



# *The* ARCHITECTS *of* DESTINY

## PODCAST

*EPISODE 9: Reprogram Your Energy  
Field for Abundance with Aeron Lazar  
and Riya Loveguard*

**RIYA LOVEGUARD:** Welcome to the new episode of the Architects of Destiny Podcast on how you can rewire your energy field for abundance, and by the word “abundance” we mean abundance of income, abundance of health, vitality. Basically, an overflow of all the good stuff. And the reason we decided to bring this episode on is because many people are manifesting yet hitting blocks in their manifestations because they’re focusing on manifestation techniques but they’re not aware of all the energetic junk that they carry in the field. And you, Aeron, you seem to call these people the unconscious manifestors, so maybe you can explain a little bit about that?

**AERON LAZAR:** Yeah, of course, I do call not just these people – we’re all unconscious manifestors, and what do I mean by this? Well, our auric field which sits around us is a field of frequency that we transmit out on a daily basis and this is happening, 24 hours a day, 7 days a week, 365 days a year, whether we are aware of it or not and if we’ve got any distortion within our auric field, we call in a distorted version of reality and this is what can be blocking our finances, relationships, our health, our mental well-being, creating situations where we feel stuck and it’s causing feelings of frustration in our lives. But the good news is, with anything metaphysical which is energetics, any energy work, we can rewire this and transform our lives.

**RIYA LOVEGUARD:** And the best thing is the results are immediate, literally the minute you fix your energetic patterns, your physical reality follows instantaneously and we’ve witnessed it time and time again in our own experience and the experience of our clients. So we want to share it with you because the journey of clearing all these blocks is also a healing journey, and we all need to heal.

We need to heal our own wounding, we need to heal our ancestral trauma and karma, we need to heal our past lives, and we do sometimes also deactivate certain collective societal imprints that we carry in our fields and as we do, our vibration not just improves on an individual level, but as a collective we become less triggered. We call in more abundance, more flow, we're kinder to one another because we don't have all these things triggering, negative emotions such as desperation, frustration, etc. and every work day to day with clients who come with diff blocks.

Blocks to abundance, blocks to finances, blocks to relationships, problems in the family, and it's really interesting because what Aeron used to do before his spiritual awakening way back in the day, he used to be an electrician. So he used to work with energy and rewiring people's houses, now you work with rewiring people's energy fields, which is less dirty work. However, sometimes you get to experience some pretty traumatic, dramatic history because everybody carries one so what we want to do today is we wanna take you step by step, layer by layer, with the insights of Aeron's work with the clients. And I do similar work when I work on people's businesses because usually it's not a problem with business, it's a problem with someone's energy field. So we're going to take you step by step in the process of uncovering different layers and how you can rewire your energy field for abundance.

So Aeron, where do you normally start where your clients come to you?

**AERON LAZAR:** Great question. Typically, I will start off by explaining how I normally work. Just explaining to the client that I am working with that the first thing to mention is that number one, the client's field is in charge of the proceedings. I facilitate the energetic work but the "boss" of the session, if you like, the entity that's in charge is the client's field.

**RIYA LOVEGUARD:** I want to interrupt you here. Explain to us, what is energy field? Because some people might not even exactly understand how it works bec people often talk about rewiring the subconscious mind, it's all about the mind. Well, energy field is a bit more than that, right?

**AERON LAZAR:** So yeah, really interesting. The auric field or energetic field that's sitting around us, I nickname it "the egg," because purely simple it's not

because there's yolk or you can make an omelet from it, but it sits around us in the shape of an egg. Every single person, everybody who's watching this, I've got one, you've got one, it's invisible obviously to the 5 senses but it sits there. And it's fascinating when you actually start talking about this, because when I explain it to you, you'll realize the impact that this can have. So every single person, including you watching this, you've got an auric field that sits around you, I call it the egg, and depending on your emotional state, the level of vibration, your vibrational state. Depends on the size of it, so your egg or auric field, energetic field, it's fluid in size and it's not one size fits all. And what you'll find is, the higher you vibrate, the bigger your field is.

And sometimes, people can be vibrating so high emotionally – so joy, abundance, love, excitement, whatever. Their field can almost fill a room, it expands massively. Inversely, interestingly, when somebody's really low vibrational – stressed out, perhaps frustrated, sad, angry, guilt, embarrassment, shame, these really low vibrational emotions – their auric field or energy field shrinks. It comes into the body. So, interestingly, I'm sure all of you watching this have come across these two people that I'm about to describe to you.

