

TSL165_EquinoxwithAsha

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SPEAKERS

Asha Frost, Leslie Tagorda

L Leslie Tagorda 00:11

Welcome, welcome luminaries. It's Leslie Tagorda with another special pop up episode of the savvy luminary. Today we'll be joined by ASHA frost. She's a regular on this podcast. She's an absolute, one of my favorite all time at business besties in our spiritual entrepreneurship and today we're going to be talking about like Equinox. This Equinox is woven in with so many different things like our Mercury Retrograde we have a New Moon in Libra coming up, and Asha is going to be sharing with us about her medicine and the significance of this season. But before I bring Asha in, I wanted to invite you to Chiron and midlife awakening. So far we have 119 people already signed up for the waitlist, and I'll be opening the doors to Chiron and midlife awakening later on this week. So if you want to find out about Chiron and midlife awakening, I want you to head on over to the savvy luminary forward slash Chiron. Chiron is spelled C H A I, r o n. So head on over to the savvy luminary.com forward slash Chiron and so Chiron in midlife awakening is a little bit out of the box in terms of my teaching. Normally, I'm teaching about astrology and I'm teaching about branding and how we can use astrology in our work. Well, one of the things that I've noticed so many of my clients and with so many of my friends, is that they're going through the midlife transits. And what this means is instead of claiming and holding on to this idea of a midlife crisis, we are really opening up to a midlife awakening. And so Chiron is, is involved with this midlife awakening. And Chiron has a lot of symbolism, in terms of what Chiron wishes us to know about our own awakening journey, and how we can use this midlife awakening with intention and consciousness versus feeling like we're just getting slapped around. And so I'm going to be joined by Nadia Arens, and she is a soul coach, she's a Hypnotherapist. She's a licensed psychotherapist. And we have woven together a four week experience, where we'll be talking about the astrological timings of your midlife awakening that normally happens from about 36 to about 51. And so if you're a smack dab in that middle of 36 to 51, you'll definitely want to catch this. If you're past that 51 Age mark, and maybe you felt like oh, I could have had more intention around my midlife awakening. It's not too late. We'll be doing some clearing exercises so you can clear away and if you're younger, and you're approaching your midlife, but you want to like not feel like you're drowning like you did with your Saturn Return back in your 30s. Then if you take this class Chiron and midlife awakening, you're going to feel so prepared because you're going to know what's ahead for you. And so over four weeks, we will be meeting every Monday starting October 17, through November 7, for for Mondays, from 2pm to 3:30pm. Pacific, the classes are going to be set up so I'll be

talking about the astrology and the timing and the meaning of all of these mid life cycles. And then Nadia is going to take the home and she's going to be guiding us through hypno therapy and group healing. It's going to be so powerful. I'm so excited. And for those of you that want to upgrade and get your your specific natal timeline based on your natal astrology or midlife awakening timeline, I've been creating these beautiful visualizations that kind of show the places where there are peaks and valleys in your overall mid life journey, as well as journaling questions that are specific to you based on what houses in your chart are being asked to be reconciled during this midlife awakening. So if you are interested, please head on over to the savvy luminary.com forward slash Chiron C H A I R O N and sign up for our waitlist for Chiron and midlife awakening. The doors will be opening by the end of this week, and I'll only be sending out promotional communications about this upcoming workshop if you are on the waitlist. I'm kind of opting out of this launch process of spending a million And Jillian emails. If you're interested, I would love to share with you all of the things that we'll be revealing during Chiron and midlife awakening. So if you want to get on that information again, you got to be on that waitlist. Alright, enough of Chiron in midlife awakening. Let's head on over to ash, a frost and the equinox. Okay, we're back with ASHA frost one of my most beautiful, best entrepreneurial friends. Of course, you may already know her as indigenous medicine woman, and she is a published Hay House author with her beautiful book, you are the medicine and her upcoming Oracle deck sacred sacred medicine. Oracle. Oh, my goodness. Thank you, Asha, for coming on again.

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Asha Frost 05:49

Ah, thanks for having me. I love being here. Yeah. So

L

Leslie Tagorda 05:52

we wanted to come on today to chat about the equinox because I don't know, I feel like both you and I just love this season of fall.

