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BUSINESS

P O D C A S T

with

AYESHA
DURRANI

Episode 32

Welcome back to Aquarian Age Business, my loves. I have a very special guest today who really is an embodiment of Aquarian Age Business in so many ways. And that's really what brought us together in connection. So I'm so pleased to bring my dear soul sister and like many way collaborator, Lara Maysa.

Lara is an Egyptian ceremonialist, pilgrimage guide and leadership mentor. She guides intimate groups through initiatory life-changing luxury journeys on the Alchemy of Egypt annual pilgrimage. She also does one-to-one mentorship, group programs, working with astrology, human design, gene keys, ritual, Egyptian mystery teachings, all the magic that we love. And she is an artist at heart with a background in filmmaking and photography in amazing ceremonial photo shoots. And if you've been following me online, you've definitely seen some of the things that we've created together. So I'm so pleased to have you, Lara. Welcome to the podcast. Thanks.

Lara

Thank so so much, babe, for having me. Honestly, I feel so honoured to be here. Yeah, can't wait for this conversation.

Ayesha

You are an Aquarius rising as well. So that is the energy of Aquarian Age business in so many ways. Our conversations as like allies and supports of one another over the years are really so Aquarian Age business. So it feels amazing to have you on the podcast and to give people some background as well. I mean, I attended the Alchemy of Egypt 2023 pilgrimage, which was so deep and profound for so many reasons in so many ways. I was so blessed to be able to give my Aquarian Age talk on the Dahabia, which is like the luxury boat that goes down the Nile River.

The the sun was setting, golden hour with the most amazing group I'm sure some of you guys are listening to and like, know who you are. And in these years, you know, in these last like

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three years, I've spoken at Alchemy of Egypt. I've hired you for amazing photo shoots in 30 million year old salt flats, sand dunes of the Sahara.

You were in the MYSTICMIND for six months and I got to support and coach you in not only scaling your business, but in a very pivotal time for you and what you're leaning into. I have taught and called your mastermind. Like we've just weaved in so many different ways. And so it's so great to bring you on the podcast because I know that that's really in frequency and resonance with so many of our listeners.

So I'd love to hear you share about how did you come into leading these life changing pilgrimages of Alchemy of Egypt, which also attracts so many huge industry leaders and so many different people from different walks of life that feel the call to come to these temples. Where did your story start with that?

Lara

Thank you so much, babe. Yeah, just such an honour as always to continue to weave with you. Yeah, I guess, you know, it's a really funny story for me because in no way did I ever desire or imagine that this would be the work that I would be doing. So as you mentioned in my bio, my background is in film and photography. So I actually went to film school. I was a super film geek, like shooting documentaries, working for the BBC, Vice, living in London. I was also doing photography on the side. And, you know, I was really happy in that career.

Like, okay, of course there were many, many aspects of myself that were out of alignment, but for the most part, I actually really loved the work that I was doing. I loved meeting people from all walks of life, finding these incredible stories, being able to tell those stories and capture them in a really visually compelling way. And it wasn't until COVID actually, where I ended up for, yeah, just full divine intervention, I ended up being stuck in Bali during the whole of the pandemic.

And I think like most of us went through a really deep dark night of the soul. And during that time, I remember there was a very specific season. I think it was like maybe three or four months where I was living alone in this little like very modest kind of bungalow situation. It was by the river. There was a beautiful garden and stuff, but it was very small, very modest place.

And at the time, you know, the Balinese government was really strict on lockdown and on social distancing and whatnot. So I was pretty much alone by myself, like all day, every day, like many of us were during the pandemic. And I think during that time, I fell into a pretty deep depression,

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which is something that I've struggled with for most of my life. And there's always kind of seasons where I'll kind of dip in and out of those, yeah, just those ways. And I remember truly not being able to do anything. Like even just showering was a lot, brushing my teeth. It was like a lot of effort and a lot of energy to do even basic things.

And the only thing that I really had energy to do during this time was go outside in my little garden and just sit by this tree. was just this one singular tree in my garden. And it wasn't even, I wasn't meditating, I wasn't journaling, I wasn't doing anything. I literally would just sit there and just be. And it was so interesting because I think that was the first time in a long time that I actually did nothing. And even though I was depressed, I didn't actually realize at the time how much this season was actually healing me.

You know, and then I also love just like the, I can't remember who said it, maybe it was Jim Carrey, but like he really reframed depression as deep rest. You know, when you're depressed, you need deep rest. And I didn't really know that that was what was happening because I was like, God, here we go again. I'm in this kind of cycle. But I, yeah, I was just not able to do anything. And then shortly after I started having the most insane, incredibly vivid, lucid dreams that I had had in a really, really long time.

And, you know, I've always had quite vivid dreams. I've had lucid dreams since I was younger, but I hadn't had a lucid dream in many years. And so suddenly these lucid dreams started happening. And essentially these dreams were more like a kind of training. And every night it would be another initiation, another training where I was basically met by my guides who I couldn't see or hear, but they were communicating telepathically with me and they would basically guide me through these different trainings.

Some were, you know, how to cultivate my intuition. Some were about how to read energy in the room. Some were how to channel like certain objects or like how to channel like the water and things like that. And after about two months of this, at the end of that season, a very, very clear message came, which was that I needed to go back to Egypt, to where I'm from, and essentially do a pilgrimage through the temples and actually go on a proper journey.

