



The ARCHITECTS *of* DESTINY

PODCAST

*EPISODE 8: Tuning Into the Wisdom of
Gaia Through Animal And Plant
Communication with Special Guest
Shelley Wasicki*

AERON LAZAR: Hello and welcome to the Architects of Destiny Podcast. Where we bring together conscious leaders, spiritual teachers, entrepreneurs, and creators whose mission is to be way makers for the new earth. Our intention is to equip you with the energetic tools you need to step into your divine role as an Architect of Destiny to create the life of your desires and to co-create the world we can all be proud of. In each episode, we and our guests will share wisdom and experience as well as practical tools you can use to expand your awareness and accelerate your spiritual growth.

Shelley Wasicki is an Earth Teacher, Intuitive, Healer and Animal Communicator, as well as the author of "When Animals Speak: True Stories and Spiritual Messages from the Animal Kingdom. In this episode we talk about how we can develop a more conscious relationship with the animal, plant, and tree kingdom to learn their wisdom and co-create a New Earth together. This episode is a must for any animal or plant lover. It is my absolute pleasure to introduce Shelley Wasicki.

AERON LAZAR: Hello and welcome to this week's episode of Architects of Destiny, and today it's an absolute pleasure to be speaking to

an amazing lady, Shelley Wasicki, and Shelly has got an amazing modality and we're going to get into this today and I as soon as Riya mentioned that you were coming on Shelley, I was so super excited about this, and I can't wait to record this episode and conversation because I'm sure the audience and the listeners are really going to get a lot from this, so thank you so much for joining us here today on this episode.

SHELLEY WASICKI: I am so incredibly grateful. When Riya reached out, she was such a pleasure and a joy to have on my podcast and as soon as I saw that you guys were starting one, you know when you just your body lets you know that something resonates? And it was immediate and it was big, and so I'm humbled, and I'm so incredibly grateful to be a part of your new experience and your show.

RIYA LOVEGUARD: Welcome to Shelley and thank you so much. I will get straight to the point and you invited you here. So far, we were talking about the role of humans in this transition to higher dimensional consciousness, to 5th dimensional Earth. However, we are only one of the very many species on this planet and you are incredibly connected with the animal Kingdom with Gaia herself. So it is our intention for this episode to explore all the ways how we, as humans, can co-create with other species on this planet, including the animals. And obviously, you specialize in animal communication, you've authored a book on the subject. We are very, very curious how we fit in as humans into this overall picture of co creating New Earth because obviously, animals and plants and all the other elements will be a part of it. So, Shelley, to start with, how did you discover your connection with nature and the fact that you can actually communicate with the animals?

SHELLEY WASICKI: Thank you, Riya. That is such a beautiful place to start. And I think what resonates with me the most is, you know, when I chose this life and I incarnated and I was born where I was, I was actually born in a village in a tiny outside of Pennsylvania, and I mean, we grew up 2 of 18 outside. We grew up playing in the woods, and talking to the trees, and

talking to the rocks, and talking with the animals and in little creeks and catching fish. So I think, as I have grown in my journey, you know sometimes as adults when we're in the middle of our lives, life gets in the way and we forget what we were drawn to when we were young and I kind of am full circle now. Like I'm remembering those conversations and I'm remembering, being two or three and being outside and fighting with my mom because I just wanted to sleep in the grass under the stars.

And you know, I was the little girl that would come home, and my pants would be loaded down because I had rocks in my pockets. And so, it's just been a part of my being and my soul essence has been tethered to this realm since I can remember and it's been a really cool process to reopen that door at this point in my life, and just share with people and your listeners how easily it is to receive the messages. They are there all the time. We're just so busy, and we get caught up in our technological lives in 2021 that we forget and don't hear the messages that are available to us every single day.

AERON LAZAR: Yeah, I remember a long time ago, we sort of associate trees with wisdom, and I remember when back in Australia, we went on a road trip, went to Uluru in the Center and also went up through Kakadu in the Northern Territory. I remember we were in sort of an Ecological Resort up there and I was lying next to the pool. We had downtime, and the trees were just beautiful, providing shade. And I remember I kind of connected my consciousness to the tree that was next to me and what it gave me, it was almost like there was this information which was stored in the tree and it was giving me a snapshot of how they built the result and I was seeing the problems that the owners had – almost like I had a Bird's Eye view. I could see them building a swimming pool and it was just, it was almost like this data on this information and it was stored within the tree and I was just like, "Oh my goodness me!" So have you experienced sort of anything similar? And what's your sort of opinion on trees, and consciousness, and things like this?

