a difference. Writing three emails a day, I don't think that's really gonna make much of a difference. And these things don't actually take that much time.

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Spending eight hours doing something that's not related to your purpose or utilizing and expressing your gifts, that seems a lot harder actually when you really think about it. But the thing is that posts and content don't come easily when you are crushed under the weight of the pressure that you're placing on yourself with the underlying assumption that you can't succeed as you are. So you have to mask and push yourself to be someone and somewhere as in a different place in how you feel in order to succeed and that's not true.

Where this whole transmission is coming from is that I made some stories today saying about this, like bringing up these pieces on, I hear and see a lot of people with neurodivergence use it as an excuse on why they can't succeed in business. Like, I want to succeed in business, but I'm neurodivergent. It's like, yeah, and? So you're telling me you have a special interest. You're telling me you have a hyper fixation on stuff, that you think differently, you think in a different way.

Why would that mean you have to get a job? To me, that means make a business that honours and exalts your energy. And that, then the real block is actually not the business. Usually it's the content creation because we're so used to needing to perform a role, needing to mask, needing to override the way we feel that when it's just the vulnerability of us and our audience and all the lifetime of shoulding on ourself, I should be this, I should this, I should this, I should this.

How can your transmission of your work come through in a way that is pure, that actually energizes you? Your social media, your content creation, written posts, graphic stuff, videos, podcasts, whatever, it can be an outpouring of who you already are and the stuff you're already thinking about and doing. Because our soul business is meant to be a vehicle of our medicine that is connected to the path that we're walking right now. So how can it require you to be someone different than you are?

If your soul business path is your own destiny, how could your destiny require you to be a different person than who you are? When your destiny was made by and for you. So it's this fundamental shift in the way we even see business and purpose, not as something where you need to perform like a little clapping monkey, like the cymbal monkey toy, you guys know what I'm talking about, but as an outpouring of what you're already doing, which is walking the path.

Walking the path of your medicine, walking the path of your leadership and just sharing from that space. Neurodivergent people usually love to talk about stuff. So why don't you understand how that communication flow from your throat chakra in your heart can be your content? It's not

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something different. It's the stuff you're already doing. It's the stuff you're already doing. You're already thinking about it. You're already having conversations with people about the things that could be your content, but you're just making content such a big deal that it triggers the chronic issues and you think that they're related in ways that they're not.

We're creating those associations and we can uncreate those associations. So I made my stories today and I said these things. I said, you know, I maintained 50k months when I took six weeks off of posting. I took 12 weeks with no client calls because I went on so many trips and was like not scheduling calls during different chunks of time. Added all together in that one year was 12 weeks, which is amazing. It's like three months. And, you know, made multiple millions of dollars this whole time.

I've had a level of consistency, as in aside from the six week break on IG, I never just disappeared. I was always there for my people. I was always speaking and in leadership of my own life and sharing what I learned and sharing what I saw with my audience. But it was also very spacious. My level of energy was not consistent in a linear line that time. There were massive ups and downs. It was huge, huge, huge ups and downs.

So when people ask, well, how do you show up when you're struggling? It's like, what do you think showing up is? It's not clocking into a job you don't care about. It's an outpouring of the things you're already thinking about and the work that you do with clients that you say is a passion of yours. Otherwise, why are you making a business about it?

So I wrote the stories and shared all of this. And then I said, this is exactly why I care so much about business, because I created structures. created monthly recurring revenue. I created structural integrity in my business and my product suite, which is a very diverse product suite. And that's how I've maintained this level of revenue all this time. And then I said, I have spots open for one-to-one. So hit me up if you're ready to be coached one-to-one by someone who really sees you, who understands your energetic blueprint and has been where you want to go in terms of business success.

And that story was, I got back from the massage. I took a picture while I was just sitting at my dining table drinking the rest of my coffee. No makeup, no filter. Pretty much in my PJs to be honest. Actually, no, it wasn't my PJs, but it was like my comfy clothes that I wore to the massage, but I didn't sleep.