You know, for context, I am originally half English, half Egyptian, born and raised in Cairo, so I had already been to many of these temples and the pyramids many times since I was a young child, but I had never done the proper pilgrimage, the proper journey. So In the middle of the pandemic, even though it didn't make any sense, I ended up just following that nudge. I went to Egypt, I spent four months, and I literally just went to every single temple, every pyramid, every

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sacred site. I literally stumbled upon sacred sites in the desert that were not even open to the public. It was just so many, the path just opened. There was so much ease in that time, and it was so beautiful.

And then at the end of those four months, the next calling came, which was that now I, the calling was, now you will take people on the same journey that you took yourself on. And it will be called the Alchemy of Egypt. You must start right away, 2022. And the people that are meant to go with you have already been chosen.

Ayesha

Wow, that's so profound. I actually didn't know all the different parts of that story of like the telepathic trainings and things like that. And one thing I want to say is that you're a Projector. And I wanna say that because so many listeners and people that are attracted into my world are projectors. And I feel like that falling into deep rest and really letting yourself almost empty right out to become that vessel and become that channel. And lo and behold after that deep rest all of these things were able to come in so such a beautiful reminder that those messages from our bodies,

They may be inconvenient air quotes inconvenient within the dynamic and paradigm of capitalism and colonial capitalism that's really extractive of our bodies. Like, why am I feeling this way? So, you know, it's not the plan or whatever. And through listening to that, it created this space for you to receive everything that was literally your destiny. So it's so, so powerful. Thank you so much for sharing that.

Lara

Of course. Yeah, it was really, it was a wild time. And it was funny because like even when that second calling came and it was on my birthday as well and that was such a magical day. Like it was just so many ridiculous synchronicities happening. And this calling came literally, I was in the hair salon getting my hair done. And it literally came through like a voice in my head, which I never tend to experience. I'm not really like, clairaudient, but it was just this booming, bellowing, like, just like shook every cell within me.

And even in that moment, I just, I was like, really? Like, really? Are you sure? Because, mind you, I had never even held a women's circle at that point. Like, I had never even held a moon circle, a sister, like, none of that, none of that, nothing, not even close. I was like, my followers on Instagram don't even know who I am because it was basically just my photography and film portfolio. So it was so random, it didn't make any sense, but it was like something kind of took

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over and I was almost watching myself from a third perspective, looking down on myself, finding the people, messaging the potential tour operators that I wanted to work with.

Creating the landing page, making the trailer, utilizing my film skills as well to kind of tell the story of what I was taking people on in this journey. And I was like, well, maybe no one will even sign up. So whatever, I'm just going to give it a go. And I was just like, well, it seems like this is happening regardless of my will or my choice. It was kind of just happening regardless. And then when I launched it, I sold out in two and a half weeks.

And it was just, again, this confirmation that they've already been chosen, like the people that are meant to join you have already been chosen. And yeah, it's been a really beautiful journey and it's kind of just taken on this life of its own. Yeah.

Ayesha

So, so beautiful, so powerful. And I believe that that was the one that I was an affiliate for before I spoke. Yes. Yes. I wanted to share this because

People often, especially at that time in Instagram and like my Instagram growth seasons that were very like 2020 to 2022 was like the hugest growth spurt for my platform. And I would get a lot of different brands being like, hey, can we send you this? Can you send you like da da da? And I always was like, you know, if my...

with it and what I would tell my assistant because there were just such a huge amount of them that were coming through at that time a lot. Everyone was online. Everyone was, you know, it was a bit of a different, different time. And I would tell my assistant, like, if it's not something I would personally buy, like, actually, I would buy it. Like, if it's like beeswax candles, something I already buy, for sure. If it's like organic natural skincare. Okay, like I did it. I said yes to a few.

But the message from Lara was sharing a bit about Alchemy of Egypt, feeling the resonance and saying, like, I will hand select altar items for you and they will be charged in sound ceremonies in the Great Pyramid of Giza in the King's Chamber. And I was just like, what the heck? I was like, what is going on? I was like, I'm going to say yes to this. And a bunch of people from my community went to that one. And then for the next one, I got to actually attend and do the whole experience, which was so...

Especially looking back in retrospect, it feels life changing in the moment for sure, because you're just getting blasted open, like your consciousness, it's a, we'll talk more about the

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journey, but like, holy F, like while you're going through it, you definitely are feeling like, wow, this is, it's immense, this is immense. But actually in retrospect now, a few years later, that actually was the beginning, I actually have full body goosebumps right now because,

You don't even know until later how profound it is. And I literally look at that exact period of time. When I look at a calendar, that actually was the beginning of all that my life has become right now. So it's yeah, it's such an incredible journey to come on. And I love that. I know you also host your group mentorship called and you were so called, you were literally called into this. And I know in 2020, I've been thinking about this a lot lately.

Now that we're in 2026, I've been feeling this like six, seven year cycle coming to a close that started in 2020. And this isn't even about a specific astrology, actually, it's more something I'm just a pattern I'm tracking in the field that in 2020, so many of us were literally called into what we are doing now. And through that over the years, there was also dark nights of the souls that happened within the collective, within the industry, within the online business space changing and mentorship changing and like many seasons within that.

And now that we're in Firehorse and we're in the one year, it really feels like there is this change. Plus, of course, we know in 2027 is the huge piece in the human design prophecies. And that is really specific to projectors too. So it's just like we need these last six years to be stepping into what we're going to be called to in 2027. Side note listeners, I've been thinking about having a guest on to speak about the 2027 prophecy because I don't feel that I'm the person to speak on it.