A

Asha Frost 06:03

Yes. Oh, my goodness. This is one of I mean, I love all the shifts and medicine wheel does and the changing into the seasons. And I love that transition phase. So there's they're always my perfect, most beautiful times, I think right before the shift happens.

L

Leslie Tagorda 06:18

That Equinox. Equinox really happens like, from an astronomical standpoint, when the sun is at the mid horizon where we have the equal days and equal nights. Did your tradition and your culture did they celebrate the equinox?

A

Asha Frost 06:36

Yeah, I think all of the shifts and seasons were celebrated. You know, this really is that time, from a land perspective that we harvested, there was harvesting, and there was a gathering

from a land perspective that we harvested, there was harvesting, and there was a gathering. And there was, I think, noticing of how, what we're going to have to prepare for for the winter. So I think that we were working with all of creation. And we just kind of felt that shifts and seasonality that happening with the animals and the plants and the leaves and the trees and what was happening there, I think reflected what was happening within our own spirits.

L Leslie Tagorda 07:08

So beautiful. Do you think that from our Dino from like, the star medicine perspective, if they were looking for like different constellations to rise or tracking the sun in a certain way?

A Asha Frost 07:22

I love that I'm sure certain certain medicine holders were doing that certain maybe certain First Nations or tribes were doing that as well. I'm sure they were as were connected to all of those aspects of creation. But that's a beautiful, it's a beautiful question. And I've envisioned that yes, they weren't doing that.

L Leslie Tagorda 07:39

I they have to have that. They had to then the equinox this year is on when the sun enters Libra, and I'm just, I can't see I'm checking my dates. I know it's on September 22. I don't know the exact time. But we can get that for you all later. But this Equinox is so beautiful and just thinking about all of the different traditions. You know that every single society every culture, every community in on this planet, knew exactly when this Equinox was happening from the temples that still Stan like anger, anger watts, or Chichen Itza or Stonehenge. All of these kind of temples were homage to the Sun tracking through the cycles of the year. And the equinox when the sun is at that midpoint when it rises, equal day and equal night. And for even in the Jewish holidays. Rosh HaShana, the Jewish New Years happens at the New Moon closest to Equinox. And it's not so beautiful.

A Asha Frost 08:54

And yes and something we share like a commonality we share that celebrating in that cultural way in a Jewish way. We both have that.

L Leslie Tagorda 09:01

That's right, because Ashley's husband is Jewish and my mother is Jewish. So there's so many interconnections there. And we have our Libra New Moon just a few days after Equinox on Sunday, September 25. And so the other part of the astrology of this Equinox is during the equinox on the day of the Equinox we are at that middle point of our Mercury retrograde. And how has this Mercury Retrograde been for you Asha? Hello, I



A

Asha Frost 09:31

think it's felt really in alignment with this transition. Like it's just really calling up very potently and powerfully what is not serving you anymore, and it feels like almost a smack in the face like this is really not serving you anymore. So you need to make the change now or there will be consequences and quite not consequences in a negative way. But just there'll be you know, maybe a leaking of your energy or boundaries won't be upheld or there'll be health consequences, things like that. That really has been A message for me during this time, and again like that transition time just feels like I'm ready, like I'm ready to transition from one phase or one state or one essence to another.

L

Leslie Tagorda 10:10

Yes, and that transition time, right it like we can choose to not transition and kind of resist, right, the things that are coming. But if we intentionally choose, we can opt out of all of the hustle and really work on that kind of letting go. Mercury Retrograde from a Western astrology standpoint is about rethinking and resetting and reorganizing. And the last pop up episode that I did here in the savvy luminary, I was talking about how spirit was really telling me and encouraging me to talk about this mercury retrograde. And so just rethinking about decolonizing your thinking, and I know that the colonization work is a really big part of your purpose and your mission.

