



The ARCHITECTS *of* DESTINY

PODCAST

*EPISODE 3: Episode 5: Overcoming
Darkness To Lead With Light With Libby
Robertson*

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.

Today's guest Libby Robertson. Libby is a Galactic Business Coach and Shamanic practitioner who guides creators, mystics, healers, and leaders, to align with our higher self and create a business and life of magnificent purpose, impact, and wealth, who recently published her first book, "How To Unmess Your Life," shares with us her personal journey into the depths of his psyche and energetic tools she used to overcome alcohol addiction and create the life of deep happiness, fulfillment, and service.

RIYA LOVEGUARD: Welcome to this episode of Architects of Destiny where we've got a very, very special guest, Libby Robertson, also known as Libby Wallace you may know her under that name, as well. Libby wants to start with setting the intention for the episode so Libby, welcome to the show and the floor is yours.

LIBBY ROBERTSON: Thank you so Riya, and thank you, Aeron. And to everyone listening as well. Before we begin, we were just about to jump on and hit record and I said, "Wait, wait! Can we just do a little intention?" And so I like to do this before we start any conversation so everyone is welcome to join us in this intention setting. I just really wanna give a massive gratitude to this space. I wanna give a massive gratitude to Riya and to Aeron for providing this space for these conversations, and I'm just setting an intention that may we all speak through our hearts and our highest truth, and the conversation and the space that we share today impacts everyone who is listening and tuning in for the highest, and to support them in their

healing and really stepping into next layers of their soul mission and their divine purpose, and creating the life that they are here to live, and thank you for the space and with that... it is done. So it is.

AERON LAZAR: That was amazing. I'm very sensitive to energy. I kind of consciously opened up while we were doing that. The frequency on that was just delicious. It was lovely, thank you so much for that Libby. What an amazing way to start the show. Thank you.

LIBBY ROBERTSON: Thanks for having me, I'm excited.

RIYA LOVEGUARD: Libby, let's start with what's probably most important to you right now, which is your book that you're just about to launch, probably by the time this episode comes live, the book might already be launched, and you gave it a very, very interesting title: "How to Unmess Your Life," am I correct?

LIBBY ROBERTSON: Yes, you're correct. "How to Unmess Your Life," you are correct.

RIYA LOVEGUARD: So, tell us how have you unmessed your life? Because from reading your stories you've had quite a turbulent introduction into the world of self-development and spiritual development. And so did we. For us, it all started with a crisis where we've lost everything. Our business, our reputation, literally our whole identity. I know that for you, this journey also started with quite a rude awakening, but here you are now creating a beautiful business with massive turnover, beautiful following, and serving clients as a business coach. Tell us how it all started how you "unmessed" your life?

LIBBY ROBERTSON: Yeah. Thank you so much. I remember when we first connected as well, you sharing your story. I think it was a post that you've done on Shadow Language, I think. That was when we first started connecting, and then hearing your story, and just around, you know, losing everything and it's from losing everything that we kind of then have to -- but you know, we don't have to, but it's like we have this opportunity -- to rebuild. And so it's really beautiful to be now sharing this so where to even begin?

So it's really fascinating. I like talking about an introduction into personal development. My whole entire life, I've had a fascination with how the mind works, how people work, how humans work, and I actually read my first personal development book when I was about seven years old. My dad actually paid me to like, instead of doing... I don't know normal stuff around the house, I would read a book and I'd summarize it and if I summarized it after I read it, then I would get pocket money. I was like rewarded for learning personal development so going to the reason I'm sharing this now is because when I share my story, there's a lot. There's a deeper foundation than a lot of people actually realize as to how I have changed and unmessed my life.

I've changed and transformed so much in a collapsed amount of time, like in only a few years. Because, you know, six years ago, I was in probably the darkest, some of the darkest moments of my life, and I didn't even know it. I didn't realize how dark it actually was because I was still very much in it. It's only now, looking back, that I can see how depressed I truly was. That I can see now, how desperate I truly was to search outside of me for validation, for love for acceptance.