SHELLEY WASICKI: Oh, Aeron, trees are one of my favorite things. So, I actually had downloads exactly like you're talking about. It began with me

that I was able to start seeing their auras. I've always been the quintessential tree hugger person. So I grew up hugging the tree, like there's so much healing that happens.

Trees are transmuters. Trees have roots that are below, they have their trunk, which is a storage unit, and they have this beautiful canopy as above, so they really embody as above, so below. And so yes, I've been a tree hugger. And I started to be able to see their auras about five years ago, and that has kind of transposed into like you said, when you consciously tap in, we can ask anything to communicate. We can ask a tree, you know, "Hello, beautiful tree is there anything that you would like to say?" We can ask the ocean. We can ask a rock. We can ask animals, we can ask the blades of grass – we can ask anything, "Is there anything that you would like to share"

And just by cracking that door open by acknowledging that there is information, that it's a two-way street that we're able to communicate with one another, you'll be amazed at what can happen just by simply asking the question. And I work with specific tree medicine, so I think that... well, I feel that one of the Divine connections that I am supposed to help reweave with people is that medicine of the trees, the medicine of the animals.

Every tree has a meaning, and it's so simple in our 3D life to Google it. Like, literally, if there's a tree that resonates. Like, you love... the Black Walnut... All you have to do is look up their spiritual medicine and there's a plethora of information that can be found and intuitively feel into that, too. So when I create things, wood is actually my medium. And I also share like if I'm doing a cutting board or sort of charcuterie board for someone, I share the wisdom of the tree that the board is made from. And just waiting for that connection, even if they're not there yet, they're still going to read it, there's the instructions for care, and that seed has been planted. So, trees are absolutely wisdom keepers and I cannot wait to go see the 4 of 18 Sequoias in California because I can't imagine the details and what they hold. But it's really, really incredible to just go sit in nature and ask if there's anything that they would like to share with you.

RIYA LOVEGUARD: What are the things that you have learned from trees? Have there been any specific lessons, information? Directions that you have received from?

SHELLEY WASICKI: That's a great question. We are very blessed to have a little A-Frame cabin tucked in the woods at this magical little lake that is like a portal and on this property, there's typically a mother tree, and a father tree. In whatever forest you're in, you can feel it, like you feel their presence, you feel their energy. And the mother Oak happens to be in my backyard. In my neighbour's backyard is the trunk but the tree is in my backyard and during a storm this spring one of the huge branches actually came down off the tree, and the branch was probably maybe 30 inches in diameter like it was the size of a tree itself. It would take five people to get their arms linked around this tree, and I was devastated. I was so sad that this beautiful mother Oak had lost this limb.

So I went and got flowers at a local store, and I came back, and they made a Mandala for her. And I laid out the flowers and I just kinda tapped into what she needed, and I just sat there with her and as I was sitting there, I could hear like the leaves rustling because the leaves had started to dry and on the branch that had come down. And out from the back came a baby fawn. It still had its spots. It was no bigger than a medium-size dog, and she had been resting inside the tree like under the branches and I listened and I asked the tree, I said, "Okay, so is this not what it feels like to me?" Because I was feeling lost. I was feeling kind of like that lack. And the tree spoke and she said, "Oh child. You're looking at it all wrong. I've provided shelter for the forest animals. Birds will now make nests in this branch. It was weak anyway," and it was almost like she shed it. It wasn't lost. It was a purposeful shedding because it was a weak branch, and it was going to fall anyway.

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So here I was, so sad and so upset because of the loss of this branch and this tree, and the lesson was there was so much beauty in what it created. It created a safe space. It created a safe haven, it created would for people

to have and work with the element of fire. The Amish came, and they were able to take some of the wood to create furniture with it. So this part of her will live on in different media. And in different means for generations and I sat there and I started to cry, because it was such a beautiful message of flipping on its head what I originally was feeling and thinking, and that was just from 1/2 hour – 30 minutes that I spent with this beautiful majestic tree.

RIYA LOVEGUARD: Thank you so much for sharing this beautiful story. Gaby Kowalski was on the first episode of Architects of Destiny and shared with us how she envisioned the New Earth is that we will be co-creating with trees or with plants. So let's say, we need to build houses with some building materials, with wood and we'll ask which tree wants to volunteer. Is that how you see things go?