You've got these two people enter a room, and these people just light up the room, and they're magnetic, very charismatic, people are drawn to them. And we can't really explain it, but we just feel it as soon as they walk in, is that they are a pleasure to be around. And the reason why they're a pleasure to be around is their fields are so massive, and we're picking up on this stuff unconsciously. So when somebody's so high vibrational and their energy field is so massive, it allows other people to take from a person's field, so you feel good because you're absorbing energy from this excess that they're broadcasting. It actually makes you feel good, it's nice to be around.

Inversely, it works the other way. So we've all come across these "energy vampires." We've heard the term "energy vampires" so you can all be having a great time, and then this person walks into the room and they just suck the life out of the room and they can just kill an atmosphere in half a second flat or in a New York second. So what's happening in there, they're so low vibrational that their energy field or their egg that sits around them shrinks and it contracts.

So from a frequency perspective, their field is trying to return to its natural state, so it's trying to expand. Their emotional state is forcing their energetic field to come in, so it's forcing their energetic field to contract. And what's happening is that they walk into an environment where there's other people, and their field is trying to absorb extra energy to return to its neutral point, so it sucks this energy out of the room. We've all experienced these energy vampires and you've wondered, "Goodness me, why does this happen?"

It's not their fault, really, it just naturally occurs because their field is trying to return to its neutral state so again, you know this is the impact the energy in your energy field can have with different people, so it's fascinating.

**RIYA LOVEGUARD:** But of course, working on your energy field is more intricate than working on its size, because you can protect your energy field against energy vampires and Aeron wrote a really good article about it, we're going to link this and the podcast notes to this article. So if you're an empath, especially, and then you don't want your energy to be sucked out or you don't want to absorb other people's bad energy, there's techniques you can use to protect yourself, but this is not the subject of today's episode.

We want to tell you how to rewire your energy field, because other people's bad energy is one aspect, the other thing is all the stuff we carry in our fields. So what do we carry? Because of course, the field is not just emotions, it's information, it's distortion, it's also the Ancestral Field, and it's also the Karmic Field. So can you explain a little bit about, what is the Ancestral Field? How does it relate, and what are the different things that can impact a person's energetic field and block their dream life from being called into existence?

**AERON LAZAR:** So as Riya's just pointed out, there's many things that can crop out. When I work with a client one-on-one, there's no cookie-cutter approach to these sessions. There can't be, because we're all souls and consciousness, we're all on our own individual path. My path is different to your path, everybody's on their own path. So, what works for one person might not be what the next person needs. So, it's all subjective and unique, these sessions.

But what crops up is one of about 20 things that are holding people back. There can be quite often, these ancestral patterns within the ancestral line. So how I see within the field of consciousness, I see the person I'm working with as an energetic entity. And within my 3<sup>rd</sup> eye, I see a big bar of frequency going backwards behind that person or behind that person's consciousness, and within that bar of frequency contains all of their ancestors' and these ancestors are everybody that's gone before them.

They don't all have to have crossed over. Mum and dad, and grandparents can still be alive on Earth, on this plane of existence now, but they would still be included in this bar of frequency. And then of course all of the ancestors and relations that go backwards, aunts, uncles, cousins, everybody's in this bar. What you can often find is that there are these ancestral patterns which occurred because of some traumatic experience which creates an energetic ripple effect through the family line.

So for instance, with granny or grandfather or great-grandparents, there was something traumatic which happened, it's like dropping a stone on a pond that ripples out on your family line. And what you'll be experiencing, is if you find yourself under one of these negative patterns it's like experiencing an energetic ripple, and you've got no control over it. You don't really know why it's happening, but the patterns, the same kinds of things seem to keep occurring.

**RIYA LOVEGUARD:** And sometimes with those energetic patterns within the ancestry line, it is something seemingly unrelated to the area of your life that you may be working on. So let's give you some of the examples from our own ancestry line.

There was a pattern of behavior for four generations in my family where women in my family were constantly losing things. And it was just beyond, so I remember from my childhood, my grandmother was always looking for her wallet, always looking for her glasses. And she was always misplacing things. My mum was exactly the same, and my mom remembers her grandma, so my great-grandma doing the same, and then in the end my great-grandmother and my grandmother also developed dementia. So how Aeron sees patterns is that bar of energy. For me, the ancestral patterns sometimes come through dreams or certain words when I work with a client that would pop up because – he's (Aeron) more visual, I'm more audial, so for me, words and patterns just light up. So this was a pattern in my own family where my mum is

calling, saying, I keep having the same dream that I keep losing things. I keep trying to pack for the airport and I'm just trying to keep all my stuff together and I can't do it. And I'm like, "Mum, I've had the same dream many times over, too, and we start digging. What is it?" and it seems something quite trivial, but when you look at those generations what caused it and what the actual path of this trauma was, it was forgetting things but in the end, it was also causing Alzheimer's which is a very, very serious disease –

**AERON LAZAR:** You were losing objects but then culminating in losing your mind with dementia, so it's very, very serious.

