

T H E
AQUARIAN AGE
BUSINESS

P O D C A S T

with

AYESHA
DURRANI

Episode 48

Welcome back to the podcast, My Lord, and it is 02:22PM. And I love that. I love the little winks from the universe when we are in alignment. And I wanna share a personal share today in this episode. And I feel like I've been like, feeling not exactly resistance, but I've kind of been avoiding recording a podcast episode for a couple of days. And it's, I have this list guys of so many incredible episodes that are full of like codes, deep transmissions, like giving teachings and value to my audience. But I felt that there was a personal share in my channel. And I was like, ah, like I feel kind of, yeah, it feels vulnerable sometimes to share where I'm at, especially when where I'm at is not like this perfectly resolved space where I'm sharing like, here's my clear takeaways.

And it's more of a me being in my process, but I could really feel how this was what was in my channel first. This was kind of first in line before these other pieces that I've been really wanting to bring to the podcast. So I want to share a little bit about just the journey that I've been on and my personal like process that I'm in right now. 2026 so far has been the greatest year of my life for heart healing and coming home to myself.

And it's not because of specific big, like peak moments that happened. Like I didn't fall in love. Did actually sit with the medicine of Ayahuasca, but it wasn't really, that wasn't really the point. It is this space where I have over the last few years created the safety in my body, done the nervous system healing, changed my life with my business and my financial reality, which then changed all my physical material reality.

THE
AQUARIAN AGE
BUSINESS
PODCAST
with
AYESHA
DURRANI

And then I had more resources and space for healing, da da da. And all this journey led me to what happened this year unexpectedly, which is this resensitization of my heart space. And I actually did not realize how closed my heart was. Even though people have told me this, a stranger once in a class I was in, I was at a retreat center, I believe, and I think it was like a Tai Chi class, like there were just a few classes that you could choose to do. And I believe it was a Tai Chi class where there was a partner exercise and my partner was this woman. And I know that she is a Reiki healer and I wasn't close with her, never had a conversation with her before that moment.

And we did a practice where we lightly touched our shoulder and it kind of created this like movement. I don't know, maybe you're familiar with it. Don't really know how to describe it better than that. And right away she said, Woah, you have a fortress around your heart. And I was like, What? Like, it was hard for me to know that because as a Pisces moon, I'm very emotional. I can be very in touch with my emotions, but I didn't realize how much extreme repression and suppression was actually present within my body. Even though I'm a Pisces moon with big emotions, I didn't have the safety to move through a lot of my emotions.

I didn't have an environment or connections and community and family life that was safe for that. So there was so much repression, but we don't know what we don't know. And so what happened over this year so far is I have had it actually The first one was last year in September. So it's September now.

So in this last twelve months, since September 2025 to September 2026, I've had some really significant moments where an emotional feeling was coming up. And through creating safety in my body and my being somatically and addressing problems and ways that I was making things worse in my life, like different addictions and habits that were like leaking my energy and kind of just anything that was costing me more than it was giving me, right? Like any habit or thing that we do or choose that costs us more than it gives us, I'd kind of been worn down by those choices I was making to avoid how I was feeling and the unaddressed things within me that a part of me didn't feel safe to feel, etcetera, etcetera, which we all have in different ways.

THE
AQUARIAN AGE
BUSINESS
PODCAST
with
AYESHA
DURRANI

So I had created a lot more safety and I had had a lot of breakthroughs with these things. And then it started in September of last year that something happened. I don't know how much I wanna share about this experience because it's not my story. It's someone else's story that's involved, but something happened with someone very close to me and I felt my heart be pierced.

It felt like my heart was being pierced, like sharp, small pierce of my heart. And because I now had more experience with emotional alchemy, and by the way, my clients who were in quantum emotion, it's the quantum emotion work that really got me here.

Since I had developed this greater capacity and greater wisdom of what emotions were, what they meant and creating, helping my body feel safe, allowing them to flow through me, which makes sense because I'm not just a Pisces moon, it's also my North node in my eighth house. So there's a lot that that has to teach me with my purpose path and my destiny path. So I felt this piercing in my heart, and I knew, oh, something is happening. And sitting with a medicine also helps me with this because when you sit with a medicine, especially like more than once, you start to really understand when it's time to purge.

You're like, oh, something's coming up and all I need to do is allow it to leave my body. And that's actually the greatest gift that I could get. That's actually why we're doing this work is to help these things move out and actually be healed, transmuted, let go, etcetera. So I felt that happen.

And I was not on medicine in story, but I heard something about someone that I had been close to, my heart pierced. And I went and I was like, Woah. And it was rising and I almost was right at the edge of feeling overwhelmed. And I could have done an old pattern, like go open my computer, go look at my iPhone, you know, like escape into something.

But I knew, Oh, this is actually like, when these things are coming up, when something is about to purge out, when something is coming up, that is something important to be with and to address. And that's actually part of my reestablishing relationship with myself because that's intimacy. Right? If

THE
AQUARIAN AGE
BUSINESS
PODCAST
with
AYESHA
DURRANI

something comes up within someone you love, holding space for that is a way that you create more intimacy and trust.

