



The ARCHITECTS *of* DESTINY

PODCAST

*EPISODE 12: Psychic Healing and Spirit
Guide Communication with Special
Guest Mari Belzunce*

INTRODUCTION:

Mari Belzunce is an extraordinary energy healer, using her uniquely developed methodology and physical abilities to find the root cause of physical ailments and alleviate them by removing energy blocks from the body. Mari works both on physical and spiritual levels in close partnership with her and a clients' spirit guides to let them discover the greatness that's deep inside their hearts, to help them embody more of who they really are. This episode is jam-packed with valuable insights for healers and spiritual seekers alike. Together with Mary, we take you through simple, practical exercises you can implement daily to hone your intuition and hear from your spirit guides.

RIYA LOVEGUARD: Welcome to this episode of the Architects of Destiny Podcast, which will send all about healing, but also about finding guidance through your Higher Self and connecting to your spirit guides. And we've got a special guest today, Mari Belzunce, whom we've met in our personal journey both as clients and as – she was our client as well. And in there was this connection being struck where we decided we need to bring Mari to the world and you listeners, watchers because she's got some incredible healing method using her psychic abilities that literally we were blown away by, and I don't think you will find anybody doing healing the same way as Mari does. So, Mari, welcome to the podcast.

MARI BELZUNCE: Thank you so much. What a lovely introduction.

RIYA LOVEGUARD: I'm going to start by, perhaps you can tell us exactly how you do your healing because it's interdimensional. It's like you know. I've worked

with people who align chakras. We've got people who do Reiki. The way you do it, it's your own method, right?

MARI BELZUNCE: It is, it is. And it's a method that actually has evolved over the years, and I feel it's still evolving and so who knows what I'll be doing next, but for now, yes, I started learning different healing modalities, but nothing ever felt right. Like, you know, I go and learn Reiki and I will go and learn different modalities and then I always felt like I was trying to fit into someone else's box. And I was feeling a bit uncomfortable with that. So one day in my meditations I started to receive guidance from my own guide. My higher self. I'm getting visions of places in other dimensions and that's how I came across what I call my healing temple, which is a place in another dimension or outside of this one, where I can actually commune with my higher selves in different dimensions and upbringing.

They come to me in there according to what's needed for a client and when that happens, I get access to different abilities that in the 3D World I don't. So I'm able to sometimes feel or hear or see what's going on inside of people's organs. So sometimes it may be the lungs, the gut, as well as the energetic meaning of that. So, as we know, we're always manifesting what's going on, and we manifest our physical body. My understanding is from higher dimensions, right? So, our physical body, what it does is exactly what we need for our mission for this incarnation, and so getting access to their higher selves, the clients' higher selves, I'm able to see what's going on and why that Higher Self is manifesting this body and with whatever ailments that might be going on so then we can go in and fix that energy or acknowledge it and let it go so that the body then does what it needs to do next.

AERON LAZAR: It's amazing. What you do is absolutely amazing.

RIYA LOVEGUARD: We've experienced this first-hand. So, Mari worked for my thyroid, and on Aeron's adrenal glands, and amongst other things to fantastic effects.

AERON LAZAR: So one of the things I wanted to ask is when, let's say for instance, you're working with the clients. Do you have a set way of healing or do you intuitively tune into a person's organs or body and then channel in exactly what's needed to kind of correct that problem? Do you find it follows the same kind of pattern every time? Could you explain how you kind of work in that regard?

MARI BELZUNCE: It's very intuitive, and sometimes to the point that sometimes people come to me for guidance to connect them with their guides and get messages. And the moment I open up my channel, my mind takes the backseat. So, I may be asking their guides for a specific question, but suddenly their throat starts to

flash in front of me and I just know in that moment that, "Yeah, we're gonna get you that guidance, but you are not leaving until I also see what your throat is wanting to say."

So, it's always very intuitive, and I like it that way. I actually went through a stage when I was first coming up with my method where I wanted to actually bring a structure in. So I needed to know, "Okay, step one: Start from this. Step two: We'll go and do that." And my guides wouldn't let me, it wasn't going to happen that way so when I went in thinking that I was going to move on to step two they will absolutely block me and re-guide me so that I could actually follow my intuition. So I don't think I'll ever be able to box it.

AERON LAZAR: You can't systemize the Quantum Field, can you? That's the thing.