**RIYA LOVEGUARD:** So, how did that originate? I was pursuing this pattern, thinking: "What happened in my great-grandmother's life, because she seems to be having the first and you start asking these questions, "Was there anything traumatic that happened?"

And yes, there was very, very serious that happened because my great grandma was a healer. She was well known in her village for nursing babies back to health, and it was before the times where they had access to doctors. It was more traditional medicine, the herbs, so basically her medicine was love. So my great-grandmother during the Spanish flu outbreak, she was caring for kids, no PPE, and she didn't get sick and that's still a trade in my family. We never get sick. When we care with love for our loved one, we don't get infected, and that's something else -- but that's the good kind of energetic baggage, which you can also have from your ancestors, but the bad energetic luggage was the fact that we were losing things.

My great-grandma, she lost a baby which was 3 months old. So imagine the scene, 3 month old baby, you see her, you feel her, you feed her and the baby died, and for her, it was traumatic because she was nursing other people's babies to health and she couldn't protect her own. And now, back to times that happened just before the second World War, there was no therapy, no counseling, no help. And shortly after, my great-grandmother also lost her husband in the war. So, she didn't have time to heal because she had also two other kids that she needed to provide for. So that trauma of losing that baby, translated into a pattern that she did not believe she can control what's hers.

So this is why the women in my family were losing things that were theirs, like in the house, usually misplacing things, and in the end, losing their minds. So, what happened then, to clear it, it was a process of relief. Me and my mom did rituals to honor those ancestors, to honor those traumas, and release it. Since then, I haven't lost anything or misplaced anything.

**AERON LAZAR:** Tell them what happened, and I remember this clearly because we were living in Australia at the time, and there was something that you'd lost at that time...

**RIYA LOVEGUARD:** It was this microphone (laughs). Yeah, yeah. And it was one of those things right after I was finding those things that I've misplaced for months, which were like, my microphone, my extra pair of glasses. And also my mum did a special ritual where she acknowledged, lit a candle on the grave of both grandmother and great-grandmother because they were buried in the same grave. And she was doing it while it was night for me in Australia and I was having dreams. It's all related, so what's really important is we're talking here about ancestral thing. We can give you another example. Sometimes, something energetically significant...

**AERON LAZAR:** So maybe let's talk about the Akashic Records and karma –

**RIYA LOVEGUARD:** Yeah, yeah but let's not just jump there just yet. So let's finish all these ancestral stuff because I feel like many people can relate to that because Akashic Records, it requires a certain skill set, but anybody listening to this, can actually start looking to the ancestral patterns. What are the patterns of behavior that are repeating? And sometimes, the causes are not obvious, so like the death of a baby in childhood, and Alzheimer's doesn't seem to be related, but when it becomes quite clear. I want to actually give one more example of an ancestral pattern that we've had from your family, when your grandparents won a lottery. So this is more money related than health related.

**AERON LAZAR:** Long time ago, back in the late 90s, and my late grandmother was really kind of nice. She was always very, very lucky, and this is probably something in her karma and if I could read her energetic field – she's not with us any longer – but she would always win on the premium bonds. That's like the U.K. government

insurance lottery. And I remember, they used to play the national lottery, this was at the end of the 1990s and they were quite, not set in their ways, but they had routine.

So every Tuesday or Thursday, I can't remember because it was a long time ago. My grandfather used to go down to the post office to get his pension. And they always used to keep a stack of those lottery papers that you would mark with a pencil the numbers in the house just in case the news agents had run out. And they always just put the same numbers on, and they were always creatures of habit, I'm a bit like that. So the same numbers every single week.

And basically, what happened, is my grandfather had gone down with this slip and his pension book and my grandmother, a very, very lucky lady, she realized that they had not put their numbers on this ticket, so she basically ran out to the front porch and my grandfather was halfway down the street, and she was calling him and she was saying, "Come back, come back, come back!" we haven't put the numbers on.

So he's then turned around. So, he came back, and my grandmother took the slip off him, she didn't even have her glasses on, couldn't really see what she was doing and did six random numbers like this and all six came in. And so what that taught the field, so there was a windfall in the family, right? What that taught the field was that there would always be like feast and famine when there was money. So rather than there being a steady sort of income. So let's say, you have a job, you knew what your salary was going to be and there's just consistent income that's coming through so all is nice and stable.

So what this taught the field, you can imagine how much energy there is within money, right? So the energy behind money is potent, so if you suddenly get that windfall of that size, there's a lot of energy that comes into the field. And what that taught the field was that within my family line then, there were huge surges and then where there was nothing.