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I don't sleep in clothes, so it wasn't my PJs. But it pretty much was clothes I wouldn't normally want to wear for IG live, let's just say. And yeah, no filter, no makeup. And I wrote on it all the words that I was saying. I just wrote on one picture. So I kept using the same picture. I put like a black layer, transparent black layer on it in the IG stories for it. And I just wrote on that.

I did no graphic design. I did no photo shoot, I did no five million takes to try and get a cool shot of me in a video. I didn't make an email, I didn't make a post, like I just made these stories and I've had multiple inquiries. One, it had lots of views and two, already had multiple inquiries for the one-to-one spots that I was talking about.

We need to start recognizing that it's not effort that gives us success in business. It's energy, it's magnetism, it's strategy. It's speaking to our people and it's being the leaders in our lives who transmute our current experiences and overflow that and outpour that to others, not only for them, but for ourselves. Sharing our work with the world is as healing for us as it is for anyone else.

So no, it's not some chore. No, it doesn't require you to be someone you're not or to be somewhere that you're not, like to be experiencing no pain or to have no symptoms flared up in order to be successful. I shared these stories that got thousands of views and so many responses and direct inquiries from one-to-one clients from a space of being in a flare up. And I wasn't pushing myself to do it. I didn't do it because I was like, you have to post. That energy, that whole paradigm of you have to post is such, I'm sorry, excuse my French, but limp dick energy. It's so impotent.

If the word potent means strong, that energetic is impotent. You don't have to engage with the energy of, my god, I have to post. What am I going to post today? I never ask myself that question. What am I going to post today? I never ask myself that question. I just live my life. I study. I work with clients. I feel. I look at the astrology transits and I feel into what wants to pour through me.

But if you're super disconnected from yourself, if you're always running away from how you feel, if you're not in your body at all, if you're always in your head, thinking, thinking, thinking, I should post, I should post, I should post, it's gonna be pretty hard to receive the transmission or the insights that you could outpour to others.

So this is yet another example, example number 700,512 of how your business is a mirror for your personal development. Are there other things we can talk about here? Of course. Having

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these chronic issues is a lifelong journey of learning to love ourselves and care for ourselves. It's a lifelong journey of really deep healing in the way that it challenges us and kind of forces us to face certain things.

So of course, along the way, I found lifestyle and food and supplements that worked for me. But I still have symptoms by the way, I still have flare ups. I'm not perfect by any means, but what I'm saying is, yes, the journey when I said before that, if you're really disconnected from yourself, you're experiencing all this pain escaping it, all these coping mechanisms, always in your head trying to figure stuff out. That's not always something you can just flip like a switch, because there's a reason why we don't feel safe in our body.

We have to cultivate that safety with different things, nervous system work, grounding, letting go of certain things that are making everything worse. Of course, it's a multifaceted journey. But if deep down, underlying everything, if you believe you have to perform or abandon yourself to be successful in business, and it's hard enough having your chronic issues, that's going to influence everything too, because that's a core belief that is playing out through the actions that you're taking and impacting the results of the actions that you take too.

Whereas if you could see that business is the perfect path for you as a neurodiversion person or a person with chronic illness, it's the perfect path for you. You get to exalt your hyper fixation. You get to talk about the thing you're obsessed with. And sometimes talking about the thing you're obsessed with includes typing it out and making it an IG post. Okay, it's not that hard. It's not, IG post is to me, it's not that different than me just speaking to you right now. It's like, it flows. And if there's problems with it flowing, you can look at that.

You can learn from that, right? Is it learning to be more in your body? Is it regulating your nervous system? Is it throat chakra stuff where you have all these ideas in your head, but you're not expressing them out of your communication pathways? So it's not a one size fits all, but if underlying, you can know that your business is the perfect path for you and you're just figuring out how to create it in a way that honors your energy and honors your blueprint. And there's going to be ups and downs. And that's why it's so great to have a business. You can not be fired from your business, right? You can actually build it in a way that supports you.

Another thing I wanted to share is if you're someone who might not be able to serve clients on certain days, like it's if the symptoms and things you experience are so bad that you like, you really, it would be actually harmful and like almost like self-abusive to serve clients when you're in a flare up, you can just let clients know that.