Lara

Yeah.

Ayesha

So let me know if you want to see that episode because I'm feeling it.

Lara

I want that episode for sure.

Ayesha

I remember when I started my business, it felt exactly like what you said. I didn't have those same, like direct communication from my guides like you, but I remember that feeling of witnessing myself just boom, boom in the motion doing this. And I look back and I'm like, how

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did I know everything what to do when I did not have any idea what was going on? And how did I just keep like with no force and effort, but it was a lot of work, but it wasn't this thing. like, I should be doing this.

I'm dragging myself through it. Like I was animated by something at that beginning creation point. And over the years, sometimes I strayed away from that energy. And sometimes it did start becoming like, I should do this, I should do that. And I see that a lot. And I think it's a valuable conversation to have for the listeners. Like, has it ever felt like that? Where you've kind of strayed off of that original magic and that original calling and you had to come back into it?

Because I feel sometimes there can be... What I've tracked in the field over the last like six years is a lot of people that had that really strong calling also having a year or two of kind of veering off path, almost feeling like they're an autopilot and needing to come back to that, the true stream. So I'd love to hear you share about that if you resonate.

Lara

Yeah, for sure. No, I've definitely had that, you there's always that kind of oscillation back and forth. And I mean, I think for me, there's like, there's so much magic at the beginning. And whenever I find myself falling back into this monotony of like, okay, now it's just another thing on the to do list. Okay, now we're at another launch. Now we're da da da.

It's always about coming back to that original innocence almost, like how naive we were. Like I didn't know what the fuck I was doing. I was freaking out all summer. Like I remember that summer before the first Alchemy of Egypt, I was not okay. Like I was freaking out, but there was so much sincerity in that. There was so much genuine, like just so much care. And I think that that's the one thing that I always come back to and that I always like to remind myself.

is to always stay humble and to always stay connected to that innocence, like to stay connected to that initial spark and that initial kind of wide-eyed like, okay, this doesn't make sense, but we're just gonna go for it, here we go. And really being in relationship and connection with her, like that version of me, even when I'm writing the content, so instead of it being like, okay, now I need to do more, it's like, okay, what am I actually excited about?

Because for me, every pilgrimage is so different. And people actually ask me quite often, they're like, you've been doing this for several years now. Do you change it? You know, do you change the pilgrimage at all? And I'm like, honestly, I don't because it's so dialed as a journey and it is actually based upon the initiates path of ancient Egypt. Of course, there's always adjustments

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and I always , you know, take on feedback and improve things, but for the most part, it's the same thing, but it's almost hard to get into the monotony of it because every journey truly is so different and that's because the people are so different each time.

And there's always such a unique, there's always a unique medicine of every group and every journey that is corresponding to what's happening in the collective, the astrology, what I'm going through, what everybody else is going through and us all mirroring each other. And I think for sure, like there have been times where it has felt like a bit more of, I guess, I don't want to say a struggle, but for sure there have been moments where it has felt like, you know, it's a big thing to carry and to launch.

And at one point actually I did take one year off. I did take a year off and that actually really, really helped. And that year I only did one private pilgrimage. So I didn't launch it. I just had one group who wanted a pilgrimage and that was really easeful for me. But I think sometimes, you know, just taking that step away was actually really really helpful for me in that moment where I was feeling like my gosh. I don't know if I want to launch this again next year because it is a lot of energy and it's a lot to hold.

But yeah again it's just like staying connected to the ritual around it staying connected to the people who are coming because I think sometimes we can get caught up in the business of it all and the, you know I'm launching, I have to fill the things and I've definitely been caught in that myself and just coming back to the reminder that this is truly a once in a lifetime journey for many people. For many people, it really is once in a lifetime.

Some people are crazy like me and they'll come again and again, but a lot of people, it is a once in a lifetime and to really take that with a lot of care and responsibility. To just honour that this is just a really big step for many people and just to never lose sight of that and to always come back to that in moments where I have been a little bit disconnected from that original spark, as you said.

Ayesha

Yeah, I think so many other business owners and creators that are listening can resonate with that because everything, all the best things start with that magic spark, right? And the true like inspiration or it's like emerging from me so naturally. I think that's something that's so important when we think of new paradigm business and Aquarian Age business is doing things that have life force, not doing things for this external purpose of like, it's what I do every year. It's like

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actually giving yourself that year off to really honour how you're feeling because it is a calling, right? It is a calling. It's not a machine. It is a calling.

And I love that it kind of stays the same because you also are doing now the level two one, which is really cool. So that's a different journey because now you've had, you know, so many people through the rounds and so many different cohorts, but I love that there is one structure, one structure and new people coming in, filling with their energy and the group field and the group field is everything. From the experience that we had, like there's a lot of dynamics at play. There's a lot of different energies weaving together and that really makes it what it is too.

So I love that there is like one solid structure, at least for the level one. And now there's the new level two, which is really cool just because, you know, so many people have moved through that and are wanting more. I can see why for a lot of people, Egypt would be something you do once. I definitely found it to be just so intense for my energy. A woman who we also collaborated with on another retreat, was asking if I was going to come back. I was like, I honestly don't know when I'm going to come back because I'm still integrating it in some ways. It's such a blow. It just blows you open.

Lara

It's blast off.

Ayesha

It really is. It really is. And how many days is it? Is it 18 days?