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Asha Frost 11:01

Yeah, I think I think it started as a result of reflecting on what generational trauma and harm needed to be shifted in my own system and my own body, my own mind. And then seeing, you know, as an indigenous being as an indigenous spirit, as somebody who wants to take up space in that way, how do I re indigenized spaces? How do I re indigenize the words and the message and the medicine that I'm sharing, that's always my vision is to kind of take up space in that indigeneity or remove that energy in that way. Because colonial harm has been just so huge in so many ways. For all of us, we've all been impacted by that. So I think decolonizing to me is like rewiring reweaving, and also just sort of clearing out the impacts of colonization that have impacted impacted all of us. And I think it's a really important work for all of us to do.

L

Leslie Tagorda 11:57

Yes, it's so beautiful to see this resurgence of this work really taking a powerful hold you and so many people are doing this powerful work of reclaiming our ancestral cultures and bringing them to the fore. I remember when we met. And I always just think about I have to always tell the story about when we first met because I just saw this like, glowing person in this like doll conference from and I was like, I knew I had to meet you. And I just went right up to you. And I'm like, hello. And that's coming up on three years already. Oh, my God. Like crazy. Smile. See? But what was just like so like, so significant to me, Asha. And I just want you to remind you of the significance is that when we started talking about I didn't know anything about decolonization three years ago, when we started talking. And at that point I was suffering from what was what you had helped me uncover was called colonial mentality. And colonial mentality, as I learned is really about not appreciating your culture or feeling that you are less than upholding the culture of the oppressor and making them more of them. And so being half

Filipino, and half Jewish, I knew nothing about my Filipino culture, don't even speak Tagalog or Isla Cano. I wouldn't even tell anybody as Filipino. I wouldn't tell anybody I was Jewish, just for fear. And that fear is real, right? When like for people who have ancestors that have gone through genocide, and like deep colonization, like cutting off for your roots, but Asha, you helped me reconnect to those roots. And I've definitely found so many different places where I've found other like minded people, reconstructing what it was to have spirituality and cosmology, before colonialism. And you know, for the Philippines, that's like, over 500 years ago.

A

Asha Frost 14:16

Wow, I just I think that's so powerful. And I think first of all, I want to share like, that's survival, right. The reason why we uphold the colonizer, we uphold that. That's survival. That's what safe that's what, that's what allows us to kind of still to this day, to engage in relationships with a world to be seen all the things right, like that's, it takes so much courage to start unwinding yourself from that state like that perceived safety. It's actually not real safety. It's just perceived safety because many of our ancestors And our parents had to do that. That was their only way. They didn't have any other choice. They had to assimilate. They had to choose, sort of to blend in they had to do big because that was a way that they were going to actually get work and survive and feed their family. So I think it's so important that we acknowledge that first and not feel shamed for that, because it's just like, that's what's, that's the truth. So that unweaving and unwinding takes so much courage to say, hey, there's some roots here. And I'm not even quite sure what they are. There's nobody around me to tell me about these. So how am I going to dig deeper? You know, that just takes so much courage and fortitude? I think. Yeah. How do you

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Leslie Tagorda 15:30

mind sharing how you reconnected to your roots, when, through colonization, your roots were cut off.

A

Asha Frost 15:40

It was a it's been because it continues to happen, a really challenging process, because I've asserted my whole life for that one person that when elder to be like, I'm going to be your teacher, and I'll just tell you all the things and you'll be, you'll just be, you know, wiser. And you'll be like, in re indigenized. And that just never happened. Because, sadly, our medicines are weaved and mixed in those ways, right with colonial ways. There's still lateral violence in our communities where there's gatekeeping of who gets the information, who doesn't. So I found there's a lot of barriers to me accessing that, which is why spirits speaking to me and me knowing that for me to re indigenized, this space means that I trust my dream time, I trust my visions, I trust my inner knowings. When I'm on a walk or meditating, I trust my communication with the land, and the animals. Making those things important felt like I had support when I didn't have that one elder that was passing things down. Because we don't live in community in the same ways anymore. So it took a lot of trust. And it still does, because there's those moments where I think, is this enough? Is this good enough? You know, and there's that voice

of colonizers saying, you still need that Bible or book or whatever, you know that we said that this was the right way, there's still that pull that I have to continuously say, what's my way, come back to my way?

