

T H E  
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P O D C A S T

*with*

AYESHA  
DURRANI

Episode 33

Welcome back to Aquarian Age Business, my loves. I am happy to be back because I took a break while I was traveling in Europe. I just got back less than a week ago and I was on my Europe trip for almost two and a half months. I was in Portugal, I was in Spain, I was in France, and it was an incredible journey. So much happened.

So much happened. I mean, the trip began at the end of March with a three-day plant medicine retreat where I also was drinking and sitting with the medicine with the grandmother, and I also gave a talk. And that was this the beginning of over a two-month journey. So starting a two-month journey with a very deep and in many ways very challenging plant medicine series of plant medicine ceremonies.

Well, that kind of gives you a taste of what the overall trip really was for me because I continue to integrate and so much happened. So so so much happened. And that's kind of a story for another day. I am always surprised at how much you guys love the personal shares and like storytelling episodes. So let me know if you want to hear a bit more about my trip.

One thing that I do wanna start sharing about here is I spent a lot of time on my Saturn line, which went through France and also into Spain and was basically right on the places I was going in France and just the the experiences I had on my Saturn line actually taught me so much about astrocartography in the embodied sense. And astrocartography is the study of astrological influences from our chart and the placements of our chart and how that interacts with the map of the world and locations that we can go to where we will experience the influences of certain archetypes.

I mean, when you speak the language of astrology, astrocartography is something that is just so incredibly fascinating and it's so undeniable. And being in a place where I was on a very challenging line, I got to have a really visceral and physical embodied experience of what that meant for me. And that actually really changed a lot for me. In terms of one of the reasons why I

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went to Europe was to explore moving there. And although I wasn't considering moving on my Saturn line.

I was considering moving to Portugal where I have better influences. In the end, I actually decided not to. And that's kind of a story for another time. What I really wanted to bring to this episode today is what it means to come back after a break, my tips for coming back after a break, and my own personal experience and how I'm actually coming back after a break right now.

Now, I travel every year. I like to go. I've always traveled ever since before I even had any money. I would save, I would work seven days a week at cafes, take extra shifts. I would crash at people's houses while I'm just cashing up for a summer before leaving again. I spent my whole 20s backpacking. I would do work exchange to be able to travel and stay places longer. So even before I had the money to do luxury travel.

I was always traveling. It's been a part of my life since I was 20 years old and had my very first trip to Costa Rica. And then within like six months, I went back to Central America again for nine months. And I was really yeah, just always since my very first solo international travel, it's just been a huge part of my life. And now I'm 37. So that's 17 years of traveling the world. I've been to a lot of countries. I think I counted

you know what? I'm not gonna try and remember right now. I can't remember if it was in the 30s or in the 40s, the amount of countries that I've been to. So traveling has always been a really big part of my life. And since starting my business, that was the first time that I was actually able to make money while traveling because all my travels before that were me saving up and then just living off of that and doing some work exchanges to extend my time places, but overall not actually making income while I was traveling.

And now with my business for the last six years, I've been able to go on really significant trips and really travel at the highest lifestyle that I've ever had while traveling, flying business class everywhere. I've been doing that like every single time for like five years. and I actually have a past episode here on my podcast that talks about making money while we travel as an online business owner.

And there were times and seasons where I was more in the vibe of digital nomad. Not really, not for long periods of time, but like going on a trip for, I'm not someone who wants to go for like a weekend. I'm someone who likes to go on trips for a minimum of three weeks, if not a couple of

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months, like I did this time. I mean, I spent five weeks in Egypt. I spent about five weeks, I think, in Ireland, I spent a month in Greece last year, I spent over two months in Europe this year.

I'd like to have a longer trip where I really can sink into the lands and sink into my accommodation and not always be packing, checking in, checking out. My system does not like that at all. Whether it's my Taurus placements or being autistic, I do not like that at all. So I like a spacious, long, grounded experience where I can really sink in and really arrive fully.