Lara

Uh, so level one is 14 days and level two, I think is 16 if I'm not mistaken.

Ayesha

Yeah, that's a deep, deep, deep journey.

Lara

And if you join Siwa too, then actually then it becomes like three weeks.

Ayesha

Right, with the integration. Yeah, exactly. Yeah, with the integration at Siwa. Yeah, the integration. It's so funny. The integration at Siwa was one of the most intense parts for me. And just some astrology nerd stuff like Cairo and the Nile were right on my Venus line. So I was like,

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oh my goodness, my Venus line goes through Egypt. Siwa, which is quite a distance to the West, was on my Mars and Saturn crossing lines for astro-cardiography.

it was exactly what it sounds like. I was like, how am I doing nothing? And yet I'm exploding inside myself. Like was really quite the lesson in astro, quite the embodied lesson of astro cartography, but such an incredible and beautiful, beautiful place with the ancient waters. I mean, anyone who, listeners who have followed me for a while, like you've seen photos of me in these like really sacred waters with like white crystals all around.

Those are the 30, 40 million year old salt flats of the Siwa Oasis and then also the dunes there if you've seen photos of me with a red dress that was taken there by Lara and those were like I will show my grandchildren.

Lara

That was so epic. That was one of my favorite shoots as well.

Ayesha

So if anyone's listening and you're going to Alchemy of Egypt or you're feeling called, I want to also say that I love how your journey to it required so much courage from you. It required you to jump. You just felt this mysterious call. It made no sense. You've never done anything like this before. I love that that was the seed of everything that Alchemy of Egypt has become because that's also, in a way, the journey that participants go on.

Where they feel this, they're like, why am I feeling called to this? my God, like I just see myself there. Like this is happening, this makes no sense. my God, I'm all the way to Egypt. Like it's, I feel like there's like this innocence within that as well. So for the people who are listening, who are feeling called to join Alchemy of Egypt, when does the application deadline end? We will get this, we'll be getting this podcast up like very soon.

Lara

So we have just a couple of final spaces left. The deadline is the 22nd of May, so next Friday.

Ayesha

Okay, so the people who are listening before that time, if you're feeling the call and there's still spots left, really cannot recommend it enough. And when you join from my community, you can look at the show notes for the information for this. There's a code, AYESHA_EGYPT. That

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actually includes an amazing luxury photo shoot with Lara. like Lara, my brand shoots of the last six years, I literally work with like three photographers and that's it. And I'm very, very, very like.

I'm very, very picky and it needs to be like a ceremony in itself. And that's exactly what it is. Like it is literally designed to help Lara's clients step into their next octave of identity and transmission. And that's exactly what it was. It's such a way of crystallizing, okay, you're having your mind blown. Your soul is being activated on so many deep levels. You're in the temple of Isis, you're in the temple of Hathor, you're in...

that you're in Abydos, like there's just so many incredible places, you're in the Valley of the Kings, like just being physically, I have all over my body, just being physically in those spaces, you're receiving things that you didn't know that you needed from simply physically being in the spaces. But in addition to private ceremonies with private access, like in the King's chamber, actually doing ceremonies in the Holy of Holies of these spaces on altars that are,

How old are the altars?

Lara

I mean, the numbers are debated, but they're at least four to five thousand years old.

Ayesha

Doing ceremony on those altars, like that is just an insane privilege. And then add to that the luxury accommodation. The luxury accommodation is honestly, I think so important to the trip for me for the experience like that. Cause Egypt is intense. There's a lot of energy. Egypt is an intense, Cairo is intense.

And being able to drop in these sacred sanctuaries, some of the most luxurious and beautiful places I've ever stayed in my life, with just feasting on amazing food, being able to get deep rest. Because some of the private ceremonies are done very early in the morning, because that's how we're able to do the private ceremonies before the crowds and also before the heat, which is very important to do.

How important do you feel is the luxury aspect? Because not all, there's other pilgrimages now to Egypt over the last few years. I feel like the luxury piece, and the small group size is really what sets Alchemy apart. Because some of these are like 50 people. This is very intimate, it's very luxurious. What, how is, why is that important to you? And how is that like a pillar of Alchemy of Egypt?

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Lara

Yeah, I love that question. I think, you kind of alluded to it already, babe, but given how intense the journey is, and mind you, you know, we're talking about a pilgrimage, okay? A pilgrimage is all about movement. We are literally covering a lot of ground. You know, Egypt is a huge country. So we are moving place to place, like city to city, temple to temple.

We obviously have our beautiful private Daha Beya, the traditional ancient Egyptian style wooden boat that we charter for four nights right in the middle of that trip. And then we're back in Cairo. There's a lot going on. We are moving and journeying physically, emotionally, mentally, spiritually, energetically, multidimensionally. And to me, I wouldn't want to do it any other way.

That's my preference, you know? Like if I'm going to be holding all of this for these two weeks, right? Plus the integration. I always say to myself, especially as a projector, you know, we always wanna be leading from a full cup. And for me personally, this is like, I'm also just like super into luxury myself. like, you know, I created the thing that I wanted for myself.