So what I started to experience, without even realizing this was connected, and it was only when I worked with my then mentor who kind of taught me this stuff and I sort of added my own modalities, into I work now but it was through my mentor at that time who helped me discover this, was that I then started to see this pattern in my life where there was this... do really, really well financially, and then there'd be nothing. It's



like feast and famine. And this went on. Being self-employed, we had really, really good months and then nothing. Really, really good months, and then nothing. Never consistent.

What I would say is that after spotting this, and clearing this, so this involves conversation with the ancestral line, Ancestral Field, we've got to consciously connect... but what we're able to do by clearing this is to clear the sort of ripple effect within the ancestral line, which then has a direct impact on changing your situation. So it really does depend on what there is so it's a really good example.

**RIYA LOVEGUARD:** I wanna give one last example and one more remark before we move to the Akashic Records. I want to tell you of a similar pattern that manifested itself in the life of my ex-business partner. So, her dad was an entrepreneur who built a massive business and lost it twice. And have you learned exactly the same thing, and she isn't absent. She was an estate agent, so she was doing ups and downs, ups and downs. We were trying to build an online business together, which was a very successful online business and we were doing great, but our pattern of earning, because I've inherited a pattern from the line of my husband, of Aeron, she inherited the pattern from her dad and our business looked like that.

We had a campaign – big spike. But we always wanted to have a passive income from this business with consistency that we could never do until we both kind of awakened to it. So is what I wanted to say. These patterns are everywhere and all you need to do is to open your eyes, set your intention, and then you'll be able to spot them. But there's one very, very important warning that it comes with. People often talk about breaking patterns as if it's something good. Please, please, please for the sake of your field, do not break the pattern. Do not break the pattern –

**AERON LAZAR:** Without acknowledging the field because I'm gonna be talking to you about karma in about a second and it's very important that you listen to what we've got to say because I don't want to invite any kind of consequences to come in.

**RIYA LOVEGUARD:** Sometimes these things happen very unconsciously especially with both karmic patterns and ancestral patterns when let's say your family for example were always in jobs and they were always earning quite average salaries and

you're like, "I want to be an entrepreneur. I'm gonna build a great business," and it's almost like you're saying, "F – you, ancestors. I'm gonna do my own thing and I'm gonna be better because I don't wanna be repeating those patterns of scarcity," and it's almost like at that time, it's like you're turning your back on your ancestry and it's really bad. As opposed to, going to your ancestors, saying, "I really respect that you have been providing for our family by keeping those jobs, working hard, but this doesn't work for me anymore. So as much as I respect your struggles, as much as I respect your effort, I am choosing to go my own way but with your respect and with blessing."

And this is exactly the same thing for karmic patterns which we will touch on in a second, and this is so important. If you have broken a pattern, then everything goes wild in your field, and if you've ever had a situation and sometimes clients come to us when things go wrong on a massive level – like everything goes wrong.

**AERON LAZAR:** Everything goes mental, like the field basically what Riya's explaining to you there is ancestral patterns and why you should always before breaking them always speak to your ancestors and revere them in a heartfelt way, and not in an instrumental way because it's gonna stop at these consequences and you look at it instrumentally. No, do it in a heartfelt way, and speak to them in a heartfelt way. Now, that's the ancestral patterns.

You can also have karmic patterns that you're experiencing and we'll talk to you about this because it'll lead us nicely onto karma and the Akashic realm. So you can be experiencing karmic patterns.

Karmic patterns are basically situations that are karmic related, and the reason that you're experiencing these patterns or situations is because you're experiencing that karma. So it's basically an energetic "I owe you," based upon something in a previous life and you're then paying through experiences and lessons. Karma is basically energetic debt that you've accrued from a previous lifetime. You don't pay with money obviously, you pay with experience and you pay with learning lessons.

**RIYA LOVEGUARD:** Sometimes you pay with money. Indirectly.

**AERON LAZAR:** Indirectly, yes. But let's say for instance, I'll give you an example, and this is completely random. Let's say there was... you had to experience what it was like to be in a certain type of relationship. Perhaps in a previous lifetime, you were the abuser in a relationship, let's say, because don't forget that just because you've got an assigned gender in this lifetime, doesn't mean that that gender is fixed through all the lifetimes, so in a previous life, I may have been a man or a woman and vice versa. Gender is not important but what is important is the roles we play in each lifetime.