And so in the past, I have had the priority of, okay, I'm making money while I travel. I have all these business strategies playing out, and I'm basically traveling while working while traveling, kind of like temporary digital nomad vibes. And I have an episode on my podcast called How to Make Money While Traveling. And that's where I give all my tips. And every year I've gone on at least one really significant trip and still had over 60 consecutive multiple five-figure cash months throughout that in a lot of different ways.

So I give a lot of strategy tips in that previous episode on how to make money when you travel. So you might enjoy that episode. It's just got some great things to keep in mind whether you're going on a trip soon or not for success, consistent success, and thriving in your business. But here's what has changed for me is for this trip, I did not want to be working.

I did not want to feel like I'm a yes, it's a beautiful, incredible thing to be a digital nomad and be able, yeah, I can work by the pool, I can Voxer my clients while I'm lounging on the beach. Obviously, that is awesome. That is a really cool thing to be able to experience. That's not what I want. That's actually not what I want. And so in the episode where I talk about making money when we travel.

That's how I was doing things for years of like, okay, well, I still want to keep everything up and keep the fire lit on my socials and keep the sales coming in and all this kind of stuff. This time that was not what my highest desire was. This time my highest desire was to be as present as possible with the journey that I was on, not as a business owner who is also maintaining a business, but as a woman and as a soul, as a spirit, as a heart, as a body.

To gift myself the deepest presence and deepest experience that I could on what, you know, in many ways is a once-in-a-lifetime trip. I'm sure I'll go to some of those countries again. I mean, I've been to Spain and Portugal multiple times already, but each trip is unique, right? Each trip is so special and so unique. And what my body and my soul and spirit were craving were to be as present as possible and to actually unplug in many ways.

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From social media and from the online business space and to just come and arrive because I had been through so much change. I've been through a lot of change and a lot of deep personal healing in the last two years. And I've faced a lot of different things within myself. And sometimes going and putting yourself in a different environment, in an adventure, opening up to what life has in store for you is actually the integration. When you've been in a bit of a hermit mode for a period of time, and I mean, I left in the end of March and winter in Montreal where I live is long, yo. And normally I leave in winter. My birthday's in February. That's a great time to go to Mexico or Costa Rica. And this year I did not.

This year because I knew I had this bigger trip, I was like, I'm staying for the winter. The hermit vibes of that winter and how deep that that the container of winter and being in my home and all the things that occurred

I actually needed an adventure to integrate that. And sometimes it's the other way around, right? You go on an adventure and then you need to like integrate in your home space. But I actually needed to just open myself up to the wild wonders and possibility of whatever Europe had in store for me, from the plant medicine ceremonies to exploring potential investments there, to people that I met, to friends that I met up with again, to clients turn close friends to dancing to nature adventures to sacred sites, like everything that happened, multiple retreats that I attended, everything that happened. And I wanted to not be like, I need to jump on a call. I need to make a post for this, that, and the other. So during these months, I maybe I should have looked before I started recording, but I did not prioritize posting on my feed.

There were many weeks that went by without a single feed post. There were astrological things that happened that I was like, other astrologers can post on that. I don't need to post on every single thing that happens in my free social media account. I don't, I actually don't, I have no obligation to do that. Now, obviously, this is a privilege, right? It's a privilege, and this is why I'm so passionate about business strategy, about scaling, about monthly recurring revenue and having a baseline of revenue.

Because even when I take big breaks like this, I am always still making a minimum of 30K months. And that's like the rock bottom minimum of my lowest low months is that 30K US cash. So that's a privilege. That's why I'm passionate about strategy. That's why I teach sales and marketing because when we have that thriving ecosystem, you can actually step away from it. And also to say,

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I didn't abandon my social media. So what that means is I did post when I felt called to. I repurposed a post or two, I think, in that time just to give something to my audience that felt rightful to me. There were times that I felt inspired to post and it was really in the flow of me writing and feeling creatively inspired because here I am on this adventure and that's helping the juices flow. And so it wasn't this hard thing where I was like, no, I'm not posting or I have to post. It was really me allowing the space.