And I was, I am on a journey of deepening intimacy and trust with myself. So I need to show up when something's coming up for me and that's how my relationship to myself gets better. And so I'd been doing that, which is why I had this capacity and the sensitivity to recognise what was happening.

So I was like, Oh, something's coming up. So I put my hand on my heart. I went and sat at my altar. And I sat on my altar in front of this mirror, because one of my altars is in front of a mirror. And I allowed what was coming up to come up. I journaled and I wept. I sobbed and I wept and I cried and it was like ugly crying. I was letting it all out.

And then this song came to mind. I believe it's by the Emmett brothers. It's a song of, it's a song version of Ho'ponopono, which is the Hawaiian, indigenous Hawaiian practice for forgiveness. But it was a specific song by the Emmett brothers and it was in my head.

So I was like, if it's an I hear things. It's one of my psychic guests, clairaudience. And so I was like, oh, I need to listen to, I need to play the song. So I played the song and I sang to it like, I don't even know how many times. And I wept some more and I just let that process get all the way through. I let it go all the way through.

And what I felt was that by feeling the sensation of what was coming up, that the very act of feeling it and allowing it and being present with it was dissolving a layer that was calcified, this hard layer that was calcified around my heart.

And I could feel how by allowing the process to go all the way to completion and what the process was, wasn't something that was a strategy. It wasn't something that was a formula that I was ticking

THE
AQUARIAN AGE
BUSINESS
PODCAST
with
AYESHA
DURRANI

off the boxes. It was me being attuned to what I was getting from my senses. Like, oh, now let me pick up my journal.

Oh, woah. Wanna put this song on. Okay. Touch my heart. Like, it's not something that was of the mind.

It was through being attuned to myself, which is a capacity that I strengthened from the healing that I've done. So we don't need to be fully healed, but it's it's all comes back to attunement to self. Right? And attunement to self can also be a journey if we have been have lack of attunement in our childhood, and then therefore we never learned how to attune to ourselves, which was a big part of my journey.

So that was where this started almost exactly one year ago. So within twelve months was this whole journey. And then I had some really incredible experiences of integrating that where I, yeah, just like so many amazing things opened up in my life. Now over this year, there have been a few different moments like that.

A few different big moments of heart healing. And every single time, it was like this new layer around my heart got dissolved and I was feeling more sensation within my heart. I can actually feel my heart and a tingling energy all around my heart right now, because I reestablished this. And I didn't know that I was missing this because we only know what we know, right?

And if in my life, since a very young age, I was cramming down emotions, there wasn't space for my emotions. My caregivers didn't understand how to be with their own emotions. So they weren't able to give that to me. And then as a side effect or as a consequence, things got kind of repressed. And even if you think of the word repressed, it's like an energy became compressed all around my heart. It was like a compressed hard energy that was like this dark brown color that I see when I see it almost like a packed earth that became rock kind of thing. But then through the emotions, which emotion is very like water energy, it dissolved layer after layer after layer on the outside of my heart

THE
AQUARIAN AGE
BUSINESS
PODCAST
with
AYESHA
DURRANI

in really, really, really significant ways. And so in the last month now, so there was a few different experiences.

Some of the ones that were months and months ago, they're not really coming up to share right now. I did lose a friend who passed away, my friend Adam, rest in peace, Adam. I have his picture right here. And that of course was a whole deep journey. I don't want to speak too much about that.

But in this last month from when I'm recording this, The deeper it went, the faster it would go. Right? So it started with one and then there was a long integration about that. And then there was another one, and then a little sooner was another one, and then there was another one, and then there was another.

And started to like speed up as it got to the final layers because when it's the outermost layers, there's more of the energetic, like you could call it a density, or you could call it like armoring. When there was more armoring, there's more surface area, you could say. It takes longer to kind of melt that just like with ice. Right?

So like if you have an ice cube, it's gonna melt slowly, but then the more that it has melted, the faster it will melt. And then when it's a tiny little bit at the end, that melts really fast because there's less of the ice to begin with. Right? So that's what I was feeling with this like heart healing stuff.

And along the way, I let go of certain friendships. I let go of certain things in my business. I let go of clients. I stepped away from mentors.

Like I did choices because as I was shifting and deepening in attunement with myself, I could feel what was true for me. And as I changed, what was true for me changed or things that were true, but that I was not admitting to myself or others became something that was like, okay, now I have to speak to this. Now I have to take this step. Now I have to set the standard or set this boundary.

THE
AQUARIAN AGE
BUSINESS
PODCAST
with
AYESHA
DURRANI

So slowly, my relational field started to shift a lot as well.

And now in the last month, a little bit more than a month. So right now it's September 24, 2:34 as I'm recording, which two thirty four and twelve thirty four to me mean take it one step at a time. So I really love seeing that as like the angel number. It's like one step at a time, which is great because I was like, does anyone wanna hear this? It's not a teaching podcast, but I do get a lot of feedback from you guys that you like this kind of episode. So I'm happy to be able to process in this way because I feel for me as someone who loves to speak and loves to reflect on the patterns and the journey, it's just it's just a great gift if like my expression and processing is also valuable for others. So happy if that is the case for anyone who's listening.

So it was the day of Lions Gate, August 8. That was one of the ones I want to share here. So that was over about a month and a half ago or almost two months ago. Lions Gate is always incredibly powerful for me.