So let's say for instance that in a previous lifetime, you were the abuser in a relationship which created karma. In this lifetime, part of that Karmic debt that you're then having to pay through lessons and experiences or experiences then learning the lessons off of that experience, is that you had to experience what it was like to be on the receiving end and be within an abusive relationship for example. Now, let's say this was a pattern you were experiencing throughout your life and let's say in your adult life to this point you can consistently see relationships where the same kind of abusive person keeps showing up and it's a pattern. You start to look back, and what you'll notice then is that there's a karmic pattern that you're experiencing now.

It's super important before breaking this karmic pattern is that you acknowledge the Karmic Field first because what happens, if you just break this pattern – Riya quite nicely explained what it's like with ancestral patterns to break them, we're talking about karma now, which is quite different. So let's say you broke a Karmic pattern and then all of a sudden, you said, without acknowledging the field and without acknowledging the lesson, you just went, "You know what? Stuff this. I'm leaving this relationship and I'm going for my own," and you broke that pattern, you just had enough one day, and just went boom, "That's it, I'm going." The Karmic Field gets really agitated at this point and it starts to go a bit crazy and so there's a trail of consequences of this.

So first of all, matter starts to speak. Because the Karmic Field is agitated, it's trying to annoy you or prompt you to come back and acknowledge the lesson because you've broken the pattern. And it's not going to send you an email or a text message. It's gonna come knocking on the door saying, "Oh, you broke that pattern. Come back and acknowledge the field, sunshine." It's not. It's going to communicate to you through matter.

So matter begins to speak. You'll notice arguments blowing up from nowhere, you'll start to lose things. Your car will break down. You'll smash glasses. You'll stub your toe. You'll lose your phone. You'll lose your bank card. Somebody will steal your money or your wallet. And all of a sudden, you'll look around your life and everything just feels like it's going wrong. And what's happening here is the field is so agitated and it's communicating to you through matter to begin with.

**RIYA LOVEGUARD:** Well, actually, before it communicates to matter, it usually tries to communicate to your consciousness but if you're not open enough to listen, this is how it will get your attention. You're not going to get much window for it to listen and tell you, because if you're not open enough to listen and learn those Karmic lessons, then it will go and sometimes it will also speak through other people where they're trying to point out maybe something to you in a relationship or a social context, that usually those messages don't get hurt, they're not significant enough, then the matter goes crazy. Then, sometimes also health also gets crazy.

**AERON LAZAR:** It basically it's like a sliding scale and it progresses so first of all matter's going bananas like this trying to get your attention and like I say, if we think back through our lives, try and think back now to a period that just felt like everything was going wrong. It doesn't matter what you did. Like I say, just stuff that wouldn't normally happen like you forget about the Penne Pasta which then kind of starts smoking and catches fire. You're dropping glasses left right and center, you're losing house keys, or car. You know, this kind of thing.

And what I would then say is, if you don't get the hint at this stage it progresses and what then happens it moves from matter speaking and it then moves physical. It comes into the body, so it starts off with minor ailments. So it could be skin conditions, rashes, eczema, allergies. There could be neck problems, joint problems, where you've got muscular problems, aches, strains, pains, this kind of thing. So it's just kind of more physical irritations rather than anything being serious. And this carries on for a while.

Field is still like this and it's like, "For God's sakes, come on, come and acknowledge this pattern that you've broken." And at this stage when it's gone, it might be like a

year ago, it just depends really on how long this stuff takes to progress. Then if you still don't get the hint, it progresses even further whether it becomes chronic disease, disease where you're not at ease, and it becomes chronic at that point and what then happens is if you still don't get the hint, the Karmic Field is like, "Okay this soul isn't -- they're not going to clock on in this lifetime they've had more than enough chance to come back and acknowledge this."

This soul is now gonna crossover and come back and go through the same set of circumstances and hopefully in the next lifetime, come to the conclusion where they can acknowledge it and learn the lesson. But the great thing is, is we're on this kind of process of... physical disease with the field, before it becomes terminal, we can kind of reverse this if we can get to the root cause of what's kicked it off for the Karmic Field. We can go right back, and we can go up to the Akashic Records because we need to go back into the past life.

Don't forget because we need to find out where this karma has come from. So go up to -- with consent -- to your Akashic Records, I would go through all of the past lives that are relevant. We would identify exactly where this has come from and exactly why the karma's there because you need to understand the lesson. Once you understand the lesson, then together -- because don't forget I didn't create your karma. That wasn't anything to do with me -- so therefore , I can't acknowledge your field, you need to do it.

So I would talk a client through one-on-one exactly what it is explain what I'm seeing so they understand the lesson and at that point I coach and I talk the person through how to acknowledge the field correctly, then once the field is acknowledged, what I'm then able to do is to identify exactly where that karma is in the Karmic Field of energy because it's a big cloud of frequency looks like a big sausage in the shape of a cloud and it's silvery and eggs and sausage.