To be attuned to what I desired. And at the same time, I remained consistent pretty much on stories because that just feels good to me. You know, it feels good to share on stories. And sometimes I would bring a little astrology message of something that was on my mind without feeling the desire to go make that into a really deep, you know, 20 slide carousel post and just gift it to those people who are actually watching and engaging with my stories. And I also love to share on stories when I'm traveling because it's for my own scrapbook of my life experiences too and sharing those memories and reflecting on the days, reflecting on the weeks by putting up you know, the stories and videos I've been taking.

So it's not that I didn't water the business garden. This is something we talk about a lot in my client spaces. Business is a garden. And gardens are organic. Gardens are not machines, right? And I still watered the business garden while I was on a trip, but I wasn't spending lots of time in the business garden. I wasn't in there weeding, planting, creating a bunch of new things. I was actually letting the business garden re-wild by leaving it alone and watering it when I felt that call, knowing that I'm supported by what was already built in my business to have that baseline of multiple five-figure cash all the time.

Letting the business garden rewild actually helped. Some it's like this cool thing that happens where some things that are not meant to stay, when you step away and let the business rewild a little bit, you see how they are naturally falling away or dying out of the business garden. And other things that may have always been meant to be there are able to grow.

Because they were actually native or indigenous to the business garden, if we're using this example of like just letting it grow wild for a bit. And so that felt so, so, so good. And of course, throughout the time of my trip, I have my membership. So my membership is where I give audios. It's called the Star Stream, it's where I give audios most days of the week. And it's about the current astrology. And for me, that's so effortless and there were times where I knew I wanted to be unplugged, for example, during a 10 day retreat and I pre-recorded a bunch of them, which took like two days of just like being in the flow in beautiful locations, beautiful hotel rooms, and just bringing the codes and then being like, okay, now that's all my deliverables are

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being delivered and I get to unplug and I get to really be in this flow for myself. And being in the flow for ourselves, filling up on life.

Opening to inspiration, being in our own growth journeys, being in our own processes, and allowing ourselves the gift and privilege of the full unfolding of those processes, the mental space, the emotional space, the spiritual space, the physical space for the processes and the growth journey that you've been on to truly land within your being. I personally believe this is part of leadership and soul business.

Because if I'm not on the cutting edge of my own growth, how much more can I offer to you? Especially people that have been in my world for years and years and years? Why do people stay in my world when I'm over six years in business? Why are there still people from year one? It's because I've continued to grow and I have shared that growth, not in the sense of I need to make content about everything because I barely made any content about my personal stuff.

In 2026 I've shared a lot of astrology content and some other thought leadership pieces when I really felt inspired. And that's something that once again, it is a privilege. It's a privilege that was created through the strategic building of my business, being a thriving ecosystem, whether I'm posting all the time or not. And there are definitely seasons and will definitely continue to be seasons where I'm showing up more, sharing more of myself, and growing my audience. And that it becomes the goals of those seasons, but that has not been my goal for this year. My goal for this year has been I felt a new expression coming and a new evolution coming.

And there were personal aspects within my heart and within my being that needed to be addressed. And I started really prioritizing my personal healing, even in my investments. I wasn't investing so much in business coaching because that was not my highest desire. I was investing more in my personal healing. And that like giving ourselves this space, it's part of soul business leadership. Because how can you be a leader if you're constantly just in reaction to what others need from you and you're actually not even fully walking your own path?

The person who's really fully, fully walking their own path, which includes showing up for their initiations, showing up for their inner growth, the integration of that living life and being in joy. The person who's not pioneering on that path, that's not usually someone that you're gonna look up to as a mentor, right? So I really want to make this so clear how I feel that this are the soul business path is not only about what we post, what offers we make and serving our clients.