And I was a party girl. I loved to drink. I loved to take recreational drugs. I was, you know I had a terrible relationship with money. Like I was always able to manifest everything that I wanted. But it was just like I was seeking anything outside of me to fill this hole in this void that I was just experiencing every single day. I was actually backpacking through Southeast Asia, and by this stage I had been partying and drinking and that was my whole identity. Like, if people wanted a good time, they're like, "Hey, let's invite Libby out, like it'll be a lot of fun."

You know, and so six years ago, when I was backpacking through Asia, I remember one night crying in my in bed. I've been partying too much. I was at the stage in my journey where I realized that I wasn't living the life that I came in this human life to live. I knew that I was so off path. I knew that life was meant to be joyful. I knew that there was something that I was here to do. I knew that there was a better way of life and I felt so helpless because I couldn't figure out what it was that I was meant to be doing, and it's only now that I can actually communicate, that back then was very emotional and like really, really deep and sort of a very dark experience. And so, I would be drinking. I would be taking drugs, and I'd be as searching, searching, searching.

I remember this one night I started praying and I was, if you've been to Southeast Asia, you know the energy right is like intense. There is a lot of ancient wisdom in the land. There is a lot of the ancestors still very much like just that... whole way of life. So being in this energy for me, it brought everything to the surface. And I remember praying and praying and praying and praying for about 3 months. It was a three-month trip that I was on. I got this one night and backpacking where I was with my friend and her and I decided not to go out drinking 'cause I was at the stage where I could see that my life was a mess. I could see that I didn't like myself at all when I've been drinking. And when I wasn't drinking, I had so much shame and so much guilt from the things that I've done, words that I've spoken and there and the sh*t that I've got up to when I was drunk that it just was like I couldn't even bear to be in my own body. And so it was probably towards the end of the trip and I was praying, praying asking God universe, "Please come and help me. Please show me what it is that I'm here to do now."

Three years before this, so now we're talking nine years ago, I had an experience where my partner at the time, we were going through a big breakup, and anyway, right before we parted, he pretty much passed out. He passed out, like 30 seconds and when he woke up it was like he could see spirit and see the non-physical realm as if you and I can see each other on video right now. And I at this stage, I'd been through my first spiritual awakening, so I was already very aware of energy. I was already very aware of my guides and my angels in this sort of thing. And I

was praying and praying and praying, "Please I don't like this situation. Please help me get out of this situation right now." And then all of a sudden, these beings come down from. I'm feeling this heat on the back of my head, and my partner who's seeing them, looks up in the corner of the room, he's like "What? What is this?"

And he's channeling all of these. All of these energies that are coming around, they said, "Tell her -" talking about me - "She can no longer drink because if she continues to drink, we will no longer save her. This is not her life path. This is not serving her. She's not meant to be doing these things."

So I was feeling the energy he was relaying and in English, right? Like I'm feeling it, he's relaying it. I'm like, "Oh my God I can never gonna drink again."

So three years, and the final three months that's almost exactly six years ago now, I had known that there was something else that I was meant to be doing, and I was in such a state of desperation from that night that I was lying in bed crying and just praying to the universe for some answers and for guidance. My partner, who's now my husband. He was my boyfriend at the time. He had a dream at the same time that I was praying. Now I must have been praying for, I don't know an hour, an hour and a half? Just pleading, pleading, pleading, sobbing, sobbing, sobbing and Dane, who's my husband had a dream. I can't remember the details of it. He might. But he had a dream that night that he was pretty much doing an exorcism on me. He was removing these entities from me. When I woke up that morning, I was like, "Something is different." Something is different from that moment.

It still took me another, I think, four or five months. I ended up in hospital from another night out drinking and it was like that. "OK, now is the time now. I really gotta sort my sh*t out. This is not the life that I signed up for. I'm not the woman that I'm here to be. I'm not the leader that I'm here to be. I know that there is something that I'm here for in this life and I'm not living it and I am the only one that can take responsibility for that. I am the only one that that can do something about this."

So that, really is the back story to when I talk about deciding to go sober, when I talk about healing myself from bulimia. When I talk about, you know, finding my purpose and serving in the world. When I talk about abundance, this all comes from such a deep place of really figuring out how do I go from this life. I feel so much pain. This is what I'm thinking at the time when we look at it.