MARI BELZUNCE: No.

(Laughter)

AERON LAZAR: It's impossible.

RIYA LOVEGUARD: When you work, you always feel like the client's field is in charge, right?

AERON LAZAR: This client's field is always in charge of proceedings. The client's field is the boss. I just merely co-create with a person's field and it's all – It's exactly like you do it. It's all done intuitively and channeled in. It just comes in, in the moment and you can't plan it, you can't script, you can't have a cookie-cutter size process where you kind of create a system. It just doesn't work like that so when you describe that, I just understand how you operate.

RIYA LOVEGUARD: How did you first discover that even have psychic abilities because you're very visual.

AERON LAZAR: Take us back to the beginning.

MARI BELZUNCE: You know, I've been thinking about that question for a long, long time, and I still don't really know what the answer is. As a child I was very sensitive. I would like step on a plant and stop and apologize and ask it if it was okay, and I will actually feel so bad that I would feel that connection to every living organism.

I was the weirdo that my parents needed to tell me the truth about the tooth fairy because to me, it's like, "Oh, money out of nowhere! I would go and buy stuff for kids

that didn't have stuff!" Like I would go to the school canteen and just ask the kids that never had the money for the canteen what they wanted and just give it away. So, I was always very sensitive in that regard. I didn't understand it at the time.

Now looking back, I thought, "Right. There was something different." But I grew up in a household with parents that don't believe in anything. I had a brother who died very, very young as a toddler. That day my family decided that there's nothing else, you know? God doesn't exist and if he exists – insert whatever word there is. There's no spirit. Nothing.

So, I didn't have a chance to ever question anything or even discuss anything extra-sensorial or anything outside of what's physical. So, I think at that point, I kind of switched everything off so as to make my mom happy. There's no more feelings. There's no connection to anything bigger than us. It doesn't exist.

Until later, I think it was around when my grandmother passed away, and before that she had Alzheimer's for about five years, and she was living in Argentina and I was living here in Melbourne. And I would know exactly what was going on with her. I would just feel her. I would actually be able to go and visit her and I knew exactly when she passed before she passed.

Then I had her come and visit me as a spirit form many times, and she would always tell me – I was working in the corporate world – and she will come and sit with me in my bed and say, "That's your past. You need to start questioning stuff." And I did, I did. I refuse for a while and then eventually I promised to my grandmother I will start my inner process, my getting to know myself moving away from all the conditioning from university and those ways of thinking. And I just started exploring different things and it all came together super quick. The moment I decided to actually start tuning in with myself was like a massive thing just opened and downloaded, and that's kind of how all my abilities started to come online.

RIYA LOVEGUARD: Wow. What a story! Was it easy to follow your intuition once you've realized, "Okay, corporate world is not my thing." Or you said it came quickly?

MARI BELZUNCE: Quickly, but I had a lot of trouble letting go of my old life that I built. And I was very much in the 3D complying and ticking all the boxes and doing all the right things. And so I sort of left my healing stuff on the side and it was something that was a hobby and to play with friends, while being very responsible and doing all the right things, showing up to work and until I just couldn't anymore. And basically yes.

It's just that funny thing that happens when you start working with your guides and your Higher Self is like they will not allow certain things anymore, they just – re-route you. You know it's like the GPS, when if you're meant to go that way and now you know it and you understand it and you can see it, it's just no way you can push on a different direction. It just keeps re-routing until you actually decide to say, "Okay, alright, I'll stop and I'll go that way." Again, it took me a few a couple of years to actually let go of the old identity.

RIYA LOVEGUARD: Well, it took Aeron two decades.

AERON LAZAR: It did. I did. I pushed my gifts away from me. I was kind of scared by them to begin with and I felt I didn't really have anybody to sort of guide me at that time. I was sort of in my early 20s and kind of just trying to figure it out myself and everything started trying to come through at once and it just it scared the pants off me, really and I pushed it away for about 20 years.

I want to just to touch on, I think one of the things I've learned is that I think when you're completely out of alignment with what you should be doing, I think it causes friction with the universe and eventually the universe will pull at you and pull at you and pull at you and it might take a few years, but eventually if you just don't take a hint, it just happens quite abruptly and you get kind of dragged into alignment. Whether you want it or not. And it's just interesting how people's paths always end up moving into a alignment in the end.