L Leslie Tagorda 17:02

What's my way, and it's so beautiful, how you put that to just trust in your own intuition to trust the spirit that is already in your bones that's coming through and to trust the teachings that have come to you and your dreams. And you've been doing that I love it.

A Asha Frost 17:22

Yeah, yeah. And it's really, I mean, of course, I've had teachings passed down to me through different teachers and different different medicine ways. And I still need to run it through my own wisdom, right? That's what we need to do. Like, I think I think about that all the time. When I'm teaching, you're not going to take the information the same way I did. How can you meet this with respect and reverence and your own medicine and then make it make it like mean something for you so that you can share that with the world in your own way? I think that's so important. Oh, I love that

L Leslie Tagorda 17:52

so much. I when I was thinking about just the beginning of Mercury Retrograde a couple of weeks ago, and the messages that were pouring forth from spirit, and I was fully trusting in spirit, like I just kept on seeing all of the signs and the signals and spirit communicates in so many different ways. And so it's part of noticing and observing how spirit communicates to you, there is no one way there is no one right way. And one of the signals that I got when, when spirit was communicating, to me was a post that you had written about ree weaving, and re wiring. And what I did was I ran with those two words, because those were so powerful for me, because the way that I define colonization is colonization separates and cuts us off from our culture, from our land, from our music, in our food, from our spirituality, from our cosmology, and to decolonize them is to relieve right, reconnect. So hearing you say that you are trusting and reconnecting to your spirit guides re establishing that deep relationship, the reading your roots, rewiring your values, how does that feel for you?

A Asha Frost 19:19

It feels like all of the work like all of the work and it's against us, like conscious decision every day. It's a constant. You know, I've heard you say opt out a couple of times, like, what am I opting out of? How am I stepping because I too, got really caught up, you know, in that really colonial kind of patriarchal capitalistic way because that was safe. So I thought, well, this is the way I'm going to do things until I realized that my bones were saying no, it's not like you cannot do it this way. And my and also like, kind of seeing the actual reality that it's not an equitable world yet in the in this space, so um, There has to be a new way from those who feel this re indigeneity kind of in their souls waiting to burst out. I think that we're birthing something new. And that something old right at the same time, we're just like remembering and reclaiming. But

I love that. Like, I feel like I'm constantly rewiring my thoughts, my beliefs, my ways of being, even my DNA, perhaps on an energetic level, a lot of the work I do is energy work, because I can see that it's hard to change our minds a little bit harder. But if we're if we're kind of working with the energetic systems, then that flow start to move into our beliefs in our thinking. And that tends to be the way in for me.

L Leslie Tagorda 20:41

I love that. Because just thinking about like with this season, that Equinox is sparking, initiating. You mentioned that this is Buffalo season, is that right?

A Asha Frost 20:53

It is, yeah. Buffalo is in our west direction on the Medicine Wheel. Buffalo is the energy and the animal that helps us to surrender like really says, You are supported, it might be painful to let things die and might be pain. It's hard as human beings to actually surrender and let things go. But I'm here to say I will support you while you're doing this. You're not alone. You can do this and be held. And I just feel that warmth, energy always coming in, when I call buffalo to say, this is time, the seasons to ask you to do this transition is asking you to have a death storm ceremony. Can you do this, and I will be here to support you. So it feels and also on the other end of that when we do that in a complete cycle. There's so much spaciousness and there's so much room for us to fill up our selves what is meant for us, right? The alignment piece gets so much more powerful. When we let go of what doesn't serve us.

L Leslie Tagorda 21:49

Ooh, so the letting go is first. It is

A Asha Frost 21:53

it is it isn't. I think that that that is the scariest part. It's like that thing like when somebody says I'm leaving my job, and I don't quite know what's next. I don't have that like security of somebody saying this is what you're gonna get. It's always that leap of the middle of the in between where you're just like, This is so scary, but I know I have to do it. So buffalo says, I'm gonna give you the courage to like that little part to be like, take that leap of faith and let go because what's waiting for you on the other side is really beautiful.