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It's about how we are leading in our own personal lives and what our priorities are. And I don't think, I'll speak for myself. I am not super, super, super inspired by people whose whole life revolves around their business, that their number one priority is their business and making money. And I think for a lot of people in my world, they feel the same. We're inspired by artists. We're inspired by adventure. We're inspired by vitality and radiance. We're inspired by fucking living fully.

And ultimately, what I think the deeper goal, I love business, I love astrology, I love astrology for business, I love money, I love marketing, I love helping people create freedom. But the whole purpose of me even having a level of wealth that I have in my personal wealth is to also create and support my self-actualization. And my self-actualization is not a number in the bank. My self-actualization is the actualization of my potential and the expression of my energy and essence for my heart and my soul.

Right. And of course that flows into my business without me having to take it and right away juice it for everything it's worth to put in my business. So this was really about me. And kind of aligns with the pro annual professional, which we talk about in a few different episodes on the podcast where

Last year when I was 36, it was a first house profession year that was all about sense of self and identity. Now I'm in my second house perfection year, and that is also about self-worth, but it's about our resources, it's about our rootedness. And it is this very rooted, deep, abundant, generative energy that's not grasping and reaching and is more leaned back and receiving. And I've really been sinking into that in a way that I actually wasn't capable of in the past.

Because in the past, when I would travel, I would be still checking my Stripe every day, checking my bank accounts, checking my emails, even though I have full-time executive assistant who does all my emails, I would still get in there. And it was my nervous system, it was my hypervigilance, it was my own anxious attachment with my business and money, blah, blah, blah. All stuff I teach about enrich and resource the Money Nervous System Program. And also very relevant to Chiron in Taurus, which is starting soon. And this time.

It was really funny that I would actually be like, yeah, I haven't checked my Stripe in like a week and see like an \$8,000 cash week, a \$6,000 cash week, an \$11,000 cash week. I would be like, yeah, my Stripe like click it and be whoa, yesterday I made \$2,000 cash. Like that experience is why I'm so passionate about teaching strategy, sales, and marketing. Honestly. Honestly, because yes, we can create inner freedom and have inner freedom.

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To be fully present on our travels and in our lives without that reflected in our finances, because that's something that we can also cultivate more within ourselves, even when we don't have that level of financial support, but to have the material external support is really fucking nice. Let's be honest. It's really, really nice and it helps that deeper level of relaxation actually land. And I'm not saying it's a magic fix because there were times I was actually making way more money than that, and I still was in more of an anxious energy.

So for me, it was a huge celebration that I would be pleasantly surprised and not check my Stripe for days or even a full week and just be like, wow, or look at my bank account and see all of these deposits had come through. Normally I because Stripe deposits money almost every single day, every day of the week, pretty much, I would usually check it almost every day and I would distribute it, you know, put away the percentage for taxes, put away the percentage in my business savings, put away a percentage for any expenses, blah, blah, blah. And

It was like building up and stacking up for like a week. So that level of relaxation, resting and receiving, knowing that it's coming, knowing that I got it, without needing to keep my eye on it, without needing to be hypervigilant on it, I became so unplugged from the frequency on the horizontal plane. The horizontal plane is if you think of the horizontal plane, you put your arms left and right. I do a lot of work with this with my clients, where the horizontal plane

If you put your arms just straight out, like your wingspan left and right, it's where everyone is. Okay. So like your Instagram, your audience, haters, your fucking friends from high school, your family, the noise of the collective news, like there's a lot on the horizontal plane that has to do with other people. And when we are online a lot, we're very much connected to a horizontal plane in a lot of ways because there's our audience, there's the likes, there's the comments, there's the DMs. And what I really invite my clients into very often is the

vertical plane, the up and down plane where your one arm is up and one arm is down, and it's your central column through your spine, it's your connection into the earth, it's your connection to your roots and your lineage and the core and central womb of the earth, the iron molten core of the earth. And then above, through the column of the spine and your central channel, through your crown chakra, it is reaching your higher self, it is reaching source, is reaching heavenly energy, different dimensions. And that's connection with