And I think that that's how I create all of my offers. Like I create the thing that I'm like, I wish I had that. Or I wish it was like this experience or this curation. I also think another thing too is that luxury is also a form of technology. And if you look at ancient Egypt and the alchemy of Egypt is literally mirrored on everything that is from ancient Egyptian mystery teachings.

philosophy, principles of living, like it's all mirrored. Ppeople often ask me, do you do plant medicine? Right? Because people who do pilgrimages in Egypt, some of them will introduce Ayahuasca, they'll introduce like other, you know, psilocybin. I'm like, number one, we really, really don't need it. Like we really, really don't need it. And number two, I, this is Egypt. Ayahuasca doesn't grow in Egypt. So why am I gonna bring that?

We're gonna work with Blue Lotus. We're gonna work with frankincense. We're gonna work with all the beautiful resins that come from Egypt and come from that region. We're gonna follow the initiates path, which is the specific sequence of temples in a very specific order ending with, you know, the pyramid is kind of like the climactic final initiation before we close at the Sphinx. So everything that I do is mirroring what the ancient Egyptians did. How do I know better? Why would I know any better than the most advanced civilization on earth that we have recorded history of.

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And so in that same thread, luxury and opulence and beauty was a huge part of their culture as well. If you look at the temples, the reliefs of the pharaohs, the gods, the goddesses, the kings, the queens, they were all adorned. They were all wearing, like, gold and lapis and turquoise. I mean, the way that they adorn their temples, even the smaller parts of the temple, like the little birthing chambers or the smaller tombs, they're all immaculate.

Even the tombs of the workers, right, that are technically the lowest kind of caste. Even you go into those tombs, they are stunning with gorgeous imagery everywhere. I mean, it's part of the code of ancient Egypt itself. So I think that's also another way to come into resonance and to come into alignment with everything that ancient Egypt is. And there's a lot that we are collectively ready to remember. Right.

A big part of the mystery teachings, the mystery schools of ancient Egypt, they were basically opening and activating and cultivating the technology of divinity in human form, in a human body. And actually a lot of this was not just vanity, even like the use of gold, for example, like they would eat gold.

Right? That wasn't just for vanity. There was actually a specific alchemical process that happened internally, like in the brain that working with the gold in that way and putting gold and these precious metals and stones on specific parts of your body would help you open up these pathways to then access more of that higher intelligence. So that's definitely another piece to it.

And also, you know, I think the intimacy piece is really important for me. And actually our group in 2023 was the biggest group I had ever taken. I think that was 16 people. If I'm not mistaken, it might've been 17, including me. So now it's even smaller. Now we cap it at 14. And it, so we're only now on one Dahabaya, because with our group, we had two Dahabayas. So now it's like, okay, intimacy is so key and you know, the Alchemy of Egypt really is for leaders. It's for people who are already quite established. It's for people who are stewarding big visions, who are stewarding big missions.

And it really is, it's an amplification and acceleration. And so creating it and curating it in this way, where it's very intimate, it's luxurious, it's opulent. Again, that also calls in like a certain caliber, a certain type of person that really values that. And when we all align on those fronts, it creates a really potent field where the work that we then get to do in ceremony, in the temples, in the Holy of Holies becomes that much more amplified, becomes that much more magnetic because nobody is in that survival mode.

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We're in overflow, we're in gratitude, we're receiving, and we're relaxed enough to be able to, yeah, to receive what needs to come through for us.

Ayesha

Mm hmm. Yeah, so true, because the more relaxed we are, the more open we are to be receptive. And for sure, so many people that I met in that alchemy that I went on that pilgrimage in 2023, we are still connected to this day. And some of them are hugely inspirational to me, like Leslie. I was actually just on Leslie's podcast a couple months ago, we are very much soul sisters, supporters of each other, people who like leading big missions, people leading big missions with a lot of power.

And it really is an initiation to that deeper level for so many people. And also I've had community members come on different years that I've shared about Alchemy and they've joined and they've collaborated and started working together on things like hired one another. It's so, it's such this, an ecosystem almost like there's just like a web that gets woven.

And I think the most important thing is to really trust that calling, to trust that calling toward taking the leap in this pilgrimage when you feel it. So I feel like if you know, you know. And it's really just about having the courage to say yes to that and the level of luxury, the amazing place, amazing, like staying at Mina House, like staying at, I don't remember the name of the place in.

That was just like, I was like, am I in a movie right now? And that beauty to just be able to open up into that. It helps with the integration because you're having this once in a lifetime trip, the integration is just as important as everything you're receiving because it's a lot, it's a lot. And even though I love like, it's a spacious pilgrimage in the sense of, like you're staying almost three weeks, including the integration at the end, which I very much recommend like swimming in a natural pool and sunshine, fresh fruits eating well.

Even within that, because you're following this initiate's path, there's a lot. So having those beautiful spaces where you're just in constant inspiration to really go deep within yourself and receive everything. Cause it's like, can blow our minds with all these things, but if we're not actually receiving it and integrating it, like, just think it's, it just makes it, it's, it's really important.

And you're a Taurus moon. I like to talk about that placement here. We got the structure and the leadership and like help you know, like that Capricorn energy, but then there's the new Earth Aquarian Age sacred rebel energy on the rising. So I love that so much. You're also a Sag North

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node. So literally here to go on journeys, adventures, pilgrimages, study the wisdom, teach and share the wisdom and transmission.

Lara

It's making sense now.

Ayesha

And you work with the Gene Keys as well as human design and astrology. Does that have any piece in Alchemy? Because I know there was also a way that you work with the Neteru and the gene keys.

Lara

Yeah, that kind of synthesis of those teachings, that's actually more for the online mystery school that I have called, which we talked about a little bit. Called is such a great first step as well for people who want to go to Egypt but might not be feeling quite ready yet.