I've shared this in lives over the years. You know, over the last five, six years, I've always had a big share and a big transformation that happened on Lions Gate. Those can be found in my IG lives. I've shared some really big story times about past Lions Gate on there.

And so here we were another Lions Gate. And I had so I was at a music festival and I have a background with being a party girl. I have a background with straight up substance abuse, ***** . And I have a background with some really great experiences with natural medicines, with psilocybin mushrooms.

And cannabis has been a big part of my life since my 20s. And actually since before that. So cannabis, weed, Mary Jane, Ganja, what are some of the other? Devil's lettuce.

THE
AQUARIAN AGE
BUSINESS
PODCAST
with
AYESHA
DURRANI

Oh my God, such a bad one. I have always had weed around me because members of my family always smoked around me. And so that was very normalized. Then all of my romantic partners either smoke tobacco and or smoked marijuana.

And so that was very normal in my closest relationships. That was absolutely the norm. And then when I was in my twenties, I started to smoke cannabis. I never was into cigarettes, but I did start mixing natural tobacco with my cannabis.

Okay. And I got a lot of relief from that. That was very much something that these are plants, They have spirits, they have medicine to offer us, and they can be tools, right? Just like any plant really can be.

And for me, at that time in life when I didn't have a lot of support, I worked full time and often more than full time to have enough money to also do some traveling, which was important to me. And at that time, this gave me, this medicine gave me the gift of pain relief, of relieving emotional pain, helping me to survive what was otherwise so challenging. And my nervous system was not okay. And it just helped me.

It helped me to rest. It helped me to unplug. It helped me to unwind. So that period of time, I do have a lot of gratitude for the spirit of Mary Jane and for what that has to offer us.

Now, those of you who have followed me for a while, you may know that there were times that I had forty days off of any and all substances. There were times I had nine months off of any and all substances. This includes like psilocybin, cannabis, etcetera.

And those periods of time were where I reset myself to be primarily sober. Okay. But then here's what happened is I So I'm what was starting to tell the story about a festival on Lions Gate, right, around the weekend of October 6 sorry. I misspoke. The weekend around August sixth, seventh, and eighth. Okay. That's the story, and I'm just giving some context to that.

THE
AQUARIAN AGE
BUSINESS
PODCAST
with
AYESHA
DURRANI

For about like months, a few months before that festival, I hadn't smoked at all. But then when I was at that festival and before I went, I thought, well, haven't been smoking and that's been feeling really great, but maybe I want to. Maybe I wanna let loose. It's a festival.

There's no need for me to be like 100% not doing anything because my relationship to substances has improved so much. I'm allowed to have fun. It's not wrong for me to do this. Do I wanna get my stuff because I like organic tobacco, not conventional stuff.

So like, do I wanna make the choice to get what I want or do I wanna go there without anything? And then I went there without anything. I actually did go into a shop to see if they had the organic tobacco, but they didn't carry it because not all of them do. So I was like, maybe it's a sign. But then when I got there, I right away met up with a friend who likes exactly what I like and had exactly what I like. And I ended up smoking throughout that weekend. And on one hand, when I compare myself to the past, I was like, I'm doing so much better than I was in the past. You know? Because in the past, I had done nose drugs and stuff like that and had, like, really deep journeys with certain, like, harder drugs, and that was damaging for me.

And now it's like, this is a plant, this is a medicine. But what I noticed through the weekend, through different experiences that happened, I had had multiple times where I had a moment to connect with someone that I either really wanted to connect with, or there could have been a cool connection there. And as my clients and friends know, like I've been in my single era and I really want to be in union and meet an amazing partner. And that's been like a big part of my journey lately.

And so there was times where even one of my friends, my couple, my friends who are a couple and they're an amazing, beautiful couple, kind of were joking with me at one point because they sort of introduced me to someone and I just kind of like had a very short conversation with them. And then I basically like bopped away. I just like, was like, okay, bye, do do do do do do do And just kind of like bopped away, hopped away. And they kind of were like, what the hell?

THE
AQUARIAN AGE
BUSINESS
PODCAST
with
AYESHA
DURRANI

Like we just were trying to set something up there. And I was like, what? I had no idea that you were trying to make a moment there for me with this person. And it was funny and we laughed, but it was also that I was being derpy and awkward from being a little stoner babe, being a little stoner bunny.

And then another moment happened where I observed a similar pattern happen in a totally different situation, like hours and hours and hours later. And I ended up missing out on a lot of fun with my friends. I ended up kind of going on this side quest and I just felt really disconnected. I felt like I was floating. And when there was someone who I wanted to talk to, I ended up, the conversation ended. And then as I looked back on it, I realized, did I just leave that conversation? Did I just hop away from that moment instead of leaning in? And what the hell is up with that?

Of course, I am an Aquarius. I'm an Aquarius, Sun and Venus, and I'm a Pisces moon. So yes, I can be a little bit of a space case. Now imagine a space case plus cannabis, right? And so I was like, loop de loop de loop, and I was super awkward and I didn't want to talk.