Actually, you know, and we look at the reasons for the pain, but when we look at how? How much is truly possible to transform and to truly embody who we're here to be in this world, regardless of where we've come from? I know that it is true for every single person because I've literally done it and it started. One day at a time, I didn't know how. No idea how, but I was

given little insights. The last nine years it's like I've been guided inside "Here, here, go here, make this, don't do that, don't do that."

I really got a rude wake up call. So I lost everything. I found myself at hospital. I moved back with my parents. I had not even \$0.00. I had like negative dollars. I had like, so much minus money. Lost my relationship. Dane, we sort of broke up, until he realized that, "Actually, she's serious about changing her life." So yeah, I've just dive straight in and just really shared what life was like and how much of a mess I was. Of course, my life actually wasn't necessarily a mess on the outside, but I was a mess. I wasn't who I knew that I could be.

So yeah, coming back to the book, it's a journey. It's about healing. It's about happiness and it's about finding your life purpose. But it's more than that. It's about truly becoming the person that you know deep down in a soul level, you're here to be and not from a traditional route. Not from a very traditional path, which I tried to do it but didn't work, didn't it? So really I documented a lot of it in hindsight, and journaling and really the book is sort of really supportive of if you feel you're not where you want to be in life then how do you even begin? So yeah, I hope that's some insight.

AERON LAZAR: That's absolutely amazing, like thank you so much for sharing that and you know, I was just with you. Like consciously opened up, I was just with you that entire journey I could tell you kind of gone back and I was kind of there with you, kind of experience in that. It's just amazing but it's like that saying, "It's always darkest before the dawn," and you know, you faced your demons basically. But those demons didn't take you down, you actually transcended that. And now you're stronger because of it. And that's absolutely remarkable. And it's just a testament to the strength of your character, because for many people, perhaps facing similar challenges, it could have gone another way, but you actually fronted up and actually transcended that, so literally nothing but respect you for that amazing journey.

RIYA LOVEGUARD: I wanted to touch on something else regarding your story. But you mentioned that when you were in it, you didn't realize just how dark it was, because it didn't seem like that, and I can really relate to that because before we stepped into our purpose and into our potential, on the surface, everything looked OK, but inside, we were just withering away and I didn't even realize how much stress, tension and unhappiness I had in my life. Until this whole weight shifted, until I don't have it anymore and when I compare what my day to day feels like or just how it feels to be alive as me now and how it felt to be me 2, 3, 5 years ago... Oh my goodness, what a difference!

It's just a difference in quality of life and I think when you say that you can't fit into this traditional mold and follow this kind of path to success etc. Well, I don't think there is a path of success. We are probably conditioned to believe that there is one path and if you kind of stick to these rules and do this, and hustle and grind and you will achieve this and that. And

sometimes it's such a trap and it leads to what we have all experienced, which is like really deep levels of unhappiness, but trying to keep up the front. Trying to appear like everything is OK because it's only now the saying has become popular about mental health that "It's OK not to be OK," but we don't like not to be OK. We just try to at least mask and market and I think actually like you said, facing up to it and descending onto this darkness. Wow, what a transformative journey that was.

LIBBY ROBERTSON: This whole concept of, "Here is the path to success," it's kind of like we're all looking around and we're all kind of just living this human life and we've taken this amnesia and we're kind of like, "What are we doing here again? Like I know that there's something. What is it?" And it's like we wait for our lives. We're waiting for someone to come down and be like, "Here is your purpose, here is the path that you were meant to take in life. Come this way."

But it's so not like that right? It's like very, very intuitive for us all and we talk about the traditional path or here's how to create success, or here's how to heal. There is no one right way because we hold such different frequencies. We've got such different soul experiences. We've got this human element with different egos and personalities and learning styles. And you know, there's so much within our consciousness that our soul always knows. And when we can remember that, and we can remember that our soul knows, we know that is somewhere inside, we've got the answers. Then we're always gonna find them. I didn't think that at the time.

I truly believe that one of the greatest things that happened early in my healing journey when I was searching for answers, I was like, "Right, I can't go back to what I've always known. So what's the path moving forward?"

So I went to a GP. I went to the doctor. And I said, "Hey, I've got alcoholism like this is what's going on." And she pretty much turned around and said, "Look, like I can give you some drugs. I can help you numb the cravings. I can prescribe you something to numb the cravings, I'm like, "I'm trying to recover. I don't want anything outside of me, I don't wanna rely on something to stop something?" I was like "No, no. I'm fine, so she gave me the details of the specialist. So I went to the specialist and I was like, "Hey this is what I'm experiencing. I've got alcoholism and where do I begin?"