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You could even have in a contract, you could have that as a box that they check on the terms and conditions when they're paying for your offer. You can say, I am someone who struggles with this, that, and the other. And it's possible that on a day that I have a flare up or on a day of da da da, something, whatever's appropriate for your situation, that I will reschedule the call. You can say that. You can create your business how you want.

I have had a coach who in private or high proximity coaching in the contract, said a menstrual policy and the menstrual policy was if it's my first day of my period, I'm most likely going to reschedule the calls and I agree to that and everyone always agrees to it. So this is the thing with soul business. We're pioneers of a new way. You're not supposed to contort yourself into a box of what you think success means. You're here to birth a new way.

I know people that just mainly do audio programs. That's what I did during periods of time too. I just had audio on my membership and that was my main thing. I didn't want to be on camera because I didn't have the energy for it. It took a different capacity. And that's the beauty of it. We get to try things, we get to experiment and we get to do what works for us while honoring whatever we promise to deliver to our clients, right? And you can just let people know if that's a real thing for you.

For me, I have not had to reschedule calls with clients. But I have definitely rescheduled a lot of calls with mentors where it's like, just don't feel up to today's call. I'm having a chronic pain flare up. Just being honest about that and unmasking, being more and more unmasked in my business and in my personal life has liberated so much energy for me. So I can now direct that energy into creation and into my purpose and into sharing content and all these things. So is it hard? Yeah, it is.

Is it harder for you than for other people? In some ways it is. And I would venture to say in some ways it isn't. Because having a hyper fixation and having these things that we're passionate about and thinking differently than others is exactly what makes you a pioneer. Because pioneers go where others haven't gone before.

So this is a big topic. Please let me know if this resonated with you. And whoever you are, wherever you're at, the days that there's struggles, the days that there's ups and downs, I just want you to know that you're not alone. You're very not only allowed but encouraged to be with yourself, to tend to yourself. If you got to spend the day in bed, spend the day in bed.

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And all the energy we spend trying to make ourselves wrong and saying, we should be doing this, I shouldn't be feeling this and I should be doing this. If we control alt deleted that, we would have so much more energy for our actual work in this world.

Let that be part of your sacred rebellion. Sometimes if we can't do things for ourselves, we can do it in the name of sacred rebellion against the system. That can be a helpful one as well. And I'm not saying it's just so easy, trust me. That's not what I'm saying.

I'm just offering some other ways of relating and being in relationship with your business, your work and your body that have for me provided a lot of liberation, a lot of spaciousness and a lot of freedom. The freedom to not only, you know, I'm about to go travel for two months where I won't be doing any high proximity work that whole time. I'll basically just be having my memberships. I'm pre-recording some podcast episodes right now so that the episodes are still coming out while I'm gone.

Just gifting myself periods of time where I'll be completely unplugged and like not even have my phone kind of thing. I'll be sitting in ceremony and also having the money and abundance to take care of myself with regular bodywork sessions, with the supplements that I want, with my at home red light sauna, with, you know, having so much abundance that I don't need to do calls five days a week because I created it in a different way, in a scaled way where I'm not dependent on one-to-one and I only do one-to-one as like a cherry on top.

That's something I built. It didn't just happen by accident, it happened intentionally. If you resonate with this and you wanna work with me for mentorship, for business, leadership, creation, all in alignment with your blueprint, if you're listening to this, actually, I don't know when this podcast is going out because I'm pre-recording once for my trip.

You can reach out to inquire about one-to-one. I'm not sure what will be available. And there's also the Temple Mastermind and the Star Stream membership, which is the lowest price, most accessible price to work with me for a business where you can directly get coached by me in the group calls. And then there's also audios about business insights and moves and leadership things, content stuff. So there's a big range there from my low ticket membership to mastermind options to the limited one-to-one spots that I have every year.

So thank you so much for listening. Thank you for being a listener of the podcast. And as always, feel free to message me any requests for the podcast too, especially on the neurodivergence chronic pain front. I would be very interested to know what questions you guys

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might have because I know from how many messages I get whenever I talk about this topic that a lot of the listeners do have that as part of their incarnation with the chronic issues. okay.

Thank you so much and I'll see you in the next episode.