SHELLEY WASICKI: Yes, absolutely! As a matter of fact, I was walking on the beach this morning, and before I started my walk and took a second and I just asked my spirits and guides, and I asked the ocean and all of the shells that were washing up, and I asked for anything that was okay for me to take. Anything that was okay for me to use their medicine because there's medicine in everything, to please let it be known to me and to make it clear that I make the right choice and I did exactly that. I said, "Who would like to come with me so I can share your medicine?" And I found some beautiful feathers and some beautiful shells that I will be able to take home and work with.

AERON LAZAR: I think – you know, when we're talking about just back to trees just slightly and plants... I think mainstream science, is kind of starting to catch up to this now and you know there's been sort of 6 of 18 studies around the network of trees and how they communicate one another and there was a super interesting experiment. There was a fantastic gentleman called David Wilcock on YouTube, and he was talking about – I can't remember if it was in the 70s or the 80s – and it was somebody who was doing these experiments with plants, right? And it

involved a polygraph test. So the polygraph, basically the lie detector test, was invented to sort of hook up to humans to detect stress levels, right? So he thought, "Okay? Well, I wonder if I could hook it up to plants?"

So he had little pads and put them on the leaves, and there were certain instances where the plants would feel stressed. So he was sending the plants love, nothing but love, in the first set of tests and they were all calm on the polygraph, and then he was just sending these plants just really nasty thoughts and they were becoming distressed, all of them were.

And then even more interesting, there was a situation, they were up in an office, I think on the 5th floor and all the plants were hooked up and they weren't even conducting an experiment, but the plants then became stressed within the office, and he was trying to figure out why – because I think he was just making a cup of tea or a cup of coffee. So he started bringing them around the building and the plants apparently get used to the people that are around them, and what was really interesting, the plants were getting stressed and he ran downstairs and he says, "Is there something in the building which is not usually here?"

And at the same time that the plants started getting stressed on the 5th floor, the landscape gardener had walked in the front door on the first floor. And to the plants, obviously, he's a mass murderer because he's cutting all the grass. They were really stressed that this individual had walked through the ground floor and I was like what? But this just goes to show that they talk to one another. They all communicate. Fascinating!

SHELLEY WASICKI: It is amazing. There was this study that was done where plants were in separate rooms and like, it was a room like maybe down the hallway. And they would clip the plant and like they were 7 of 18 pruning it and the plants down the room would react. So there is this really cool network of communication, and I believe it's in Colorado there is a grove of Aspens that's the oldest grove of Aspens and they consider it one tree because it started with a tree and it's now acres and acres and acres and acres. But it's considered the largest tree because of the one that started it and they had been able to do scientific tests, and it all the

genetics are the same. The DNA of the tree – thousands of trees have the exact same DNA because of that one tree that started. So that's really cool too. You know, I think people separate science and spirituality. To me, they are a lot more similar than we think and for people that need the tangible, it's really cool to start seeing those connections being made, and the scientists that embrace the spirituality to start looking at things. You know it's just perspective shift and it's really cool to be alive while that's happening.

RIYA LOVEGUARD: How do you think, Shelley... Actually, what can we do as humans to live in more harmony with this with the rest of the universe, including trees? From your experience talking to trees, how open are they with us communicating with them? Do you feel like there's some sadness, perhaps on how we treat it? This whole plant and tree world over the centuries? How do you feel when you feel into this collective consciousness of plants?

SHELLEY WASICKI: That's actually a beautiful question and what I feel with plants, and it's actually the same with animals... They don't hold on to things like we do as humans. So energetically they are always open to communicating. They are always open to being heard. And as far as sadness, while you know like wildfires for example, while wildfires are happening, of course there trauma. But is there any malice to the person that may have accidentally or purposely started the fire? No, energetically, that doesn't align with them. It's almost like, you know, they're beyond that.

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But yes, while there is trauma happening to them while forests are being cut down, of course there is trauma. You know that's their community, so they are always open to connecting. Animals are always open to connecting with us, and I feel that it's our responsibility to help people make the connection to the animals and to help people make the connection to the trees. Because it's scientifically proven that when we are

emotionally invested, when we care about something, we treat it differently.

So, if we can start with the little ones and start instilling in the children a respect for the animals and a respect for nature and the trees and the plants. And you know, I have little people in my family that know that when I cut the grass, I always tell the grass to pull their energy back because I have to mow. You know, it's just part of the maintenance, but when I'm pruning my trees or I am pruning my plants, I sit with him for a second. I thank them. You know, start with gratitude, and then just let them know, "Look I need to prune you. Could you please put your energy back?" And you just give them a second to do that. So yeah, I think that once we start connecting and caring and forming that relationship, then you know that's where the spark happens.