And it's this funny thing for me with cannabis where because of feeling socially awkward, I wanna smoke it to make me feel more grounded, and tobacco can also be very grounding. But then it actually does not make social interaction easier for me. It just eases the sensation of the high sensation experience within my body that's what I wanted to numb numb out. Right? And so it's actually not addressing the root of it, and it's actually not making connection easier. It was making connection harder.

And it was only making connection easier with other people who were smoking, and those were not the people I actually wanted to spend time with. And my friends who are primarily not smokers were having all this fun at this other stage. And then I wanted to, after a long time in this zone that I was in, I was like, okay, I gotta move. I gotta go back to my friends.

THE
AQUARIAN AGE
BUSINESS
PODCAST
with
AYESHA
DURRANI

I gotta go dance. And as I was leaving, I found out that the other stage where all my friends were at closed. And all that was left was the chill stage where I'd already been for like two hours in my little stoner, weird side quest loop de loop journey. And I was like, what?

I just was here for two hours in my loop de loop stoner vibe. And all my friends were dancing at the loud stage and now that stage is closed. And it was the last night. So there wasn't going to be another night like that.

And I was just actually devastated. I was actually so sad. So I stuck it out for a bit longer and I was with a friend, but I found it really hard to even communicate. I mean, I have autism and ADHD. So a lot of people with autism and ADHD find a lot of relief from cannabis. And so I want to say that because even my psychiatrist who diagnosed me with autism and ADHD, when I told her I was wanting, at the time of my diagnosis was three years ago, I told her I was wanting to cut down on it.

And she was like, you know, you don't have to, because she was saying that a lot of her patients find a lot of relief with cannabis and saying that I don't have to, if I don't want to. And I wanna say that because just because my story ends with me quitting, doesn't mean I'm saying that everyone who listens, if you find medicine and relief and true authentic support from cannabis, I am in full support of people smoking cannabis.

But my story is my story. So I wanna say that. But me already, if you have autism and ADHD, autism too, it can be really a lot to be at a festival. So the cannabis thing was kind of almost like help. It was almost like the word that's coming through is like lube. It was like lubrication that just helped it be easier for me to be with a group and enjoy and receive and be in the celebration.

But the thing was, was kind of nonverbal at that point. And it's not really that I even smoked that much because I actually smoke mostly CBD. So I wasn't actually stoned out of my mind or anything. It actually was just the spirit of the medicine and the way that it shifted my frequency.

THE
AQUARIAN AGE
BUSINESS
PODCAST
with
AYESHA
DURRANI

Yeah, and so I was kind of non verbal. And then I ended up just going back to my tent because it was a camping festival. So as I was in my tent, I was doing some shadow work because I realised, was like, I don't feel good right now. Something is off.

There's some grief in my heart. And what have I learned? It's that when I feel grief in my heart, I need to kind of drop what I think I should be doing and attend to myself. And that this is part of my journey of intimacy with myself and rebuilding trust with myself.

This is part of the journey of union with myself, is attending to what is happening and actually caring about what is arising within me, not just caring in an internal, Oh, I care about that way, but caring through action. And so I laid with myself in my sleeping bag and I had my hand on my heart and I was just breathing and I was feeling. And then I got my journal and I wrote, okay, maybe I'm the one that's hard to connect with.

Maybe finding connection isn't hard because I like, I have amazing friends, but dating, there's been nothing to write home about for like a couple of years now. So there's been some, you know, cool, short attractions and you know, some kisses here and there, but there's has, I haven't met someone who's like a contender to be my partner.

And so this has been my journey of union within myself in the meantime, right? And it's felt like it's hard to meet someone who I actually would want to build with and who I could actually see as a partner.

But then through this experience and things happen for reasons when there's a theme coming up and it's a transformational festival for sure, that's going to be the breakthrough for me. I know that, Not my first rodeo. And so I was in my journal, maybe I'm the one that's hard to connect with.

Maybe it's not that connection's hard to find, maybe I am hard to connect with actually, at times. And I wrote that And then I wrote, okay, if I am, not saying that I am, and that's just the fact of it, or that's like the whole story. But if I am hard to connect with, why do I want that?

THE
AQUARIAN AGE
BUSINESS
PODCAST
with
AYESHA
DURRANI

Because anything we're choosing, and this brings back to like a conversation about addiction, anything we're doing or choosing, it benefits us somehow. Even if we are like shooting up really terrible drugs, it benefits us somehow. We wouldn't do something that has no benefit to benefits us somehow.

So there's a part of us that wants that. Right? So if you completely sabotage your business all the time, that benefits you somehow, probably because a part of you is afraid of responsibility. So that creates an experience where you're never going to have to be responsible for everything that a successful business entails.

Right? There's always something that we're gaining. Even if we're losing a lot more than we're gaining, we're still gaining something with everything that we're choosing that's damaging. That's a really important thing for us to understand when it comes to living our highest in my opinion.

So how did it benefit me? And then what came through was control. It gives me control. It means I'm not going to have to recover from something, which I had a Something I had to really recover from happen with my last romantic relationship, where I was completely deceived, cheated on.

So everything was built on a lie and I'd never had that happen before. And that really threw me for, you know, but it brought me to the healing journey I'm on now. But still the level of just pain and that was really a lot and it was hard. And so I had to recover from that. And now that I'm single, I never have to recover from things like that. I never have things like that destabilise me. I never have to recover my heart in that way.