But who really want to receive that wisdom and who want to start to build connection with these beings, with the Neter, with the gods and goddesses, these ancient archetypal forces of creation. Yeah, I guess, know, astrology, gene keys, human design, it kind of like it always comes out in conversation, you know, but it's not a core part of the pilgrimage itself.

Ayesha

What was really cool to, for me as an astrologer to see, you know, some of those ancient depictions of the zodiac, of the different signs, just being like, what the heck. These are my people. And it really gives a glimpse into human consciousness, you know, to realize beings that walk this planet created these things that we to this day don't understand how to create. Like it's such an activation of consciousness in so many ways.

And I also wanted to say before I forget, I find it absolutely insane that people are doing Ayahuasca ceremonies as part of retreats in Egypt, even psilocybin. So my listeners know I am a huge fan of plant medicine. I have sat with grandmother 12 times. I've had 12 ceremonies with Ayahuasca, many ceremonies with psilocybin or just my own, you know, having some mushrooms going on a hike with my friends. Like I'm a huge fan of the ways that it supported me, but I would...

personally no shade to people who are doing this because I don't know; maybe they're doing really good vetting, maybe it's very advanced people, maybe it's like plant medicine practitioners

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that are so able to hold it. But even then I just don't, it makes me feel uncomfortable because the activations are already so incredibly mind-blowing, the subtle energies it's, sometimes it almost was too much for me as it was because of just where I, if I had had enough sleep the night before, how open that I felt, where I was at in my cycle and where I was at in openness.

So I personally feel that I really, that makes me very uncomfortable that people are doing that. It's such an intensity that to me groundedness, to be ground clear and present is the most important thing to actually receive what's there instead of also open to all these different astral realms and blow up my own energy body.

And then like, how can you even integrate? Like after my last ceremonies with the grandmother Ayahuasca with maestros that were from the tribes in Columbia with over 30 years of experience that Spanish was their second language because they grew up in the tribes. You know, we went to an eco village, me and my friend for like four nights to just literally rest, eat, just be in total peace. Like Egypt is so intense that yeah, it just makes me really uncomfortable that people do that.

The ceremony that we had under the stars on the Dhabia. Cruising softly down the Nile with the waters of the Nile so soft around us and you see on the shores, you'll see people sometimes you'll see animals sometimes you'll see some really cool structures where you're like, what's that. Almost looks like a temple, and some temples that are right on the water, that peace and the stars and the bliss.

You really don't need to be adding some other huge massive process. In addition to these mind blowing experiences. But I loved the blue lotus ceremony. There's also a gold shopping trip. Obviously, the gold's not included. The shopping trip was such a celebration for all of us. I'm actually wearing one of my pieces right now. Lapis isis and the gold chain and like Isis engraving and

Yeah, there's like the perfume people and there's...

Lara

My god, the healing oils with the Egyptian medicine man that yeah I mean there's so many different things that are woven in. And like one thing to add to what you were saying about like the intensity and not needing to add on another process. One of my favourite things that anyone has ever said to me about Egypt and he's actually my partner on the ground that I do the tours with but he always says to me

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When you go to the temple or any sacred site, find the silence.

That's it. It's in the silence. It's in literally. It's just the stillness, the nothingness. It's like all okay, you know, of course we do the ceremonies, we bring the offerings, we bring all the beautiful things and the music and the frankincense and the oils and it's all so beautiful. But truly that I think that is such a foundational piece of it. It's like just finding the silence and I think as I've done more and more of these pilgrimages, the more and more that I find that to be true in my body and in my experience. So it's beautiful that we get to have both.

Ayesha

Absolutely. The energy there is an initiation in itself. It's going to do things to you. You know what I mean? I would be curious to know how many people... Because for me, when I got home, my frequency had shifted to such a degree that a bunch of things in my life basically needed to blow up. I had like...

I got home in October 2023 and we had also, there was a lot happening geopolitically in the world, very close to Cairo. We were talking about it, we were directly engaging with it, Palestine. And that was actually a really significant part of the journey for all of us in the post, the Siwa time and the people who were there for, we were there on October 7th. We were hundreds of kilometers away from Palestine. And that initiated us all deeper into,

What are we standing for? How are we using our platforms? You and I have had some really, really important just conversations privately about leadership and about moving through these things. And then when I got home, October, November, December of that year was one of the biggest tower moment after tower moment after tower moment that I'd ever had. I actually have a podcast episode about it. And it was right after Egypt. It was right after Egypt that I got home and all of a sudden.

All of these things needed to end, fall out of my life, blow up. But now when I look back on that, which was one of the toughest times in the last six years for me, of the depths that I had to go within myself to navigate that time, literally, I would not be who I am today without, I treasure that October, November, December of 2023 when everything crumbled in so many ways.

And now I feel literally happiest. Most on path, most on purpose, most in love with my business. feel so fucking abundant, highest network that I've had, da da da. Like everything literally is so changed. So can you speak to that where it's like when you get home, it's something that needs

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to be depending on where you're at. Like I'm not saying it's going to happen to everyone, but for me, everything that wasn't aligned with the new frequency set point that I had gained from that, it's not just three days in Egypt. You know what I mean? You're going, it's such a deep experience that your frequency does change. And so what that meant is that the things that weren't aligned, needed to bounce out of my life kind of ruthlessly.