MARI BELZUNCE: Yeah, that's what I say, they will not let you. Once you can see it, when you sort of click in, they are relentless.

AERON LAZAR: They're not gonna let you go back to the matrix once you've broken through.

MARI BELZUNCE: No. No way.

RIYA LOVEGUARD: What would be your advice to people who are aware of their multi dimensionality, perhaps even of the abilities – because a lot of you guys have amazing abilities, listening to and watching this podcast. Yet you've got your need life, perhaps career, perhaps there is mortgage. Perhaps there's kids and you're living in certain places; everything is nicely stacked together and you feel a pull to do something else. What would your advice, Mari, to people like that because you do a lot of advice for everyday folks who you know are still moving into this alignment. So what would you say? How do I go?

MARI BELZUNCE: I've been doing a lot of work with around that topic recently, because I've noticed as well with what's going on in our world the last couple of years, there's a lot of people that actually are starting to realize that now if things are open up, they don't want to go back to normal or the old ways. And most or some of them are actually have used this past couple of years to also explore and go within and now, wanting something different.

So my advice is always first of all, to dream big. This is something that I actually received from my guides when we were having a similar conversation around this and they said, "Well, your problem is that you're not dreaming big enough." So when we start thinking about the mortgage and all these things. And you know what, it all comes from that contract vibe, from that fear of not having. But if you actually expand and can really dream bigger and have a vision that is exciting. It's just drives you, right? If you can actually see it happening as an expanded version of whatever it is that we think we can do, we think we are going to do because I actually believe that most of us are here for a big purpose, but it is scary.

And I think Aeron you were touching on that before you know it, I just saw what is in front of me and it scared me, it was too big and it triggers all these questions, can I really do it? Is it possible that it's not for me? I used to tell to my guides all the time, "You've made a mistake. I'm not a person for that job. It's not me!" and they don't make mistakes.

It's us, it's that fear that we just let it win. We give it power, like, "No, no, no. I'd rather stay in my old job because I can't pay this bill," and I don't believe that's what we're here for. So, first, always dream big. Expand your field, see the big picture, and let that be the guiding power and then connect with that daily, many times a day.

So actually, really connecting with that, with what feels exciting and start asking just what. Break it down in little steps. What is one thing that can get me closer to the vision and again and again. We don't need to be going from zero to 100 in two seconds but give yourself time and break it down in baby steps. I think that's important and always bringing the guides in and getting their input.

RIYA LOVEGUARD: I think that's important. It's beautiful, what you said about following your joy and expansion because I think the scary thing is that perhaps due to religious conditioning, some people have been wired to think that stepping into mission is gonna be hard because it's mission. It's sacrifice, it's something like, you know, that they're gonna be poor and it's nothing like that.

It actually is the most expanded version of you, So, you're not gonna be punished by the universe for stepping into your mission. Quite opposite, you will have all this amazing support that happens, you know, out of the blue, but it's not out of the blue, it's all divinely orchestrated. So, I'm really happy you've actually spoke to that.

One thing I wanted to ask you is you've mentioned working with guides a lot. You've got following the guides. Listen to the guides and obviously we work with our guides as well, but it took me a long time to connect with my guides and same thing with Aeron, and actually started listening.

Another thing, I know that there will be people listening to this podcast who are like, "Well, who are my guides? How do I connect with my guides?" Where would you get started because you know I would say you are quite naturally gifted with vision, so is Aeron, but then there's people like me who are not very visual and it's like, "Oh, I don't see my guides. I don't know what their names are." Where do I get started?

MARI BELZUNCE: Actually, I get asked this question a lot and actually, it's very layered. Because really, we are always connected with our guides. It's not something that we need to go on and then connect. We are connected. Our guides are always with us. What happens is there is like this preconceived idea that it needs to happen a certain way, but like, just because I am visual, then if I'm talking with a client, they need to see their guides the same way that I do, and it's not.

Some people are visual. Some people are more, you know – they hear their guides. But what I find, and what I actually do sometimes with clients is get them to just, clear their mind, center it in their heart and ask a question. And the first thought that comes is the answer. So for most people the guides are always connecting through thought. Then their visualizing is an extra. Wherever the guides are called, that's not really relevant. Who cares what the name of the guides is? That is not important. It's like the information is what you want. If they are called Mary, Tom – Whatever it is. Let's not get hung up on that. What you want is just that information, and if you really clear your mind, and you come into your heart. If you've never connected with guides, if you never felt that you connected with guides, before just ask a question and trust the first thing that comes within the three seconds. After that, that is your mind and you've lost it. Start again.