So that was the benefit of being hard to connect with. And so I saw that, and then I remembered that lungs are connected with grief in, I believe TCM. I'm not a TCM expert, but I remember my herbalist friends say that lungs are associated with grief. And so when I remembered that, I saw an image of my mom and dad smoking.

THE
AQUARIAN AGE
BUSINESS
PODCAST
with
AYESHA
DURRANI

Smoking, smoking, smoking, puff, puff, puff, puff, puff. And they have trauma. They had rough things that happened in childhood, which they did not pass on to us. So they, that's a huge, amazing, They are cycle breakers too, because they did not pass on the things that they went through to us, their children.

But because of their own unprocessed traumas and not having the level of support to have those breakthroughs, they also were not very attuned to us. And there were other things that I dealt with in my childhood. And so I saw the picture of them and I realized, Oh, they're just stuffing down their grief. They're stuffing down the grief of what they did not learn how, or don't have the safety to process around their childhoods.

And I just saw that very clearly. And then I felt the grief in my heart. And once again, it was happening. The grief release was happening and I had to just cry. And it was these very sweet tears. It was these sweet sorrow, this melancholy just, like, in waves, like, pulsing through, and I was just letting myself cry. Oh, and it was raining. It started raining like crazy.

It was raining so hard, and I was just allowing my tears. It was perfect because when you're camping, people can hear you, right? But I was allowing sounds to come out as I was crying, but the rain was really loud. It was like thunder and everything. So I was like, oh, thank you God. It was beautiful. It was so perfect. So then I allowed all of that out and I cried until it was done.

However long it takes for that layer to be dissolved. So the layer around my heart, I could feel it dissolving and the way to dissolve it is to feel it, to feel the sensation and to allow it out, right? So allowing the sounds that wanted to come through, allowing the tears that wanted to come through, feeling myself twitch and move as the energy was leaving my body. And my experience with the medicine helped me to learn this within my own body and what that feels like in my system.

I'm not saying you need to sit with medicine to learn that, but in my journey, that's how I finally got what it feels like when the body is purging something and it's literally purging it out of your body and

THE
AQUARIAN AGE
BUSINESS
PODCAST
with
AYESHA
DURRANI

out of your life. And that's literally healing and transmuting. So I knew that was happening and I was allowing it and allowing it. However long it took, I'm not going to leave myself.

However long it takes, I will be here with myself. And it went all the way through. And I knew, I was like, wow, this is going to be so important for me in connecting with someone. And I could feel my receptors for connecting heart to heart with someone.

I could feel it. I could feel it where I'd never felt it before, where that part was offline. No wonder there hadn't been people I was like romantically connecting with on a deeper level because there truly was a block there. There truly was, you know, I like that in the public discourse, there's a lot about like, Hey, we shouldn't be like healing forever.

And like, shouldn't just like, Oh, it's not always a block. And it's not always I think that's really useful. But also the fact is there were literally layers and layers of armor around my heart that was blocking connection. That's just a fact.

That was just a fact. And so when I feel those blocks dissolve, then I know for sure actually how bad that it was. And I could feel the resensitization of my real heart, my sacred heart. And so that happened.

Then the next day it was still the festival. And I walked past, I saw this healing happening in one of the tents where they were like, people were offering healing services and it was called Quantum Healing. And it was my friend, Mikayla, and then another woman whose name I'm forgetting right now. But it was so magical because I walked past and I saw, and I was far from the stage.

And there was like one more hour or two left of music and I really wanted to go and it's like with dancing and dance it out, dance healing, you know, to really embody and integrate it. And I passed by this booth, this was quite far from where the stage was, Cause there was like a bigger area. And I saw these people doing the healing and it was very unusual. It wasn't like laying down.

THE
AQUARIAN AGE
BUSINESS
PODCAST
with
AYESHA
DURRANI

There were two women receiving healing and each woman receiving healing was receiving from two women. So there were like two healers per one person. And there were two people getting healed in there. And they were standing and everyone was moving.

And I was like, I don't know what's going on in there, but I'm into it. I could use some more support because I know that what just moved last night was so incredibly important that I could really use some extra support just to love myself deeper and just get to give myself that. To give myself receiving support with how big that this is and honour this. And so I said to myself, I was going to my tent to get something.

And I said to myself, if on my way back they are available before I go to the stage, I will get the healing. And so on my way back, there was no one there. So I was like, great. So I go up and I was like, hey, I would love to get this whatever this is. I want it. And then the woman said to me, oh, yeah, can you come back in like twenty minutes? And I said, no, because I wanna go to the stage. It's the end of the music and I gotta go dance this out.

And then she was like, okay, I got you. I'm gonna go see if someone's available. And it was so perfect because the woman who was available, because it's two healers per person, the woman who was available when I shared with them, because they said, oh, is there something specific that you want to work on? I was like, yep, it is this.

It's that I've been smoking, grief stuff, my heart. I've been closed off to connection. It was my strategy for avoiding connection. I would go off in the corner, be an observer, my little spliff, smoke my spliff in the corner, you know, and it was all connected to connecting with others with my heart.