Lara

Yeah. I mean, that really is the medicine of Egypt. I always say Egypt puts you on your highest timeline. And oftentimes, it's like you said, the things that are not actually in alignment, the things that are not meant to be coming with you, the misaligned relationships, the misaligned parts of your business, the misaligned, even like people in your, you know, in your community, clients, friends, like even your home.

Anything is kind of on the table and you know, this is quite actually a common experience. It definitely doesn't happen to everyone. Some people will come back from Egypt and they'll literally be pregnant within months or things like that. Like manifestations after Egypt can happen very, very quickly. And you know, the energy or the medicine of this land, as I said in the beginning, it's an amplification and an acceleration.

And it is an acceleration for you to get on your highest path, your highest purpose, your highest mission, your highest vision, which is also why I like to bring leaders because I want all the leaders who are heart led, heart centered, who are truly here to be of service to something greater than themselves. I want all of you on your highest path because that's how we can have the most impact. That's how we can create the most ripples out into the world and just be in our gifts and our medicine and our magic that the world needs and that we also desire and deserve and need to.

And Egypt is that accelerator that will get you there. But as you said, it is ruthless. And that word is very specific. It can be very, very ruthless. And it will just, I mean, man, some of the crazy stories, I won't share them because of privacy reasons, but you know, it is a thing. But as you said, even in all of those other people that had a very similar kind of initiation, after initiation, right after the trip, they right now, whew, where they are at now, wow.

I mean, almost unfathomable just success, abundance, health. Of vitality, relationships, like babies, family, whatever it is that they were called to move towards. Yeah, but again, it's like, and I do say that to people who apply and we have the application call. I do say that to people. I

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do give a little heads up that it will likely rearrange things in your life, but it's always for your highest, your highest good. Yeah.

Ayesha

Yeah, absolutely. It's a pilgrimage. You know, it's not a just relaxing.

Lara

It's not a vacation, it's not a retreat even.

Ayesha

It's work, you're doing deep work, you're doing deep inner work and that you do get to drink in the luxury and sip in and that's why those moments are so important to just be able to drop right in and immerse in the beauty and immerse in the magic and just be like, wow, and marvel at it. And then the next day you're at another temple, you know.

Lara

You're like, here we go, wake up at 3 AM. Sometimes, sometimes.

Ayesha

And yeah, it's very, very real pilgrimage. Something that I also want to mention is that the type of people that are attracted to Alchemy, because I was an affiliate for the very first year. I came to the second year and I have been an affiliate, I think, for all of the years. And there's been people attracted to Alchemy that are celebrities, that are seven and eight figure entrepreneurs leading huge, huge missions, as well as people who are feeling a change in their life. They're in a place of transition and they know they're like, they're seeking to really click into that next level of purpose and prosperity.

So who is Alchemy for? Because I know that leadership is something we talk about a lot in our private conversations and the Mystic Mind as well. And what you said about when you support the leaders, because that's for me, that's what MYSTICMIND is. People can join a masterclass and hundreds of people can be in there and we can just all be together in a bigger collective.

But in more intimate experiences, the thing is when you support a leader to be more in their impact and their purpose and their integrity in their heart, they go on to impact hundreds of thousands of people or millions of people. So it's this crazy ripple effect that happens. So as we're coming to the close of the podcast, like who is Alchemy of Egypt for?

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Lara

Yeah, I love this question. So actually I want to clear up one misconception because many people assume that Alchemy of Egypt is only for women. But it's actually for men and women. And the men actually play such an important role and have often been the source of actually a lot of deep healing for a lot of the women on the journey. And I mean, it definitely does tend to lean more towards women. So if you see the trailers or photos and stuff, there's usually like one token dude, but actually, so it's kind of funny that.

I mean, he's having a great time, we all are. But yeah, actually this year, funny enough, there are actually way more men. It's definitely, I know it's so interesting. I'm like, my God, this is the most men that I've ever had. I think there's like four or five even men already. I'm like, holy shit, this is new for me.

So yeah, it is for men and women. It is for people who are, you know, really working across all industries. You know, we've had people from the tech industry, we've had creatives, we've had people that are deep in like their mysticism that are really like leading with that at the forefront of their service and their work in the world. We've had bestselling authors, we've had actors, we've had human rights lawyers, we've had like all kinds of people from different industries and different fields.

I think the number one thing that, I say this often when I do the application calls with people, like I don't care how many, you know, like rounds of healing that you've done or how many times you've sat with this plant medicine or this or that, like the number one thing, the number one criteria for me is are you in your heart?

Ayesha

Mm-hmm.

Lara

Like to me that that really is it and you know, it's something that I usually can feel with a one-on-one call. That's why I take one-on-one calls with everyone who has serious interest in joining to really curate that group because it is so intimate. You know, but it's essentially for people who are ready for the next level in their service in their purpose in their mission in their vision.

And again, it's like I say these kind of qualities. It's not like the be all and end all. We've of course had different exceptions. We've had people that have come to Alchemy who are retired

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and they're just enjoying life and all of that. And they're more on the investing side. But I think for me, I love working with people that are very mission led. People that truly have a vision that is maybe already somewhat crystallized, maybe it's like fully out there, but you're ready to kind of move onto that next level, or maybe there's another layer of depth that you're wanting to integrate with how you show up in the world for your work.

Maybe you're more, you've been more behind the scenes and you're doing impactful things, but now you're really ready to step forward and be more seen in your gifts. Yeah, essentially it really is for those who are here to give and not get and that's something that I say a lot as well.