I think I went to two sessions with her and she goes, "Well, you know, you've got so much self-awareness and it really sounds to me like you're very committed to this new journey. So, our work here is done."

"What do you mean?" and she goes, "Well, I don't mean this rudely but I hope that I don't see you again. It's very good that you've got a good self-awareness and you know there's a lot of people out there who don't have this level of commitment that you do. So all the best."

But these are the professionals. I'm struggling big time that because my self-awareness is there and I've got this conscious awareness of what's going on within my psyche, you're telling me that you can't help me? Oh, OK, let me figure this out then. So that was when I began really, really walking, and what I now see is, I was guided to that because I had to walk the path of the healer. I had to walk the path of addressing the shadows. I had to walk the path of actually, truly forgiving myself and others. And actually calling back soul parts. And you know, really, really, walking and forging this path that at the time. I had no one in my reality at that time. I didn't even know anyone that didn't drink, let alone people that meditate, let alone people that were super tapped in spiritually, you know. Like this is a very different reality back then. So yeah, it's kind of funny.

AERON LAZAR: I think it comes down to sort of, you know, alignment as well and being either in alignment or out of alignment. I think if you're out of alignment with what you should be doing, your true soul's purpose, your higher purpose. It's never gonna end well. And either the universe is kind of gonna nudge you where you get the hint or it's gonna come to a point where it just punches you in the face. From our end, I was being nudged and nudged and nudged for years to follow this spiritual path. And I just ignored it. I'm just changing, chasing material things. The answer to my happiness was always outside. It was always about status. Where we were living, what car I was driving, where we will be going on holiday, how many times, what the social circles, what restaurants we're eating in, all this kind of material stuff which we just amassed right?

We just run around like headless chickens and amass this stuff and yet at the same time, looked like a shiny object on the outside. Anybody outside, not knowing, looking in would be thinking, "They've got it all," We attracted a lot of jealousy and a lot of a lot of other stuff, basically, that's a different story though. But when it comes to the universe, trying to nudge you, I just felt completely hollow on the inside, even though the outside looked great, the inside was just empty. And I just felt really, really out of alignment. Just kind of really dissatisfied with my life. Probably a bit depressed. But then it's like the universe was just like, "You know what? This guy is just not getting the hint," and then just bang! This huge eruption and the whole thing blew up like a grenade. Everything we've worked for like 10 years, just down the pan and I was just like, "My God."

But then from there, that pain, that soul searching, that suffering that we went through, our entire identity that we built over 10 years gone all of a sudden, just pushed us to the point where we literally faced up. We actually stepped into alignment with what we should be doing, but I think it really took that pain to bring us to where we are now and from my perspective, probably the patient needed the medicine from the universe, because without that smack in the face, I probably wouldn't have listened and I'd still be pushing it away and pushing it away, and I'd still be deeply unhappy inside.

So in a way, even though it was super painful, I'm absolutely grateful with him. The blessing I guess, or the privilege of hindsight, 'cause I'm not going through it now, I've been through it but I can look back on it now. It's kind of giving me wisdom looking back but I am filled with gratitude even though it bloody hurt going through it. So it's fair play to you. Everyone on our own journey. But you know it gets to the point where sometimes it could be super difficult before it gets better so I'm seeing this energy.

RIYA LOVEGUARD: I wanted to dig into a little bit. How did you unlock that path of a healer? Like how did you heal yourself on a deeper level? Because you mentioned that modern medicine... You know, I will give you some drugs to stop cravings and we can see a lot of that. There's also the whole subject of antidepressants about numbing people down from their emotions and from pain. And pain killers and all of that. But you've had the wisdom to say no to it and to try different tools. And obviously, you mentioned that you haven't had much of a support circle or people who would understand that you wanna quit drinking and that you want something different in your life. But also I don't think there is, at least it's not common knowledge about energetic tools that are available to overcome addictions, because in your case it was alcohol, but people are addicted to all sorts of things. You also mentioned an eating disorder, so you must know a lot about how to overcome addiction from like an energetic perspective. So, I would love for you to share some tools and modalities and some experiences that you've had healing. Because in one way or another, each one of us has some forms of addiction, whether it's smaller, bigger, whether it's impacting our lives, but that's how this 3D reality is set up. Because we've got so many distractions, some people fall into a trap of religion, some into materialism, some into substances, almost like an obstacle course. How did you kind of manage to overcome it? What did you do? You didn't take the doctor's advice, you didn't take the counselor's advice, how did you figure it out?