AERON LAZAR: I think everything on this beautiful Earth just responds to frequency and I think if the frequency you broadcast is a certain resonance then you know, the animals, especially if they see that, they are comfortable around you. I mean, we've come here to Costa Rica, and you know, Riya, one of the Light Languages she speaks is Lyran Feline. And you know, literally within a couple of days, we've now got three cats that have become resident at the back and we feed them twice today. They tend to gravitate towards you.

RIYA LOVEGUARD: They just manifested within the first 48 hours, one night 2:00 AM. There was this noise, this tap on the door, and I thought it was one of the wild animals like an anteater. But no it was actually cats, and it was 2:00 AM and I was still jet lagged, so I wasn't really asleep. 5:00

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AM, the cat is still there, and I assumed at the beginning that it was neighbour's cats that just perhaps made a mistake and came to our door but no, the cat is still there so I thought, "Okay, I need to feed her," and then yeah, of course, she was really happy with that. She's got this poorly... like parts of her fur were missing, looks like she was in a fight, then she brought two of her sisters, so now we've got three cats.

AERON LAZAR: I just think, you know coming into animals, it's just how they respond to frequency is amazing. And I remember, this one lady – beautiful, beautiful soul who I sort of work within a one-to-one basis, and she's an Andromedan Starseed, and basically, she was brought down, connected her to her Andromedan guides and she now embodies this Andromedan frequency, totally in harmony with their environment, their planet is just an amazing frequency.

And it was a modern-day miracle what happened – I remember she told me the story and she had taken it for granted, she was like, “Oh yeah, this kind of thing happened with the neighbour's dog,” and I was like, “Okay what happened on this?”

The neighbour's dog was quite sick, and the neighbours are taking the dog to the vets. Vets didn't know what was going on. They were running blood tests and all this kind of stuff and the vets sort of considered it seriously ill and the beautiful soul that I was working with, she just felt called to go and spend time with the dog, so she just approached Davis, and said, “If it's okay, would you mind if I just sat with the dog?”

For half an hour she sat with the dog. Half an hour, just kind of loved it, pet it and sent the frequency and sort of went away. Two days later, the dog made a full recovery, and this happened sort of three months ago. They took it to the vets, vets didn't know what the hell they got on, and they were just like, “Well we can't really work out what's going on but your dog is fine.” And so the neighbours were really, really happy.

And she told me this, and I said, “Do you know what, if this had happened back in, you know, not going into the religion, but if you've gone back in

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Biblical times, that would be considered a miracle. What you've performed there with frequencies is a modern-day miracle.” And she just looked at me, and it just dawned on her what she had done, and I was like, “You need to appreciate the significance of what you'd done.” See the dog has made a recovery based upon what you were kind of broadcasting or what frequency you embodied and you've healed that dog. So have you come

across sort of any instances like that where animals have kind of got better through frequency or anything you can share with us?

SHELLEY WASICKI: Yes, and thank you for sharing that story. Yeah, I think to digress a little bit for anybody listening, you know, everything has energy, everything has frequency. And as we are progressing through this timeline, I think more and more people are tapping into that. And that's actually how I communicate with animals. I kind of start with color. Like my frequencies kind of show up as color bands, so I see a color and then I can tap into that, that's their frequency, and then boom! We're having a conversation.

So it's very cool that more and more people are able to start tapping into that frequency because in my soul, that for me, is the future of medicine. It's going to be healing on that frequency and energetic level in the future. We're not there yet, but we're starting to be able to tap into that. You know, like Reiki practitioners thousands of years ago tapped into that source energy where they were just channelling the energy that's coming through whatever your source is, if it's Andromedan, if it's just universe and you're not quite sure who it is. So for me, I practise animal Reiki and I open up to whatever it is that will come through, and it's amazing. Animals are great. One, they are open, so there is no preparation like with humans when we're doing energy work, you know, we clear the space and we call in the Gaia. You still do that, but sometimes people need to release first to create room for the healing to come in.

RIYA LOVEGUARD: It's that conscious mind blocking sometimes like, "Oh, I don't believe it!" So, the animals don't get that?

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SHELLEY WASICKI: Not at all. They are just like, "Let's go!" Like they're ready and what's cool is you'll start doing work with an animal, they've flopped on their side, some of them roll on their backs, they're snoring, they're farting, they're releasing, they're doing all the things and then as soon as you're done or as soon as they're done, they will their head away, they'll get up and walk away, they'll go get a drink, they go take a nap. It's

like they communicate so clearly, like they take what they need and when they're done, they're like, "Thank you! That was amazing!" and off they go.