The woman who ended up being available to work with me knew, had literally had the same experience. And she said to me, I smoked for seven years and I didn't connect with anyone. And so I had someone, one was a girl, a woman that I trust and that I know, and that's a friend, Mikayla. And then the other woman was someone who I'd just met, but it was the perfect people.

THE
AQUARIAN AGE
BUSINESS
PODCAST
with
AYESHA
DURRANI

The two perfect, like, soul contract people that signed the contract to give me this healing at that moment on Lions Gate on August 8. This was the end of the festival, it was August 8. And that was the day. And I was like, bro, of course.

And it was so incredible. I can't, I won't even try and describe, but it was like, there was intuitive touch. One was in front of me, one was behind me. My eyes were closed.

At times I was singing, like I could feel my wings, like from my back, like my angel wings just spreading. Like it was so powerful. And I could feel, I was like, literally, we just did it. Like we accomplished, like whatever that was around my heart is done.

That was resolved. That's it, that's it's over. It's over. I learned a lesson and I'm done.

And we were all crying. When I opened my eyes, both of them were crying. And all three of us were crying because we knew that how fucking important that that was. Like we knew like we, that happened.

That just happened, this healing. What like, it was beyond. It was the most incredible healing experience that I've ever had. And they knew, and they were like, we're so honored to like support. And I was like, oh my God, thank you. I was like, this is like angels coming together right here. This, it was like the real resolution.

The real resolution of this huge thing that had been in and around my heart for my entire life. And I knew and I could feel how it was dissolved and I can feel it even now, right now, September 24, I still feel that sparkling the ness of my heart and the sensitization of all the layers of my heart without feeling overly sensitive and overly intense of a sensation. It's pleasure all around my heart. And so that was amazing. And I thank them so much. And I like, yeah, like I gave them like a big lion's gate tip, like over a 100%. Because I was just like, we spreading all the love right now, baby.

And then I went and danced and I just danced it out. And from that moment of these releases, I became a nonsmoker. So all my life, like since smoking in my twenties and seeing smoking all around me from everyone I was ever close to literally since the day I was born, like all the pictures of

THE
AQUARIAN AGE
BUSINESS
PODCAST
with
AYESHA
DURRANI

me as a child, like people are around me with cigarettes, I literally am a non smoker now. And so there's been times over the years, like I said, where I would take three weeks off before sitting with the medicine and I would take all my, like it would take willpower for me to resist, right?

Where I took forty days off a couple of years ago, then I took ninety nine months off, sorry, I had nine months off. That was amazing. But then every time I would smoke again, I would be back in that pattern. So I could take all that time off and be like, well, I can smoke. It's just a natural plant. And then all of it, next thing you know, I'm like one after the other, after the other, like not like it just, even a little bit, what I realised, one of the breakthroughs that I had after the festival was fuck moderation. I am an immoderate person. I am an extreme person. Even in my birth chart, I'm all fixed signs. I should just work with that.

I should just go with that. Because for me, having the door open a little bit, because of all these reasons, it's a plant, it's a medicine, having the door open a little bit becomes a slippery slope for me. And I just need to know that about myself and be okay with that and work with that. And the way of working with being all or nothing for me is close the door.

And the crazy thing is I've taken those breaks before, but this is not a break. I literally have no desire to smoke anything at all, at all. And I used to like, when I would take my breaks, I would smell it because people it's legal in Canada. So people will smoke it all the time.

I live close to a park and I smell my neighbors on their balconies and stuff like that. Like, I smell it a lot. And I would smell it in the past and be like, oh, this smells so good. No. It doesn't smell bad to me, but it just is literally there's nothing. It's like the part of me that was a smoker is no longer within my being. Like, literally. And just straight up.

And so I last weekend, equinox weekend, September 21 weekend, I went to a festival, first festival without smoking anything. And I had no temptation whatsoever. No part of me wanted to smoke at any time whatsoever because I actually dissolved it at the root.

THE
AQUARIAN AGE
BUSINESS
PODCAST
with
AYESHA
DURRANI

I actually dissolved it at the root and it's really wild. It feels amazing. And so one more thing, on the heart opening front, which I guess is what this podcast ended up being about.

One or two weeks ago, I had, it was, I think it was actually, yeah, two or three weeks ago, I went to a show. I had a little bit of psilocybin and I was dancing, having a great time. And then I came home and it was, like, four or five in the morning. And I just started thinking about my mom. And I had visited my mom, in August, after Lionsgate or wait. Sorry.

I visited my mom before Lionsgate. I went to BC, she lives in a different province than me, and I had a really great time with her. And I also learned some stories about her life that I didn't know. Some tough stories about how my dad's parents treated her and things I didn't know about.

And so that was like weeks, that was like almost two months ago now. And then a couple of weeks ago, two, three weeks ago, I get home from this show and I just started thinking about my mom. And you know, this medicine of psilocybin, like it can open your heart, it can open up things within you. I'm a huge fan of psilocybin.

I've never had a problem with it in terms of frequency or anything like that. It's very intuitive, maybe it will be like once a month or even once every two months. And it's always very sacred when I'm called to that medicine. So that's always been a healthy relationship.