LIBBY ROBERTSON: You know, Aeron talking about like the hollowness inside, you know it's such a beautiful description of it 'cause I feel like so much of us as a collective, as a Western community, we're taught to suppress our emotions. We're taught, like here is the socially accepted way to achieve success. Buy the house, get the nice things, climb your way up the corporate ladder, the social status or whatever it is, so we're constant. We're actually taught to seek outside of ourselves, right?

And then that, combined with really this, this disconnection from spirituality we have as a Western World, anyway. And then you know, suppressing our emotions, "Don't cry. Don't feel that. Hey, you're fine, you're fine, don't cry, don't be upset like you're a little kid." And you know that all adds up. But then on the other side of it as well, when we were experiencing pain between the ages of you know, in the first 12 years of our life, we've got so many experiences. If someone rejects us or if we feel like someone is yelling at us and then it makes us feel like, "I've

done something wrong, I'm not good enough." So we begin to develop all of these energetic agreements with the world.

But really, how I began to realize that there was more than just the mind, like I already had this belief that you can choose your attitude. I was very big on this. I studied psychology and I was very very mind-ey. I can choose my attitude, so I really chose that while my life was a mess and I have no f*cking clue of who I am and what I'm here on this planet doing and I have no clue how to move forward. And this is so key because choice is where we get to reclaim our power. So I chose that, regardless of what happens, this is leading to something. So I chose to have that perspective before anything else.

I chose that no matter what, I'm gonna make this work. No matter how desperate I got to go back and have a drink or anything like this. I made this decision, this contract between me and the universe. So that's really important because the stuff that we do, if we don't have that commitment to transformation or to the direction and the path that we are choosing, then everything else kind of can fade away. What is really important is that we commit to ourselves first and foremost. And then choose to see things in an empowering way. You know that we have that choice that's available to us, so this was really the first thing.

After this, I began to get my hands on, I think podcasts. I remember listening to a lot of podcasts. I had a concussion for a little while, so I was in a darkroom with like nothing going on, just me and my mind, which is a great place to begin your healing journey. I'm there looking at podcasts, hearing other people's stories helped me so much. I'm like, "Oh my God, here I am thinking that I'm not only one that feels hollow. I'm not only one that's got this problem."

Actually what I'm hearing is that there are so many other people out there that are experiencing the same thing, so that was also a really integral part of giving me hope and self-belief of, "Actually other people have done this. I don't know them, but I've heard that other people have done this. And so I'm down choosing that I'm actually going to be able to do this as well."

What's really cool about this is this applies to healing journey and addiction, and we can also apply it to business. This is why business is like very natural cause it's like it all the energetics, right? They're all very similar in terms of how we do one thing, is how we do other things.

So this commitment, if I wanted to go back into old habits, I applied the same technique to giving up smoking. I applied the same thing to overeating and like when I had Bulimia as well, but really it was around the drinking.

So you can use this with anything, what I realised is that I didn't know how to feel my emotions. I was like, "Okay, I'm feeling all these emotions and I'm scared of them. I don't what's happening to me." So I grabbed my journal and this is something very intuitive. I started writing down all of the times that I felt a craving, right? And if we think of a craving or a trigger is to go back into an

old way of being. You think of the different neurological pathways that are going on. You think of your energetic relationship with the world, you know. So we've, we've got our new way that we are forging then an old way, an outdated system, an outdated programme that's no longer serving us.

And so what I did is I wrote down all of the different times and all the different reasons when I would have these cravings and I realised, I looked at the list, and I was like, "Holy crap, this is every single emotion. Like my trigger goes back to feeling." Here I am, in my 20s and I don't know how I'm like a toddler like I don't know how to feel emotions. This is crazy.