It's silvery and blue is how I see it, like a big cloud of frequency, and there's a specific section of karma that I'll take out based upon um on the record, take this out to one side, I'll neutralize it down to nothing with the power of my consciousness.

Once that's neutralized, I come back, I then repair the Karmic Field because I've taken a slice out so I've got two bits, I've created two sides of it, so bring it both back

together so it knits back together as one piece and then we drop them and that's it. That's the karma neutralized there.

**RIYA LOVEGUARD:** Well, actually, that's just the first step, because at this stage, you might be wondering, heck, you were meant to talk about rewiring energy fields, and now you're talking about all this ... combat, all this karma, and ancestral patterns. We haven't even touched on this life patterns, because you might have childhood trauma and all of that triggers, etc. What does that have to do with your energy field?

Well, everything because the first and foremost, when you're trying to rewire your energy field, trying to get rid of all these heavy burdens, it's like when you, let's say, manifesting and you've got all that stuff in your energy fields like trying to run a marathon with a backpack full of iron. And maybe even some stuff dragging behind you, like a tray, and this is exactly how it works.

So in order to rewire your energy field, first you need to acknowledge what you've got in the field, and it's a process – It's a process of ascension and healing, and it's a process back to yourself, because you think you're free and independent and every decision you make is your own, and then you realize, “Uh okay so this choice I've made, and that's because my grandfather did this, and that, and this is because of this thing that happened to me, it's traumatic experiences because of this past lifetime that I've had.” And at this stage, the field that has been acknowledged that hasn't learned the lesson, is ready to be rewired for a different pattern, for a pattern that serves you.

So for example, if a pattern was feast and famine, in this field, where the minute you make a lot of money, then you lose it all, which happened to us many times, then next thing is to decide what is the new pattern, what is the new program that you're choosing. Because you can choose many different things. So it can be a slow and steady button or it can be a dynamic growth pattern. You get to choose then and you need to then upload it to your field and let it settle and then watch the magic unfold.

AERON LAZAR: Isn't it great though that we can actually rewire our field to our desire? So what Riya was saying then, you can program it to what you want rather than living with what's been imposed on you, either from ancestral or from the Karmic Field, and basically, so I've described to you how I work with the Karmic Field, and what the way I like to work in these one-to-one sessions.

I like to take a holistic approach and I like to to cover all the bases, so yes, we do good work for the soul, which is basically dealing with the karma, and that means that from an evolution perspective we've dealt with that karma. We've neutralized it but we're living this day-to-day reality within this three-dimensional plane of existence right now, so wouldn't it be great if we could rewire our physical fields to then change our lives right now on Earth?

So once I've worked on the karma, what I'll then do is we're coming back to the egg now right you know the field the auric field that sits around us based upon what we've worked on in the Karmic Field Akashic Records or ancestral line, there may be distortions within your auric field and think of it like being an unconscious manifesto, like I said, we're broadcasting out constantly 24 hours a day, seven days a week, 365 days a year.

Now, if we've got distortions within our field which is just distorted, bits of frequency within our field, we're broadcasting this out, we're going to be calling in a distorted version of reality. So therefore, with consent, I'm able to locate these distortions within a person's auric field. With consent, remove them because everything is done with consent, I never impose myself energetically on anybody because I'm of the lighting of the highest vibration. And so, by removing these distortions from the field, we're then able to create space to install new programming which serves you.

So I'll give you an example, when i take away the distortions and neutralize them it creates a void within parts of the field and then what we do okay it's super, super important that we fill this up with programming which is serving you at this point because if we just leave it at this point, subconscious which has been running that old program, it's going to fill up that gap with the same rubbish that was in there. So it's like sticking a stick in plaster over something which is still infected and that infection is going to come back and that sticking plaster, it's good for a week or two, then you just back to square one.

So we want to do this work in a way that has lasting effects so we take the distortion away, distortion is gone, we've then got these voids within the field that need to be filled with good frequency so what we then do together, myself and the client that I'm working with, we then rewire consciously these voids with frequency which actually serve the client. So what are these frequency?

Okay, we've got our conscious logical thinking mind, we've got our subconscious, which is like a little monkey that sits on our shoulders listening all the time, and it's there. And what happens is these little programs within the auric field, this frequency, feed the subconscious. That gives the subconscious the perception and it feeds the perception to this. So the perception might be, let's say you've got these blocks around, let's say confidence. The blocks are and the perception that the subconscious feeds in that "I can't do this I'm underconfident, I don't like speaking in public, I don't know what to say."