The version of you that has all the answers and sees and sees what's what's going on and what's next for you and what is your next best step. So I was really unplugged from the online

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space. And it was such a relief to my system. And I have so much gratitude for social media. I am not someone who feels like social media is a chore because I just think that that mindset and perspective literally harms us and sabotages us. You can unsubscribe from that concept at any time because it's really not a chore, it's a privilege.

But also when you spend years and years and years on it, you know, starting, I started my business during the pandemic, a lot of time online. The screen time and the just every there, there's a lot there. There's a lot to navigate and sift through and filter through, and there's a lot of noise and interference. And it was just such a relief to my system to be so unplugged from that. Now let's get to the point of this episode, which was coming back from a break.

I guess I had a lot to say. Coming back from a break now where I had unplugged business garden felt rewilded. I felt my whole being just breathing with so much spaciousness, not keeping an eye on responses and likes, and I need to make a post about this, and what got deposited into my stripe, what sales came through today? Just fully unplugging from all of that, just breathing in the moment, experiencing so much beauty, really resting into the monthly recurring revenue of my business, leaning back onto that baseline, letting myself be held by that, you know, tapping my credit card, not even looking at the price of things when I would go shopping, when I would go eat, staying in beautiful hotels.

Like it was such an incredible privilege, such an incredible privilege. And I truly believe that this is why business strategy is so important. So we can create business models that actually support the lifestyle we want to live. And so we can feel the feeling of being held by our business rather than the feeling that we are holding up our business. Because some people are hovering around their business at all times, like it's a house of cards that can fall down at any moment. And what I love to help people build is that deep business that feels like a mountain or an oak tree that you can lean back on and actually rest into.

So I unplugged, I relaxed a lot of breath and spaciousness through my being. A lot of inspiration, a lot of new experiences, just really marveling at the beauty of life and the adventure spirit was taking me to, a lot of challenges as well, tons of challenges. Loss, lost a friend while I was away. And rest in peace to my dear friend Adam, who's like a brother to me. It was a lot that happened and there was a lot that I was moving through. And now coming home, I've been home for almost a week and coming back to my business.

As the new, in many ways, new and deepened version of myself that I had the privilege to explore without worrying about money, without pressure to post or show up in any way, just

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delivering with my clients. And I created my schedule in a specific way that I didn't have any Voxer clients during my trip. So I had four three or four calls per month.

And sometimes I would do two in a week so that I would then take like a week or two weeks completely with no calls, like the last weeks of my trip. I had zero calls because of the way we structured the schedule. So we're the creators of that. We are the creators of the structures of our business, we are the creators of our schedules. And when you know how to sell, when you know how to market, when you're creating amazing experiences for clients and they're returning, you can create this reality for yourself.

Where you're provided for and protected within your business. And the weight doesn't have to be on your back to be that provider. Your business becomes that for you. So okay, so all the way full circle, what I wanted to share in this episode is how I am coming back after this break. And when I first came back, I was definitely like, okay, big time change, you know, going back like six, seven hours in time.

Trying to stay up on that first day, went to sleep at like 8 30 p.m. I became a morning person. So this is really exciting because I really had trouble falling asleep before midnight for years, and sometimes even going to sleep at like 1 a.m. And now I've finally switched to being asleep by 10:30 or earlier, which is a huge win for me. So it's only been a week. So, you know, I gotta keep it up. But it's been really, really great. But at first, all I was doing was resting because

Letting yourself land, letting myself land in the physical is like the most important foundational step because approaching things from an ungrounded energy just tends to make a whirlwind. It tends to be a bit of a chaotic energy and it doesn't create the results that you want. So my first priority was just arriving. And I let people know on my stories here and there. Like, you know, I'm arriving, I'm slowly coming back to content creation. And I got a lot of engagement on those stories because

We can create connection without needing to sit there for hours and hours and hours or share something so vulnerable. We can create connection by giving people peaks into our processes and just honest shares, you know, just honest, real, simple shares. So that's what I had capacity for. Sometimes I wasn't even taking a photo of myself. I didn't even want to be seen because I was just coming back and returning and I was feeling pretty tender as well.