So generally I began to really observe my emotions and what happened is because I've spent my entire life suppressing them or numbing them or drinking them, eating them or smoking them, or snorting them. I really began to open the floodgates for all of the emotions. All other suppressed energy, and it was like this volcano at times. Like something would happen and I would overreact to the tiniest thing because it wasn't just a response to that one thing. It was a response from year's worth of responses and year's worth of suppressed energies and emotions. And from that, I began to learn about inner child healing. I began to learn about past life regression. I began to learn to look to my dreams, and receive a lot of insights in Dream State. I had a lot of experiences and dream state that were either premonitions or insight into what was going on. So consciously, I was then able to see particular experiences in my life that had led me down the path of addiction and why I even had addiction in the first place. It was a lot of time within, and then a lot of time journaling, and a lot of time just feeling and experiencing, and allowing myself to feel. So yeah, I could literally speak about this for ages.

AERON LAZAR: One thing I just wanted to say, though, it's when we start focusing on – I don't like the word "shadow work" as words, carry energy and frequencies, so I choose my words carefully. So when we begin to focus inwards and start to shed these densities, we actually realise that all of us here we may look OK on the outside, but the vast majority of us, are just a walking wound until we take care of this stuff. And its traumas from when we were kids.

There was a really cool podcast I listened to. We did like a big road trip last year. We drove up to the Northern Territory, and of course you're driving for days, so we literally really loaded up on podcasts and music before we went. We were just listening to stuff, and I can't remember the name of the podcasts but it was super interesting conversation and I think it was about psychologists. She was saying that, you think you're marrying a 35 year old accountant, but actually, you're marrying the hurt little boy that didn't get his way or scolded by his parents when he was six.

So we're all carrying these kind of traumas around with us invisibly and I think, obviously look inwards and we start to share these densities, heal the pain and heal the trauma which our response mechanism through life is either to medicate to kind of put it down or to behave in certain ways, et cetera.

I think really when we begin to heal ourselves is really when we start to step in line with our higher self, and actually allows us to achieve things like higher states of consciousness and actually be a step into more alignment with our soul. There were times, honestly, where we both myself and Riya, and I'm sure you've done the same level, where you go on and it just seems like a never-ending bloody job where it's just more and more traumatised. You don't realise it until you really start to address it but it does get easier. We need to heal these traumas and heal these kinds of past events, don't we?

LIBBY ROBERTSON: Yeah, I love that is so, so beautiful. Exactly, it's kind of like I'm saying right now. It's like you know when you see things and it's like real life on Instagram versus Reality. It's like what you expect versus what you actually get. But I think the beautiful thing is in the way that we're going as humanity is. This is the time where we get to have these open and honest conversations of what we either have experienced or what we are experiencing and when everything's out in the open. Everything is out in the open and when things are out in the open, that's when healing begins. We can say the truth and we can honour the truth and we can, you know, choose to what we do with it. But I really believe that when we give ourselves permission to say, this is who I am. You know this is what I'm experiencing. This is what I've experienced. What I've been through, and you know, I've chosen to take all of that and rise with it, it is a gift. I've chosen to to use it as depth to create.

You know, the more depth that we that we have within us, the more light that we can hold. We carry so much information from our ancestors and collectively the imprints that whatever's going on in our country, our family, in our community, and in the world, when we're born, there was so much they were carrying. So when we can lead the way, by even just having these conversations, but go through this healing journey and have like this beautiful openness about us, then this is really when collective healing begins to take place as well. I think that's what we're seeing at the moment, especially when everyone's spending so much time inside. You know, and lockdowns and spending so much time in their minds, with themselves, and really having to slow down. As we slow down, that is when we begin to hear truth of what is actually going on.

RIYA LOVEGUARD: It's so beautiful that you're saying that because next and you've already started about this truth, about the openness, about letting go of shame, because the human experience is a tough experience. It's a beautiful experience, as well as a really tough experience. And it's almost like sometimes when you look at the old ways of doing these three dimensional templates, some of them come from society, some of them come from religious imprints, is that perfection. Perfection is required. That you need to be like holy, you need to be clean and nobody gets through this muddy ring of Earth as a clean person, like trying to get

through and not touch, any difficult experiences, not experience loss, not to be betrayed, not to mess up. It's impossible, yet I think when we look at the old ways of doing business, always of marketing, positioning yourself... They still kind of show themselves at this perfect icons.