And this is across all aspects of your life, it can affect you, but once we've installed this program in the perception that you've got, begins to change almost immediately so the way you see the world begins to change it's magical. And then at the back end of all of this, if as far as all of this process, if you've accumulated any pain and trauma which is a separate thing – nothing to do with the auric field, it's the pain and trauma is in your organs, that's where you store it – we call it the pain body. It's actually your physical body. It's stored within your organs, but if you've got any pain and trauma that you've accumulated as a result of what you've been through, and we've worked on releasing this as well, so it's an absolute transformational process for people.

**RIYA LOVEGUARD:** Well, we've been on this journey as ourselves too before working with clients and we draw on our own experience. And then also the various experiences of people we work with. I am more business-minded so I help with ancestral patterns and patterns from this lifetime in business space. I help people build brands. Aeron is more of an all-rounder where he works on relationships and health and wealth and also goes to the Akashic Records.

This is something I don't do personally. I can't dissolve karma in the Karmic Field with my Akashic Keeper's Light Language, but Aeron obviously can read the Records and access them and identify all these stories, but what I wanted to talk to you about is the fact that how all these things happen.



How do you actually find all these triggers? How do you find all these things that are blocking you? You start by actually setting an intention, and it's a powerful intention, so don't set it unless you actually mean it, because the process of releasing all these blocks, all these limitations that are holding us back can be very strenuous on our physical body and very, very challenging. What we talk about here is individual sessions which can work on one aspect. So for example, on your wealth, or on your abundance, or in your confidence or whatever you come up to us with. And in this 90-minute to two-hour session, we can work on one aspect of it but there is many, many, many, many layers and you can call it shadow work, you can call it inner work, but we all have so much in our field and some of you have already cleared a lot of that and healed. Some of you are completely new to that and are still maybe not even aware up until now that things that your ancestors did actually even affect you. So where do you get started?

Well, you get started with setting this intention and then what can happen is all these things can be brought into your consciousness and sometimes they are brought to your consciousness by triggers of things going wrong. So I'll give you an example, your income will dry up for a bit and you're wondering, "Why is this? What's going on?" or all of a sudden, you start arguing with your partner way too much and you have some angry fits and you're like, "Hang on a second, you're saying that's not normal?"

That's energetic and then you investigate and then you heal, and then this problem is solved once and for all. The beauty of this work is that it's permanent once we've healed the ancestral trauma or Karmic relationships or whatever. We don't go back to it once and for all, you see results immediately. This is the beauty of energy work, this is the difference between energy and mindset. There's so much power in it that you can start seeing glitching, miraculous changes, especially when people come in with things like income, you can see the changes very quickly, and relationships sometimes. We get those emails where someone said, "You won't believe it, after clearing this, I'm suddenly speaking to my sister, and we always argued," or you know, relationships between spouses improve.

So this work is like magic and you know, don't be put off by the fact that it may initially come through a bit of agitation or trigger. When that trigger or the challenge comes, this is the beginning of the work. It's like you stirring your field because it has to come

up to your surface, so when we are doing it in... let's say, sterile environment of a session, then we almost like simulate this where we talk about things, and something will agitate and you will release it because you feel safe. Sometimes, things that have never been spoken about, all these family secrets, all these things that we stuff up, they have a chance to come up to the surface and be released and cleared once and for all. But that's in a session environment. If it comes in your life environment, things can get a little bit messy, but it's only temporary and it's 100 worth it. So we're just letting you know so you are not put off by the short term and you're encouraged by the long term.

**AERON LAZAR:** Absolutely, and you know, like I say to everybody that I work with, feeling is healing. And the other side of it, although you know we've got to be brave and we face it again but once we release these emotions that we've been bottling up within our organs, because the pain and trauma, it's all stored within our body. When we say our "pain body" it can conjure up images that it's like some other thing. It's actually stored within our body and it's actually a healthy thing to release this stuff. If you think of it like stagnant water, if you've got water which is stagnant, these emotions and frequency which is just stagnant in your body, it's never good. It's always good to release this stuff and actually to kind of transcend it. And I say to people, you know, it's what happens when you emotionally heal. So situations that would have really triggered a reaction in you, the emotional reaction comes from the original wounding.

So it's like I say to you, feeling is healing. But once all of this is done, it's not like *Men in Black* where they come along and go boop and then you've wiped your memory all of a sudden. You can't remember what's happened. It doesn't mean that your memories get taken away, but what there is, is a centeredness so you feel emotionally neutral. It's just neutrality and that's what's at the back end of this and you feel so much lighter. You're less triggered. What we can do is go through a process of forgiveness as well because the forgiveness, if it's another family member or person who's hurt us and who's wounded us, when we forgive. Okay, it's a common misconception that forgiveness is about the other person that when we forgive, we're actually condoning what they've done. No, when you forgive, it doesn't mean that you forget the lesson and it doesn't mean that you condone what that other person has done, but when we forgive, we forgive for us because what that does it sets us free from being chained to the past. So when we forgive, it's an act of self.