And I get home and I just started thinking about my mom. And I start thinking about how she was betrayed a lot. And I have betrayal trauma, you know, where it's like, I never want to open my heart up again. But like she was betrayed in some very profound ways. She was betrayed by her parents, She was betrayed by her parents in law. And she was betrayed by her partner, my dad. And I just thought about that. And I just started weeping.

I started sobbing and weeping because she never betrayed anyone. And she just stayed a very good person who just is so caring, is so sweet. As far as I know, she has never harmed anyone,

THE
AQUARIAN AGE
BUSINESS
PODCAST
with
AYESHA
DURRANI

even for all the pain that she has been through. Yes, there was harm that happened to me through neglect.

And that was because of just trauma, like not having capacity and not having the resources to heal and like not knowing attunement and just like the things that we don't know what we don't know, right? So yes, of course, that did have an impact on me, that did harm me. But like she overall, she did not harm anyone and like does not, would not harm a fly. And I just had this explosion of love in my heart for my mom, my ummah, my ami, just an explosion of love.

And for me, I left my home when I was 15. So I had a rough time with my family. And then over the years, our relationship has gotten good. We have a group chat. Like the relationship with my family is better than ever. But what I realized is that my heart had not known being exploding in love for my family. Because my heart didn't feel safe with my family. Then I left, then we came back together and it was like, yay, we can be grateful for having a good relationship where we don't fight and we support each other, but there's distance.

And it's like, it's a warm feeling. It's a fondness feeling, but this was like, my heart is exploding with love for my mom. And that's my first caretaker. So that's where connection imprints came from, right?

That's where our, how we learn to even connect with others is very much connected to our primary caregiver, right? So my heart was just exploding with love for my mom. Send her a voice note, bro, I'd been crying so hard. You know when you're crying so hard, like your nose is completely plugged and everything.

So I just send this voice note to her at like 4 or 5 am. And I just started off with, I'm okay, I'm okay. But I just want to say like, and I said to her basically what I just said, you know, you experienced so much betrayal and you just stayed pure. Like she just stayed pure and she got more pure over time.

THE
AQUARIAN AGE
BUSINESS
PODCAST
with
AYESHA
DURRANI

And it just made me, you know, realize my own victim stories about how I'd been betrayed and the way that I stayed in that pain. And even though that also, you know, I probably did process a lot of that compared to maybe what my mom processed at different times because of how deep in the pain that I would go. Like it's not that one is bad and one is right. But I just saw that, I just saw the purity of, I just saw her purity and I just felt like, Woah.

And I'm like, my heart just exploded with love for her. And I knew that that was such a big part of my journey with connecting with others because how we connect with others in our romantic relationships is connected to our attachment, which is created with our primary attachment figures of our parents, right? So those are some stories about what's been going on with me lately.

Yesterday or a day before yesterday, I shared a story on my Instagram live about being burned by a coach in 2023. And in 2023, in the end of twenty twenty three, I went through a lot. That's when I went through the breakup with a person who had, our whole thing was based on lies and he had cheated and everything was really bad. And then I was diagnosed with autism and ADHD.

And then there is a ongoing genocide happening and I was feeling so much grief every single day, crying every day about what was happening. And then at the same time, a coach burned me for \$26,000 a mastermind that never started. And I just shared that story two days ago on my Instagram live. You can check that out if you want more story time, but it's all connected.

It's all connected because that 2023, like rock bottom, new level of rock bottom for me in my current form, in my thirties. And now since starting my business, that was my first rock bottom since starting this path. And it's all connected.

And even though that 2023 period, wasn't the start of my deeper issues with attachment, that was the start of me actually doing the healing to go deeper because I was in such extreme pain that I had to heal. I had to go into my heart. I was cracked open and I had to go deeper in there, not just the pain of what I was experiencing in the fall and winter of 20223, that was just the catalyst for the

THE
AQUARIAN AGE
BUSINESS
PODCAST
with
AYESHA
DURRANI

deeper healing on these layers around my heart that were impacting my entire life in all these other ways. And then it weirdly came full circle where a lot of people had a terrible experience with this coach recently and people were speaking on their experiences. And I knew it was my time to share that. So I'm feeling inside of myself, in my heart, in my womb, in my mind, in my being, in my soma, in my aura. The amount of space and lightness that there is within me.

From letting go of this armour, letting go of the weight of being burned by this coach and the grief that I had around that, the grief that I had around how I just allowed that to happen and I enabled it and I didn't stand up for myself more.

And at the same time, two weeks ago, I hired a professional closet cleaner and she took everything out, not only of my closet, but of all my storage bins. And I got rid of about seven, pretty much bags of some were garbage bag size, some were smaller of clothes that were all donated to shelters and to people that can actually enjoy that clothing. And so that also was a huge thing for me. There was a lot old energies within my closet and within my storage and things I was holding onto for some reason. And that also had to do with regret.

So one piece that's also been alive with the coach situation, the 26k that I paid for a mastermind that I left before it even started. And that person held me to half the payments, which is really unethical, but I allowed it anyway. And so there was a lot of grief and regret around that. And that grief and regret around that situation, when it was happening, I didn't feel that because I just needed to remove myself from this person's space because they were vocally supporting the genocide, and I just couldn't could not have that in my space.