L Leslie Tagorda 22:23

When you are talking about just the the vision of earlier where you're like I work with energy, and I can see what how it's so hard to like where we hold on to all of these, like colonized beliefs and mindset way of thinking, and how you can harness that buffalo energy, helping buffalo energy, say, Okay, this is where we need to let go. This is where we need to purge. And this is where we need to release. But it's it's fine tuning, right? If we're we weaving, right? There's still all of these little toxic threads that we have to kind of one by one pull out. And I just

see you doing that energetically just pulling out all of these toxic tangles that prevent us from believing and having that faith. And so that just feels so beautiful. I have this I'm not much of a visionary. But like sometimes these visions will just pop.

A Asha Frost 23:22

Oh, I love your way of visioning. I think you're a visionary that that's a beautiful vision, I will take that into my heart. As I move forward.

L Leslie Tagorda 23:32

When I you know when I when I think about your chart, and when I look at your chart, as your beautiful Libra advising that like Peaceful Warrior aspect. And us serving those Aries, that Aries archetype those people that want to make their own direction, that want to go their own way and find their independence. But Mars is in the eighth house, the ruler of Aries. And so in order to go the right direction, you're primarily helping them with releasing with eliminating with and you have Chiron and Mars and Venus and Mercury in all in the eighth house. So that we can transmute and transfigure that spiritual awakening part of how we use our voice, how we heal our core wounds, how we find our direction, and how we find beauty in our own truth.

A Asha Frost 24:33

And love that that feels like definitely. Oh, I meant to serve and who comes into my spaces. I love transmutation. I love the possibility of transmutation. I love that alchemy of when you move something when it feels like a challenge or a wound when you move that and it just can turn to that goals are that magic like I've seen that in my own life so many times and in the people that I've served so many times where they just find this gold At the end of it, which is just I love watching that.

L Leslie Tagorda 25:03

So beautiful. Well, one of the things that I I've witnessed, you do so well, and I think it relates to this transmutation, that kind of elimination part is you really help people get back to their ancestry and their roots, even if they're not the same roots and traditions as yours. How

A Asha Frost 25:24

do you do that? I think again, like I think that, as a culture, we don't ask ourselves questions enough, like I think, or we just don't even leave space for that. Just even asking ourselves, what is my relationship with my ancestors? I don't have one, how do I feel about that? So then, you know, then there's grief. And then we have to have space for that. So I think just taking us through the all of the elements versus being like, Oh, I don't, I'm just gonna walk away because I have no connection, or I don't have any relationships, my family members, so that's broken, it's actually holding compassion for those those ways. Things have been stripped, broken, torn away, like all there's so much grief there. And I'm sure there's fear, and there's anger. So I

think that, first of all, like acknowledging, just acknowledging why maybe we don't have that connection as deep as others do. And then really using some of those energy practices, everyone that I've worked with, I can say, now for for 1000s. When we get into that quiet space, and close our eyes and journey, I can say, like 95% of the people have seen felt sensed some sort of reconnection in that time that we've been together. And to me, if you feel that in your body, if you feel that in your heart, if you feel that in your gut or your spirit, that's like an that's like an awakening, and that just all of a sudden, like turns a key and turns it on. And then your connection starts to flow. So I believe that I'm a connector, like helping folks to connect to what's in your bones, your DNA, your blood, it just feels like a really important part. And it's really undervalued in our culture, right? It's like, we all just want to be like, how do we make six figures? How do we make seven figures? How do we connect? Oh, well, you know, but to me, I think it's like the most important thing. Yeah, that

L Leslie Tagorda 27:09

goes back to that rewiring our value systems, right? Like, our culture, and our society, has us believe that the only thing of value are these outward markers of of, of this narrow definition of success through money and materialistic and consumeristic kind of things. Where I think it's people are shifting, right, we're seeing the value in all of the emotional labor and the spiritual labor and the energetic labor, labor and like the experiences are finding value and success, and our inner journeys and our Inner Awakenings and our inner landscape, not just how much money is in our bank account, like, yes, we need money to survive. But sometimes, like the those, those parts are not, are not what we value and coming back to like, Well, what do you value?