And so as far as working with animals, it really is amazing to be able to tap into that and let that flow through us. You know, I'm a conduit. I'm a hollow bone. You know, that's a term you hear in shamanism and it's like, "Please let me be a hollow bone for whatever energy and frequency this animal needs, or this person needs to come through me for their highest and greatest good."

AERON LAZAR: Amazing, and I think as we move forwards there's really not gonna be any room for this sort of the pharmaceutical Western Medicine. You know, Gaia, this beautiful Earth, sort of produces everything we need, combine that with frequency and energy. The pharmaceutical industry as we know it, I think the whole thing will just kind of transition and it's just gonna be about holistic care. Because literally this planet kind of grows everything that we can possibly we need and we're not gonna need the pharmaceutical products and stuff. Most of those, if not all of those, are derived from plants and they are just packaged up in cellophane and we think these products are great, but actually the source of it comes from plants.

SHELLEY WASICKI: And that's one of the things in Shamanism, is that you go back to the source. So if you're drinking your water, give thanks to that water, but then take a second and just trace back what that water came from – a river, it came from a lake, it came from somewhere. Go back 12 of 18 to that source and think that like you said, everything that we get pretty much is coming from plants. So just take a second to go back and thank that. That's a tiny first step in again making and weaving that connection.

RIYA LOVEGUARD: I was just wondering how do you rebuild and rediscover that connection? Because this is not the way we condition. We think that everything that surrounds us almost like as objects. As inanimate objects or whatever. Let's say this is all new to someone who's listening to

us. Where do they get started in rebuilding this connection? Cause it may seem like, "Oh, my goodness me, what? Now am I supposed to bless my grass before I cut it? Or pray over my water?" So how do you get started so it becomes normal to us.

SHELLEY WASICKI: Thank you for asking that question, because I think it's actually a lot simpler than people think. So, what brings you joy? Is it a sunrise? Are you a morning person? Do you like to feed the birds? Do cats come around? Is it the animals? Or are you a night owl? Is it the stars and the moon and sunsets? What are you taking pictures of? That's a huge indicator for what is resonating with your soul. Because you're gonna photograph what brings you joy, what makes you happy. So let's start with scrolling through your pictures and see what you're taking photos of.

For me, I'm a huge sunset, sunrise person and trees. So if you're following me on social media, you're gonna be bombarded with all of those things. But yes, go through your pictures and see what is it that catches your eye. Start with that, so if it's the sunrise and it's the colors, then okay, what is it about the color? What is it about? Is it the time of day that I like? Because it's quiet and everything is just waking up or you know, is it at night when there's a blanket of darkness and you're kind of wrapped in this... even if you're in a city there's still a blanket that wraps you at night when the stars are out, and the moon is out, even when it's cloudy and you can't see them, that energy is still there. Start little, start with one thing that brings you joy, that resonates with you.

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It might be flowers, it might be gardening. It might be painting. If you're painting, what are you painting? What are the colors that you're painting and what does that remind you of? And then you can start lengthening that string and you'll get a little road that goes off to the right, and a little path that goes off to the left. And that's how simple it is. But yeah, it just came to me. I've never spoken of looking through your photos, so thank you for that download. Because like I said, we're gonna photograph things that bring us joy. So let's start with that and just flip through your pictures and see what it is and start there.

RIYA LOVEGUARD: Just one more question, about pets and maybe some of our listeners will be wondering, "Wow, maybe I can communicate better to my pet -- my dog or cat or rabbit" or whatever you guys have got in your household. Where do you start this communication? For you, this comes through colors, you said. But can it come in all different ways?

SHELLEY WASICKI: Yep. For me, when I'm doing a pet communication session and I'm tapping in, that's where I really focus on the color and the frequency and go that route and that also helps when I'm communicating with animals that have crossed over. But for everyday life, anybody that has an animal, you know you're talking to them all the time. If we have animals and they're part of our family and we're having conversations with them. What we don't connect is you're legit, having conversations with them. So when my little pug looks at me, and I'm like, "I know you love me, I love you too." It was because I was receiving the frequency of her just giving me those puppy eyes like, "Mama I love you." We do it all the time. "I know you're hungry. It's almost time to eat." "Oh, okay, yep, I know I hear ya, we didn't go for a walk today but we're gonna go tomorrow." We're having these conversations all the time. We just don't connect the dots that that's what we're doing.