An Instagrammer is probably a prime example where you just see like all these beauty, but you don't see the other side of it. And I think when, as a collective, we start embracing ourselves and accepting one another for like, yes, you've gone through three divorces and so what? It doesn't matter. You don't have to have found one straight away. You've lost business? That's okay. You've been unemployed? That's fine. You've had a drug addiction? that's OK. That's your human experience. Yet, for a long time we didn't have that, so thankfully, I think a new paradigm is being ushered in, where we perhaps look introspectively at our life and learn to accept ourselves with all our experiences from this lifetime, from previous lifetimes, or the traumas of the past stuff. And then maybe give us a little bit of a less judgmental perspective onto other people. Because you look at someone, and think, "Well, you've been on the same difficult path, right? Well done you. " So leading up from that, I'm just wondering how you envision this new 5th dimensional consciousness, how do you see this unfolding and what would you like to bring to this new Earth?

LIBBY ROBERTSON: It's about acceptance, right? It's about love. It's about unity, choosing to love each other because we know that, "Oh, I've been through my human experience stuff too. I still go through human experience and don't expect you to be perfect. But I see the perfection in you."

And you know this way of life, I see this for everyone. This is a such a beautiful planet. This is such a beautiful Earth to be living on. Like if you look around you, I see the beauty everywhere, the joy everywhere I see. I experience bliss every single day and I really feel that as a human experience this is going to be a way of the collective, right? Like we all are tapped into this. Yes, there will still be contrasts. However, our awareness and our ability to navigate the contrast is from a very different perspective. And the suffering that goes with pain, I see that being eradicated, right? Like we can choose to suffer, or we can choose to experience the pain as a human experience but still love ourselves simultaneously through the pain.

They see this is a really big transition. We started on an individual level and I believe that that's where a lot of the work is at the moment and then looking at it from the bigger picture. When I see this energetically, oh my gosh, it's like literally heaven on Earth and I had seen this since I was... Now that I remember, and I can see again and I remember that I actually saw this when I was a little girl. And the colours is like, we are all tapping into that, we're all living and experiencing the colours, they look at the sky and this and we're already beginning to.

I don't know about you, but the world looks more beautiful now than it did 10 years ago. But maybe it's just perception. But if you look at the sunset, look at the sky. This is amazing. I really

believe that as a collective, we will honour the Earth. In this way, a lot more we will be in the right relationship with the planet and we will do things to support it. You know, future generations will be very, very conscious about. This is also a place of abundance. This is a planet of abundance. This is her only operating sustainably and consciously aware of this. We have this available to us.

I believe the technologies that were able to exist at a quantum level or just through our ability to connect, we will realise this, but will also be seeing a lot of technologies coming into the planet to support this way of being. There's this whole energetic resource where everything is infinite. They were able to tap into our experience with money, depending how far in the future we go, I could actually see this as a planet eventually where we don't even have a monetary system, we're so powerfully tapped into our creative energy that we simply manifest what it is that we desire. So it's like I see it and we're just, okay cool, I want this. This is going to support me. Let me create this This is very likely working within, with energy, in a whole different way than we ever have before in this world. But in the more near future. You know whether that's 10,20 years. I see whole new ways of living. Whole new communities of living in harmony and in oneness with each other, really coming back to the importance of connecting with the land, connecting with each other. I believe that we're also going to become sovereign and more community based but not with the types of government structures that there are at the moment. There are so many so many different things. I also believe that we won't really be speaking as much either. I feel like it will be very will be very, very telepathic. Depending on how far in the future we're going like this could take, you know, a couple of generations.

AERON LAZAR: I firmly believe that as well, and you know when you were talking about the whole manifestation, instantly my mind's drawn to the Arcturians and the Arcturians' collective consciousness. And that's exactly what they do. You know they can manifest from their collective consciousness. I believe that humans on Earth are going to go the same way. Where we create in the first instance, pockets of collective consciousness where there's a bit of a transition between speech and telepathy, if you want to call it that, and it's that sort of energetic communication, and I feel like as a species we are kind of revolving. You look at where we are as a species, you know, you go back 200 years, forget the quantum field which is which is infinite, but even geologically on Earth, like the Gregorian linear calendar, 200 years is nothing when you look at where we are as a species. It's just the development and the trajectory is just mind blowing. and I feel like humans' consciousness ascension is like, it is basically a done deal. It's just we are living through history at the moment, that's what it is and what a time to be alive because what we're living through, at the moment, will be written in the history books. I see this as a blessing and a gift to actually experience this physically at this time. It's an absolute gift for the soul.