But you know, sharing something, bringing my energy to my stories, that was also for my own accountability. So when I say, okay, I'm slowly getting back into content creation and I let that be

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seen by hundreds and hundreds of people in my stories, thousands of people sometimes, that felt like a step in that direction for me. So as I speak, so I create. It was also for my own accountability making a statement that I'm slowly coming back to content creation. That was me then aligning more with that timeline of yes, I am creating.

And I'm no, I don't owe anyone an explanation. I don't need to tell people. It's actually for myself and for creating more closeness and bridging any gap if there feels like there's distance between me and creation, because I hadn't been doing it a lot. When you're doing something regularly, it becomes a habit. And when you let that go, you do have to put a bit of effort to re-establish and reinstate the neural pathways and that habit, right, within your being. So that was a step for me to create some warmth.

Where before it felt like just a bit of distance, let's say. So closing the distance through sharing, sharing myself. But also my top priority was physically arriving, unpacking my bags, arriving into the space, getting lots of rest, filling my fridge full of all my favourite foods, cooking for myself, stocking up on things that I needed, walking in the neighbourhood. I am a huge, huge, huge fan of having body care booked for the days after a trip.

So having a chiro, I'm a big fan of chiro. I have scoliosis and some chronic pain stuff, some neck issues as well. So chiro appointment, acupuncture appointment. I had both of those in my first week back, and I have a massage booked in two days as well. So that's like my first 10 days back. Three different body care things because we have to land back in the body, and my soul had been through so much. It's not just physically coming from one country to another. My soul had truly been through so much.

Going to the sacred sites of Mary Magdalene, plant medicine ceremonies, deep like experiences that happened. So, really, that was my top priority with coming back. Then the next priority, when it was this thing of like, man, I haven't posted in so long, because I still have that feeling. I still have that feeling a bit like, I really haven't been posting very much, and I know that. And sometimes that makes you want to do it even less, you know, when you're aware of that, but that's not helpful.

That's not helpful. So, what is helpful is the C word: creation. That is what is helpful. So I knew I wanted to share about the Venus-Jupiter conjunction that happened on June 9th in Cancer, such a special day, one of the luckiest days of the year. So I knew I wanted to share about that. And even the day before, I was feeling a bit like pressure. And I was like, I don't need to feel

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pressure. I don't have to write about this if I don't want to. Nothing is a have to. Nothing. Nothing is a have to. And I gave myself that freedom.

And I received that permission. And then all of a sudden I had all the inspiration to post. So funny, right? Forcing ourselves, pressuring ourselves closes our creative channels a lot of the time. Yes, sometimes we work well under pressure, but when it's this internalized you should and you have to do this, that tends to not really be compatible with our creative flow. So I gave myself permission to not post it truly wasn't authentic. And then funny enough, the inspiration came through.

And where I started was visuals. So I started in Canva playing with colours, playing with images, playing with fonts. Now I also have a new masterclass that we just opened the doors to Chiron in Taurus. Chiron in Taurus was very relevant to the message of the Venus-Jupiter conjunction because Taurus is ruled by Venus, and Chiron in Taurus is all about money healing. Taurus is the sign of wealth, worth, and the body. Chiron is the wounded healer archetype.

So that energy is bringing us to the depths of our woundings and distortions around money, stacking money, being wealthy, our own self-worth, the way that our wounded self-worth sabotages our money and our experience of being in the body, our love or care or lack thereof.