A Asha Frost 28:06

I think those are so that's such a beautiful question, right? And I think, yeah, we do need money to survive. And like, without that connection, Where does money go? You know, I just think that that is where it starts, this connection is connection, especially over these last two and a half years where we just heard cut off from connection just like cut off. So now we are longing for that we are craving that that's what I see at least we are really ready to have that connection come back into our lives. So that's what my work does.

L Leslie Tagorda 28:37

So it's such a beautiful you know, conversation to have on this Equinox as after this middle point of light and day. Now at least in the Northern Hemisphere, the light will be raining, the night will be growing time for us to let go time for us to believe. What are you believing into the world this Equinox season Asha?

A Asha Frost 29:04

What a brilliant question I am letting go of the belief that I have to do everything on my own. And I cannot ask for support and most recently, I've got two really strong support systems that came into my life. And it's so interesting because I don't think I was ready until now. So I always

want to make that point of like, if people said you should do this, you should do that. And it would just like float past my consciousness awareness. And now I've gone through something where I know that I cannot go any further without the support system. So I'm letting go of the need to have to feel like I have to do it all myself. That martyrdom I guess that we can carry some times and I'm also letting go of some of those those ideas around success like I think the ones I bought into to you know that somehow if I have this many people in my program, it's successful. I have this many followers, it's successful all those things that I've bought into as well. I'm really just working on letting go and because I My presence, I know my presence is powerful, it's here to make a difference is here to make an impact. That is where I want to focus all my energies just on the impact, and how that flows out to the generations to come.

L Leslie Tagorda 30:12

Well, you have some powerful work that you are planting right now and calling in as well, because you've made all this space by letting go. It's true.

A Asha Frost 30:22

It's true, like a year ago, exactly. I had, I'd let go of my membership. And I didn't know what was happening after I really didn't know it was just like, I had no idea. And it took me a whole year to figure it out. I just, I mean, it was a great year, lots of things are happening. But I've just felt like I needed that space to really be in that buffalo season, or that letting go.

L Leslie Tagorda 30:44

Yeah, it's really scary. Leaping away from a membership and a source of income. But I've seen you create so much magic in this last year, you released your book, you released your Oracle deck, so many things, and you have your upcoming harvest mentorship program coming up. Yes.

A Asha Frost 31:08

So it starts October 6, and I'm so excited. This is really what separates from that year of just really reflecting on where is my medicine best served. It served in a few ways. But this is really where I infuse that sort of individual guidance and love and compassion and rewiring reweaving. All of that energetic practice that takes us into that place of what is meant for me, what is mine, what is my medicine, I meant to share and shine in the world that I just feel like that is the most important work right now for me to be putting out in the world. And the harvest. Mentorship is a three month we go through the three last full moons of the year together, doing this work energetically doing this work reflectively. And then really planting that vision and that seed for oh my goodness, what am I most aligned with? That I'm here to walk in the world because it's a short life. And it's time, the time is now to do those things. So it's calling in all of those folks who feel lit up by that call.

L Leslie Tagorda 32:12

Leslie Tagorda 32:22

I can just imagine all of you, everybody who everyone who's looking to reconnect and find themselves, untangle have Asha, pull out all of those toxic threads to let go of what's not yours to fully feel and believe in what's right for you. What have you seen and I know that when your mentorships come up, people are just craving to work with you both in group and one on one. What do you love about working in these containers?

A

Asha Frost 32:46

Well, I love first of all, I love the alchemy that happens with everyone's medicine together. Because I think I'm calling in folks who are I can already the people who are filling the program are just like their medicine keepers wisdom holders on their own, they have so much to offer. So I love that being shared in a group energy. But I also love doing the energy work. Like I love to see people be like, Oh my gosh, I feel so clear. I feel so light, I feel so excited I have this vision come in, I want to put this vision into being so it's like they get a lot of clarity from what their next step is. And I'm hoping you know, I hope that they feel the support to from the spirit world of like, this is what this is what needs to happen. And you now have what it takes to put that out there. So I love seeing like the little pieces come together for folks. And that excitement, they lit up by what's meant for them. Yes,

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Leslie Tagorda 33:36

it's like with that Aries archetype, they're really achieving that self direction that they truly want, like they might have been blocked off. But I even just like working with you through the years and partnering with you and just being in your presence, you do have this way of just kind of burning off all of the impurities so that we can find our own direction. You're not telling us where to go. Like we find our own direction.