LIBBY ROBERTSON: Yeah, I get so excited just thinking about it. And before this sort of unfolding, I feel like there's this kind of knowing like something's coming. Something's changing

at the moment. There's this rebirth you know that we're getting caught up in energetically and all of this stuff, I think it's really important that we re-center. I was speaking with the client yesterday and this morning and she was talking about some field frequencies that are coming into her field and she was questioning them, I said, "Remember, we are still creating our own realities." This is exciting like this gets to be a moment where we celebrate. Obviously, so many people are in need of so much compassion, so much healing and love, everyone who is feeling you know... not this way, and feeling fear is very real for a lot of people. And also as leaders, I think it's so important that we remember to calibrate to this frequency that we know what we're creating in every single moment 'cause it's through this that we accelerate it but also our experience is more pleasant through it, as well for enjoyable.

RIYA LOVEGUARD: Absolutely, that's the theme of this podcast, it's creating reality rather than responding to the reality that is created for us. Responding to programmes that are being pumped onto us. We can do the reverse thing. We can project onto the collective grid, rather than letting the collective network kind of sulk into our energetic field, so this is so, so, so important.

I led a meditation just yesterday for our students and we were connecting to Lemurian consciousness and it was so beautiful because at that moment I was there. I was already taking from the Lemurian grid, from the New Earth grid. And at that moment it was total peace and stillness and none of it mattered. So I think if anyone listening to this podcast is feeling a little bit under the weather and like you know, feeling the weight of this collective events. There's so many beautiful beings of light that are co-creating with us and supporting this. We are never alone. Even if we feel like we've been helpless. Just remember we are never alone. An your consciousness is absolutely powerful. What we can do energetically, when we unite as well as leaders, as kind of creators of this New Earth is just immense. Thank you so much Libby, for sharing your insights. There's one more question, yes I know I'm letting you ask the question as tradition.

AERON LAZAR: We've got a consistent -- to give you some context, Libby. We've got a consistent theme through these episodes. What we do is the same question we ask every single guest at the end of the podcasts. So Libby, 10 years ago so you could go and visit in a little time machine, and you can only give one piece of advice, only one, what would that piece of advice be to your younger self?

LIBBY ROBERTSON: Trust what you are seeing within yourself, for yourself and for the world, but mostly for yourself. And don't worry so much about what other people are thinking, what other people are doing, trust what you're receiving and trust what you're hearing, and

really have the courage to show up and act on the information that you are receiving from within here, from your heart space from within.

AERON LAZAR: Wow that's just honestly like I could tell with your eyes closed, you're in the moment, so authentic. There's probably a million things you tell yourself. Every single episode the same, and we never warn anybody, we go ask because it literally is gonna be a thing in the moment. So thank you so much, that was profound.

LIBBY ROBERTSON: I'm curious what you would tell your 10-year younger selves now?

AERON LAZAR: Goodness me. Don't chase shiny objects. Go within.

RIYA LOVEGUARD: My advice to myself to trust myself rather than anybody else. Don't try to please everyone. Libby, thank you so much for being with us, if you can just let the audience know where is the best place to find you. When will your book be at, where they can check the book out as well?

LIBBY ROBERTSON: This has been amazing. Thank you so much for joining in this conversation. If you wanna connect on Instagram it's @libbylightleader. And if you go to my website, libbyrobertson.com and the book is called, "How to Unmess Your Life," and it's live on Amazon. Actually, live on the 22nd of September so I think by the time that we are live, the book will already be available on Amazon.

RIYA LOVEGUARD: Amazing, thank you so much!

LIBBY ROBERTSON: Thank you for this conversation and this platform you're opening in these conversations, I just know that you're truly doing so much work and raising the collective consciousness, so thank you for both of you for this conversation and for having me.

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