And I was going through so much. I just didn't even process it. And then as I was healing through these layers of my heart over the last two months, it kept coming back up. This regret around why did I let that happen?

THE
AQUARIAN AGE
BUSINESS
PODCAST
with
AYESHA
DURRANI

I should have stood for myself because that wasn't that wasn't just, that wasn't ethical. And I stand against injustice and I didn't stand against injustice against myself. I let this person extract from me, but that was just also the capacity where I was at, you know, so also compassion for myself. But there was grief that was coming through as I was going through these layers that were being dissolved in my heart.

Within those layers, I was finding things that I didn't expect to be there, kind of like going through clothes, right, where you didn't know that something was there. And the situation with the coach was there. So then I spoke on that a couple of days ago and that was another thing that was moved out. And then the things within my closet, I had a period of time where I had a shopping addiction because I had all of a sudden making way more money than I ever made in my life, making more money in a month than I used to make in a year.

You know, and I'm so grateful, but I was self soothing, and there was still unhealed traumas and things within me. My nervous system still wasn't healed and I was self soothing with shopping. And so I had a lot of regret in my closet on things that I And I like nice things. I like artisan made. I like handmade. Handmade in Bali, handmade in Canada, handmade in Europe. I don't like sweatshop stuff. I don't like polyester.

I like natural fibers. I like organic cotton. I like bamboo. I like silk. Like, you know, it's everything I own is kind of expensive in my closet. So here's another \$200 thing. Here's another \$300 thing that didn't look good on me that I never wear. And there was regret around that. And there was grief around that.

But by keeping it in my closet, I was keeping it crammed and compressed, once again, compressed stuff that I didn't want to deal with in these storage bins, keeping it compressed in these back of the closet, da da da. And hiring someone to help me with that so that it would actually be done, and having someone be a support, letting myself have the support through that process, it was very emotional. And when she left with everything, because it was like amazing full service thing where

THE
AQUARIAN AGE
BUSINESS
PODCAST
with
AYESHA
DURRANI

she takes it all and she has relationships with the shelters and with the organisations that some of them will sell the stuff and it's all for charity or it's straight to shelters for the more practical items, but shelters don't need, you know, some of the impractical items.

So she took care of all of that. And afterward I felt, woah, I felt so raw inside. I felt tingly inside of like, oh my God. It almost felt like I'd had a surgery that removed something from within me and took it away. And so I'm in this space right now and I feel the emotions rising. Just because I know so deeply in every aspect of me that a miracle is on the other side of all this for me.

That all of that, there was years of healing where I didn't have these moments of satisfaction and clarity and these moments of like, wow, breakthrough. And I just had to keep going. I just had to keep going when I didn't, couldn't see ahead of me. I had to keep going through the underworld when I didn't know if the healing was working.

I had to keep trying and like that version of me that never gave up. I'm now in this space where again and again and again, it's like, it's really becoming the butterfly. It's really becoming the butterfly. The butterfly has a new form.

It's not just a more healed caterpillar, it is transformed. And I feel that metamorphosis in my life and getting rid of things from the old stories of exploitation and extraction that needed to be told, which is on my IG live. From the material items that are now donated and going to people who can actually receive them in my closet. Guys, my closet is so amazing. There's so much room in my closet. It's crazy. It's crazy how much space there is in my closet. And every time I open it, I'm just like, ah, I feel so good.

It's like, from this space that was created around my heart because of having the courage to fully feel the emotion all the way through and relaxing my body and developing that safety in my body to surrender so that the energy could move out of my being and inviting in the support of external

THE
AQUARIAN AGE
BUSINESS
PODCAST
with
AYESHA
DURRANI

people and knowing I deserve that support to like breaking through into like radical, explosive love for my mom, like just blasting through my heart.

I just know that there's so much magic and miracles on the other side. So to anyone who's listening, whether you're deep in the healing journey, whether you know there's a healing journey that you've been avoiding, whether you've been trying and you just don't know if it's been working, just don't give up. Just never ever, ever give up. That's the ultimate love story. The greatest love story of all time is you never giving up on yourself. And it's not because you need to be fixed and it's not because there's something wrong with you. It's because you deserve healing.

It's because you deserve to live fully. You deserve to embody more and more of your soul essence into your physical body and into your life. You deserve a life that reflects the beauty that you have inside of you. You deserve to do the healing that allows that beauty to shine from your heart and from your being to the world around you to be seen and recognized for who you are.

You deserve to be devoted to yourself.

And thank you so much. If you listened, thank you, thank you. Because this one I recorded for me. This one was for me. And I really hope and pray that there was value in it for you too. And I'm just so grateful that I have this space and this opportunity to crystallize this process through my voice and have it here somewhere, place it somewhere for it to just be honored in this way. So thank you for being a listener and yeah, just, yeah, just thank you.

Just thank you. Thank you. Thank you. Thank you spirit. Thank you, past me. Thank you, ancestors. Thank you, life.

And I send you all big, big, big blessings wherever you are in your path. You deserve love. You deserve to choose yourself. You deserve support. And you deserve the inner union of showing up for yourself through the hard times and the good. Thank you for listening, and I'll see you in the next episode.