A

Asha Frost 34:05

Thank you so much. Yeah, I believe that part's really important. I mean, I guess I could give you some suggestions of where you're gonna go. And I also know that when that comes from within that fire that it's like banned, and then like expanded and activated. You're gonna the impact that you make is so powerful. So I love and it comes from within, but it also that alignment piece, right? When we clear out all the stuff that those little toxic pieces, and it just starts to flow so beautifully through our energy system. And that is just magic.

L

Leslie Tagorda 34:35

Have you um, would you mind sharing, like, kind of some stories or results that you've seen with people that have traveled with you during mentorship?

A

Asha Frost 34:45

I'd say like most recently, in private clients, it's been sort of that healing of like the not enough like feeling like somehow it's kind of like that and weaving from the cultural collective norm of

how to do business. and people get frozen. So what I noticed is that folks get really frozen and they don't do anything at all. Because they're comparing themselves or they think, oh my goodness, I have to do this sweat. I don't think a passage I'm a mother of two young children, I can't do that. Like, they just have a lot on their plate plus the pandemic, right? The pandemic? So, coming home to, oh, is this even an indigenous way a lot of folks of color that I work with? Is this even an indigenous way of being is this the way that my ancestors would have practiced and put this out in the world. So it's kind of a melding of your cultural ancestral knowing. And then melding that with the current times. How do you how do you be that how do you, I think that I'm a model of that in the world, like doing this in a non colonial way, as best as I can in very, very strict colonial systems. So I think walking that path to inspires people that you can do it in a different way. So I see a lot of the unweaving happening. So again, it's not like those like they made seven figures like they are, that would be amazing, but they are more peaceful, happy content, self esteem, self confidence, they feel ready to be visible, in a safe way. They feel like I have the capacity now to share my medicine with the world. So it really kind of builds them up. I think internally, I that's what

L

Leslie Tagorda 36:19

I see the most. Oh, it feels so good. I love it so much. So people if you are interested in doing this deep work and spending buffalo season with ASHA, please check out her upcoming program harvest, where can they find more information about harvest fascia,

A

Asha Frost 36:41

so it is LP dot attr frost.com forward slash hearts forward slash harvest is the is the URL. And it's on my Instagram too. It's in the bio there. So you'll find it there.

L

Leslie Tagorda 36:55

Beautiful. And I'll have the links on on the show notes if you are interested because Asha is just so beautiful and working with her you will definitely find your own medicine. It's just you're such an inspiration, Asha. Anything else you want to share today about your work or Equinox or anything like that?

A

Asha Frost 37:22

I think that the message came, you know, whenever somebody asked me that, I always see it in an image. So I see Buffalo and I'm just going to invite folks if you're listening to just see Buffalo and your vision, I feel them in your heart. And as you ask yourself, what do I need to let go of what can I release this season? What can I bring to my death ceremony. Just feel that support there like you are held and you are loved. And there's a spirit support there by this beautiful animal that is holding you. So just let that animal kind of scan through your body from head to toe and just begin to kind of shake and ruffle it up, ruffle it up. And then just know that as you stand on the land as you stand, maybe burn a little sacred fire candle that energy is starting to release and that you're right you're right along right in alignment with the season.

L Leslie Tagorda 38:15

I love that so much I could feel the animal spirit really just kind of going around my middle section, which I kind of put a little bit of weight on

A Asha Frost 38:27

I love Thank you for having me Leslie. It's always such a joy.

L Leslie Tagorda 38:32

Oh, thank you so much ash as everybody please find Asha frost on Instagram. Her Instagrams are beautiful and amazing just like her. Thank you Asha. Thank you. If you love this podcast, please consider doing me a favor and heading over to Apple iTunes and leaving me a rating and review. Your rating and review helps this humble podcast get seen and found by more listeners like you. Please share the love