You know, when I talk about the pilgrimage and something to end on is a lot of people come to Egypt and they want to get something, right? They come and they're like, we're going to go get the codes. We want to get the codes. We want to get the dada, get the activation and la la la la la. And like, that's amazing. Absolutely. And that is going to happen.

I'm sure that is going to happen because we've established the energy and the land is very intense, but primarily with the Alchemy of Egypt, we really are going to give and that truly is what a pilgrimage is in general. You know, we are going to give our energy, our prayers, our offerings and, the principle or pillar of why we are doing this is actually to truly get on our knees and ask how can I be of the greatest service? What am I not seeing right now? Like spirit, God, source, like whoever you believe in, like the Neturu, like please show me how can be an even better vessel, a clear channel, a clear container for all of the...

the gifts and the love and the wisdom and the guidance that you want to speak to me and through me so that I can be of my highest service and ripple that out into all those that I come into contact with, whether it's just your family, your children, or maybe you have millions of people that are following you in your audience or whatnot. So that's really what it is. It's like that heart-led, mission-led, leader, visionary, architect of a new paradigm in whatever field, in whatever way, and who are truly ready for just that anchoring, like a deeper anchoring, a refinement, more precision, you know, and really to be shown the next stage, the next step of how your unique gifts can best be alchemized to benefit the whole.

Ayesha

Mm hmm. So beautiful. And that was definitely my experience. And I witnessed that and even spoken to so many other participants who had such a profound experience. And, you know, something that you say that I've said, and I've seen other people say this too, is the future has an ancient heart. A lot of people say that whether it's about the age of Aquarius or just

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something that came that came through. And I feel that when we're in these spaces immersed in such a pinnacle expression of where consciousness was at at that time. It really can't not change you. And one thing I also want to say, you know, because not everyone who listens is going to be on Alchemy of Egypt. I think if you know, you know, you should definitely book a call with Lara to discuss it if you're feeling called. I think the land really calls you when it's time. Funny enough, I say the same thing about Ayahuasca. Like you don't need to seek it out. You don't need to be Googling like, I should go because everyone's going. Like she taps you on the shoulder when it's time.

There's no Ayahuasca, but I just want to say it's almost a similar feeling of like, just taps you on the shoulder. Because it's not a walk in the park, right? Doing this program, it's not a walk in the park. It's going to tap you on the shoulder when it's time and really following that call. And some people are going to come at a different time or feel, be called to each at a different time. One thing I want to say on a practical level is I really recommend going on a pilgrimage personally, because

There's so many, for example, private access, having the rituals and ceremonies in the holy of holies of these private spaces is not something you can organize by yourself. It's more powerful to be in a group to actually do these ceremonies together. Knowing the best of the best hotels and being able to access those spaces to create something similar would be very challenging. There's not only Lara there, there's a whole team of local Egyptians.

There's Egyptologists, there's different guides, there's just people that are supporting, like you feel so supported. You know, for the round that I came, there was one man, but the team that was supporting us had a lot of men and that felt so safe and secure. And they also speak Arabic. It was really important because sometimes we were like stopped by the cops randomly and they needed to like, you know, it was, I'm not, this is not, it was nothing scary at all. was nothing, it was not a problem, but it would just be really challenging to navigate that without just being able to speak Arabic and just sorting it out right away.

So for these reasons and like the group energetic field, the ceremonies, being on the Dahabiyah, which for it's a huge highlight for everyone, being on the boat, sleeping on that boat, waking up and looking and seeing the soft ripples of the Nile, which is a very calm waters, absolutely incredible. So I do, because sometimes people do ask me, oh, should I just go alone or should I go on one of these pilgrimages? It's, you know, I think it's so worth it to really go with who you're called to with the people who you.

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respect their integrity, you align with them. And I only see myself ever going with Lara. And if you want to join from my community and you actually end up joining the pilgrimage, there is the code AYESHA_EGYPT. So not only do you have mind blowing, life changing, medicine activating leadership and initiation, but you have these stunning, stunning, stunning, stunning, elevated editorial style photo shoot that is both editorial style and a ceremony at the same time to crystallize the shifts that happen.

And when I look back on those photos, honestly, like I said, I'm going to be showing those photos to my grandchildren. It's Salt lake. So incredible. So yeah, so, so wonderful to have you, Lara. And also for people who maybe it's not their time right now to join Alchemy. Where can they follow you to also stay in touch with your codes about the Neteru, about ancient Egypt, and about all the things that you share.

Lara

It is. Yeah, thank you so much for having me, babe. I've just loved every minute of this conversation. The best way is probably through Instagram, so I'm sure you'll share it in the show notes. It's House of Light, but it's spelled H-A-U-S, and there is a dot in there as well. But yeah, feel free to check it out through the show notes. And yeah, feel free to connect, say hi if Egypt is calling you. Then, yeah, I'd love to hear from you. Let me know where you're at in life and why Egypt is calling you.

Ayesha

Yes, thank you so much for being a guest, love. And there are just a couple of spots left for Alchemy. The applications do close on the 22nd of May. So if you're listening to this at another time, thank you for listening and just tuning in. And I think it's just such a cool story also of someone being called into their calling and saying yes and taking those risks and the adventures and all the magic and miracles that unfolded from there. So thank you so much for listening, everyone. We'll see you in the next episode.