AERON LAZAR: I think they're masters, masters at non-verbal communication. And they can just give you a look and you just know what

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they're asking right? And they're masters at getting what they want as well, so you know, if you've got a dog or whatever they'll just come up and just give you a certain look and you just say, "Okay, I'll just go and give you a treat" Just masters at communicating non-verbally. Amazing.

RIYA LOVEGUARD: Also, the messages that if you are opening up your consciousness and perhaps communicating with different energies, maybe Galactic Energy. The same apparatus, the same consciousness can be used

to communicate with the Earth. I remember Aeron before he even started channelling the Galactic Beings years ago, when we had a dog who used to escape all the time.

AERON LAZAR: We used to nickname him Houdini because he would get out of anything and everything was a challenge for him. So yes, we had big garden. It was all nice and secure, nice and safe, but that wasn't good enough. So he would be looking for a weak spot because he could, you know he was like just proper character, and I remember once like we had this we had this wooden gate, and I can't remember where we've gone and we came back, walked into the back garden, the gates looked like somebody had thrown a grenade at it – pieces all over the floor. So we called in a carpenter and he came back and he repaired it, and a few days later, our dog at the time, he worked out he could do this so the grenade went off again. And he kind of pulled it just 'cause he could. So we called the carpenter back in again, he braced this gate with these pieces of two by four across the planks and stuff we put in, but he's quite ingenious, because then I think about three days later, he used that as a ladder to climb the gate.

RIYA LOVEGUARD: But going back to animal communication, Aeron thought, "Okay, maybe I'll start to chat to him mind to mind."

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AERON LAZAR: Yeah, I remember and years ago I just said to the dog, "Eric, why do you keep wanting to escape?" And he just came back, he said, "Because I can." I was like, "What do I say to that? Fair enough, thanks for letting me know." He's a character, he's a character.

So out of all the amazing modalities and things that you do with sort consciousness of plants and animals, if you had to pick, and I know it's difficult to a favorite because I know you love them all, but if you had to pick something which maybe you're more drawn to than the others, what

would it be for you?

SHELLEY WASICKI: I would say right now, I'm really resonating with the animal communication. There's a lot of perspectives and facets with that. One is reconnecting people with spirit animals, reconnecting people with animal messengers because there's messages – just like with different trees, like trees have medicine – different animals have medicine. So you're going on a walk and you're outside, all of a sudden a little fox darts across the road in front of you as you're driving to work. And then two days later, you're in line at the grocery and the woman in front of you has a fox tattoo on her back. And then you're driving home and there is this BMX bike racer, and it's the Fox brand.

Okay, so obviously those are synchronicities. They're like, "Hey hello, I'm trying to talk to you!" And so that part of it really resonates with me. For the communication, I've been doing a lot with animals that have crossed over and what I have found is the profound healing for their owners.

You know, these are our beloved family members and when they're no longer with us, there seems to be a lot of guilt. If they need help crossing over, and "Did I make the right decision Are they mad at me? Are they upset with me?" Uhm, which the answer is always "no" for anyone listening, always "no." What I have found is the profound healing that takes place for the owners and to be able to provide that and be a part of that process is such a beautiful gift and so right now, it's definitely the animals that are resonating for me.

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AERON LAZAR: That's beautiful and thank you so much for joining us in this conversation. But we have one more question and it's basically we ask the same question to every single guest and it's just kind of like a little signature thing that we do on the podcast:

If you had a little time machine in front of you now and you could go back 10 years and speak to your younger self from 10 years ago, and you could only give one piece of advice based upon your wisdom and knowledge at the moment, what will be the one piece of advice that you would give to

yourself?

SHELLEY WASICKI: I love that. Immediately, what popped up was... Just listen. Just listen. The communication is there. It's everyday, it's all the time. Our guides are with us all the time. Spirits are with us all the time. Energy is with us all the time. Frequency is with us all the time. Just listen.

AERON LAZAR: Beautiful. Thank you so much for joining us on this episode of the Architects of Destiny Podcast, it's an absolute pleasure to talk to you. Your energy is just so lovely, it's just like a really clear, big hug of frequency. It's just beautiful to be in your presence and thank you so much for joining us on this episode.

RIYA LOVEGUARD: Thank you, Shelley!

SHELLEY WASICKI: You guys, thank you! My heart is so full, and I'm mirroring back to you the energy that you guys are putting out because it is so beautiful, and I'm so blessed by our conversation. So, thank you, thank you, thank you!

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