So this like I say with this whole trauma and pain release, though all this is a part of the session, but it's an overall transformational experience. It's absolutely marvelous and to hear the feedback that we get from people that we've worked with on a one-to-one basis is a blessing because you know people have sometimes been carrying a lot of this stuff around for decades since they were children, and all of a sudden there's a huge outburst after the session.

Usually, it's a big purge of emotions and you know a lot of tears. And I say to people, I said, "You need to honor every single emotion that comes up so if you feel like you need a good cry, that's great. If you feel you want to scream into a pillow or go and punch a punch bag that's fine. Go and do that whatever is coming up for you, just let that out." But once it's gone, it's gone and, you know? It's far healthier and you know you're far lighter as a result of this because when we sort of ascend in through from 3D to 5D, we're transcending as far as consciousness level. If we are operating with 5D consciousness yet we're dragging around all of this emotional baggage, there's kind of a dissonance there. It doesn't really fit, so now is the time. It's a great time to be kind of working on yourself and shadow work, etc. and actually heal in the past and setting yourself free.

**RIYA LOVEGUARD:** And don't forget, you're gonna get quite immediate results from that so it's not just like, "Oh, I'm doing it for the collective. I'm doing it for my family." Although you are doing it for your family. For example when you're hearing ancestral trauma, then your children won't have to do it. That's when it stops. That is released, it's done, and it doesn't carry on in the family line. But what you need to do is you need to prepare to go that journey because you know you can go to a point where after you've also cleared all this trauma, and karma, you get to the point of being your higher self, embodying your higher self. And I want to give, at the end, a bit of encouragement, because I have reunited with my higher self. I've gone through this process of going back and forth to the Akashic Record with Aeron a tracing all these family ancestral patterns, and also, sometimes purging to a point where it does give you sensations in your body every time after something releases. And especially true from the Ancestral Field, it feels the next day like the worst hangover like you've ever experienced. It's that feeling, but you know, that your highest self has always been with you throughout all your incarnations throughout all

this pain, trauma. Whether you play this role and that role, this zero judgment, this unconditional love that surpasses everything, and once you reunite with your higher self you are literally absolutely full of joy and peace and you are actually the true essence of you.

Lately, I've had an opportunity to participate in a plant medicine ceremony and everybody was purging and I'm like, I'm sat there, I'm holding this medicine and my intention is anything that isn't from me and it's not my essence yeah let it out. You know what? Nothing happened! I didn't go to the toilet once everybody was healing the guts. I'm just sat there, cuddled by my higher self. So you know guys, it is possible and I'm not saying that everything is healed because I get smaller programs but once you get rid of those major big blocks, life just becomes blessed and only when you then look back on your life how it was and how heavy, how stressed... Oh my goodness me, then you see it's awesome. It is possible to be stress-free, to be energized, to feel really great. So you know, you can start with one aspect. You can start with one pattern at a time in your field, which is in charge. It will present you with those patterns quite a random order but it starts with being really sensitive and also setting your intention, and at the end, I would love for you to let us know in the comments if you're watching on Youtube or if you listening on podcasts you can drop us an email.

Let us know how you are on your journey. Have you had any experience with clearing any of this baggage? Maybe you have any questions. We will be, in February, opening a brand new program where we are going to take you on a full journey through different layers through ancestral, karmic, childhood, and all collective imprints to actually take you on an accelerated journey of inner healing. So you can experience abundance, and you can fully rewire your energy field. Because so far, what are we doing with the clients is we're kind of working on what they bring us so if they bring us a problem with income, we solve that, and when they bring us a problem with relationship, we solve that. And we love it because we experience massive shifts, but we feel there's a need to take people all the way week by week, so this program will last for several months. You have our personal support. We're still ironing out the details but the waitlist is ready, so if it's something you're interested in, please subscribe to the waitlist and we will send you more details once we have the program ready.

AERON LAZAR: Exciting times ahead. Just to cover up what we have said... Yeah, super excited about this program that we're putting together. Totally transformational. 3D, 5D, all the healing in between. All of the abundance, joy, and bliss that comes along with that. We cannot wait. Thanks so much for joining us on this episode of the podcast on this lovely sunny afternoon here in Costa Rica. I wish you well wherever you are in the world, whatever time zone you're in, whatever part of the world you're in. Sending you unconditional love, light, and blessings here from Costa Rica from the pair of us, and we hope you can join us on the next episode. Thank you so much, see you again.

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