For being a physical incarnation in the vessel and temple of this body and all of the woundings and distortions that society and our family and our past experiences, and how that also directly connects with our experience with money. So it's really deep. And the Venus Jupiter conjunction was this beautiful, extremely lucky day, specific to money and abundance. And it was in the sign of Cancer, which has to do with our lineage and our family. So there's this sweetness that this was giving us.

In preparation for this deeper healing journey that the entire collective is going to go through during the seven-year cycle of Chiron in Taurus. So I knew that that masterclass is coming. Actually, it's next week, by the way. So if you're listening to this the day that it's come out, check the show notes. The masterclass will continue to be valid for seven years. So actually, if you're listening to this during that period of time, the link is in the show notes if you want to sign up for the masterclass. So I knew that this was coming. That means I'm in a launch and here's this content I haven't posted.

And so where I started was images, colours. Alyshia, my assistant, had made a version of the banner. I went and changed a bunch of things. I tried a different font we've never used on the

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banner. I brought in extra images, extra layers, and I was having so much fun with that because I'm someone who loves colours and visuals. I love creativity, I love beauty, I love aesthetics, and I'm very picky on how things are. So for me.

That was my that was how I started getting the juices flowing to be able to write the copy, to be able to write the what is going to be on the checkout page for the masterclass, to be able to write the whole post for Venus and Jupiter. And I just had so much fun with it. Where at first, it's almost like there's an awkwardness when you've taken a break where like you're coming back and it's like a bit awkward. And what a lot of people will do is they'll avoid. Because of the awkwardness, they will avoid.

It's kind of like if you've met someone a bunch of times and you can't remember their name and it's like too it's been too long for you to ask them their name. You know what I mean? It's sort of this like awkwardness and avoidance doesn't create the results that we want. Right. And so a way that a lot of people avoid is they're like, I should make a post or like I know that long it's aligned with my long-term goals to make a post and be active and bring energy to my business and serve people. Right. But what they'll do is they'll scroll and they'll look at

Other people's businesses and other people's work with this illusion that that is somehow inspiring you and motivating you. And I'm not saying that it never can, but what I'm saying is you're then consuming and not creating. And consuming before you create tends to bring a lot of noise and interference into your creation channel. So instead of me doing that, I didn't know yet fully what I wanted to say.

And I hadn't dropped in fully with the masterclass of Chiron in Taurus because I had so much, so much stuff happen right at the very end of my trip. And like I needed to really drop in with the energy of Chiron in Taurus. So part of how I did that, instead of consuming, I needed to get into creation. And if you don't know what you want to say yet, creating in any way, even doodling in a fucking notebook with a just a pencil, doodling.

That is actually going to serve your creation flow more than looking at what other people are doing, especially in your industry. That's why I don't follow astrologers. I do have clients that are astrologers that I follow, but I don't follow other astrologers' work, even friends of mine, even people whose work that I really respect, I just don't follow them because, especially as a projector, I'm neurodivergent. I don't need to see what other people are posting. I just find that it's not helpful for me. It's not enjoyable.

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Getting into the creation flow with colours, with images, looking at the banner, feeling into the frequency, dropping into the frequency. All of a sudden, I'm no longer feeling the awkwardness. All of a sudden, there's a warmth. All of a sudden, there's connection with my creation, not what other people are doing out there. That's the horizontal plane that I was mentioning. Instead of being plugged into that, it was connection with my message, with my transmission.

With the energetics of how the astrology was speaking to me, with the colours that represented, like Alyshia had a beautiful banner for Chiron in Taurus. Alyshia always will always make a few based on like my past templates that I've created. Cause I used to always do my own graphic design. And so we continue the creation that my team makes from my own templates that it maintains that original seed of my vision.

I saw it and I was like, it needs to have gold in it. And I added this gold sphere in the background and I tried some different fonts we haven't used. And that brought an energy of newness and an energy of refreshment where it wasn't just following a formula from the past, but it's bringing the new energy since I have changed. My creation therefore also changes a little bit, right? My transmission, therefore, also changes a little bit, just in its own natural evolution. So ultimately, it's connecting emotionally, it's using creativity.

To connect more instead of looking for something outside of yourself, it's creating the conditions for creativity. We always talk about this in my work, say Sacred Social Media and other programs, creating the conditions for creativity. Consuming does not do that. And so even if you are consuming and you did scroll a bunch, go for a walk, clear that energy and come back to you. Even any form of creation, you could be dancing, you could be doodling, you could be putting stickers in a sticker book. I don't even care. Like,

Something where you're curating beauty around you and you're in that creator seat. And then next thing you know, the words start coming. A lot of people are waiting for the perfect words to come in the perfect order before they create, and that's a mistake because it's through starting to engage with creation that the transmission flows in because you're becoming a vessel to receive that from your higher self or from whatever that you're connecting with for your creation.

And so now I'm in a launch. We have Chiron in Taurus masterclass coming up. So I invite you to join us if you know that money has been crunchy, if you know that there is so much more potential for you in what you're earning, in what you're attracting, in what you're receiving, and in what you are saving and stacking. There's a difference between making revenue in our business and actually letting yourself become a wealthy person by building your wealth and

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your net worth, which will become more important as the world and economy continue to change in the next seven years.

This is something we're going to dive really deep into in the Chiron in Taurus masterclass. If you feel a lack of safety with money, if you feel a lack of safety in your body as a body in this world, healing this is so incredibly important because creating fractures and fragmentations in our relationship with our body through this culture of abuse that we live in. Whether it's the media making us hate our bodies and instilling disordered eating patterns and things like that within the bodies of so many people. And what we are shown as the conventional beauty ideals and the pressures to align to that and achieve that.

Or whether it's physical abuse or witnessing physical abuse, which is also something that is perpetuated in our culture, which is in many ways an extractive and abusive culture by its very nature, whether it is the manufactured poverty or scarcity, or even the continued experience of scarcity in your body when you're not in poverty. Because we can be making 50, 70, 100k months and still experience scarcity and fear in our bodies because of how it touches on the deeper root chakra survival layer pieces.

All of these pieces are coming up for healing. If you feel there are things blocking you or stopping you from deeply sinking in to the pleasures and treasures of this earthly experience as a body and on this planet of abundance. And you know there's more potential for you in deep presence with the Empress that you are, with the magical human being that you are, that you came here to be, not here to transcend, but here to arrive, more of our souls inhabiting in our bodies, which is what the system doesn't want.

If any of this is ringing a bell or resonating with you Chiron in Taurus is going to be an absolute game changer for you. This is a guarantee. So I invite you to join the Deep Dive Masterclass. This transmission continues to be valid for seven years because that's how long that this transit is. And it impacts each of us in very specific ways based on our birth charts.

Now, for some people, this is your natal chiron placement. So that is going to be even more significant for you. That means it's your Chiron return. And that is an incredibly life-changing time. I've supported a lot of clients through their Chiron return. So for sure, if you have Chiron in Taurus, get your butt in the class, like honestly, highly recommend. But even for those of us who do not have Chiron in Taurus, this is impacting the entire collective. And it is specific to wealth, worth, and the body. And finally getting to those root cause issues that you have not yet been able to transmute until now.

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The link is in the show notes. Please send me any just love and recommendations, suggestions, requests for the podcast, because now I'm back in my new recording flow and it feels so good to be back. And I want to hear what y'all want me to speak on because I want to serve you. And I'm so happy that you're here listening to the podcast. Thank you so much for being in my world and along for the journey. And I'll either see you in Chiron in Taurus or in the next episode or on the Instagrams.

Thank you so much and sending you all huge blessings. Much love.