AERON LAZAR: Yup. And one of the things that's really interesting that I find is that it's like exactly like you say, so it's literally the first thing that comes in, is the thing that is given to you. And what I find is the second that you trust that, and you really dial into it, it's almost like the volume gets turned up and the connection just gets stronger. It begins to flow then. it's just that initially, you just need to kind of get past and actually just trust what's coming through.

RIYA LOVEGUARD: And another thing is your guides will speak, and they won't use many words. It will be very to the point. In fact, I want to probably do a similar exercise in a second for all your listeners, but we were doing this exercise for our Quantum Club members where we've got weekly spiritual development classes. And people were asking the questions to the guides and it was basically this woman who was a member said, "When should I leave my corporate job?" The guides said, "Immediately." So you get like, I was asking myself, "Okay, what do you wanna do?" "Travel." Or "Where do you wanna go?" "Latin America." You know, it's just like one word.

AERON LAZAR: Straight to the point –

MARI BELZUNCE: Straight to the point, yeah. It comes in seconds, and we trust. But I think I always recommend to people as well, when they are first developing that muscle – and that we all have and it's available to everybody – Always ask questions that you don't care about the answer.

So, if we go in with a question that we have so much invested into, like, you know, life changing (questions). Sometimes, we have already a charge – at a positive or negative – towards an answer. So, we are wanting to hear a certain way, we come with a bias and it is not really a good place to start. So. even if you start with, "Okay, tea or coffee today?" And just stuff that is not life-changing that you don't care one way or another.

And then, once you kind of establish that, and you're used to how you receive the information, you started tuning in to the frequency of how that answer comes in. Then once it's done, you move on to bigger things and it doesn't need to take a year, but just a little bit of practice so that okay, you are in flow with your guides, you're feeling comfortable and trusting their answer, then we move on to more life-changing stuff.

RIYA LOVEGUARD: Yes, okay. So, let's do a little exercise using your technique. So, if you're listening, if you're driving, maybe don't do it, but to be honest, I feel like you can do exercises like that in everyday life. If you walk in some way, you still speak to you guides. It doesn't have to be some big revelation or ceremony. So, think of a question. If you are listening to this, ask a question. You wanna ask and exactly like Mari said, something that isn't life-changing. So even if you get it wrong, there's gonna be no consequences. So, try to now take a few breaths, clear your mind, and then you're gonna ask your question and first thing that comes to your mind. So, if you're ready, ask your question.

MARI BELZUNCE: I'm gonna ask a question, too.

AERON LAZAR: And literally, once you finish asking, be quiet and just listen to what comes through.

(Silence)

RIYA LOVEGUARD: Yeah, got it.

AERON LAZAR: It comes. It just comes right away. You just need to listen. Yeah, and it comes.

RIYA LOVEGUARD: What was your question? Personal?

AERON LAZAR: Yeah.

(Laughs)

AERON LAZAR: It comes through, first of all, and it's the first thought that comes into your into your mind. That's the easiest way for your guides to communicate. Even if you are visual predominantly, it's just easier to come through first and that's where you're gonna get it. You just need to trust. It's like anything though, I think once you've been doing it for a little, when you just get used to where the answers come from and it's easier to hear it.

RIYA LOVEGUARD: I think it's very important, you both said it's just a thought because I think half of the time, people expect a voice in your head and fanfare, and I don't know, some cloud appearing and angels and God knows what. It's just a thought.

MARI BELZUNCE: No, like I say, you know, you don't realize it. Usually, most people who think they are not connecting with their guides, it's because they just have this expectation that they need to see a being or that this being is gonna come and stand in front of them – and look, it could be. That would be amazing – but it doesn't need to be that way. It's a much simpler, much faster way actually that we have access to. And you know, it really is life changing. Once you feel that support and understanding and feeling that you're not alone, and you have a team supporting and cheering you on. It's just amazing.

AERON LAZAR: When you work, do you work with the clients' guides or does it just depend? How would a session go for you if you're working with somebody?

MARI BELZUNCE: I usually call their guides in. So, I call my guides, my higher self, and the clients' team of guides as well. So, it's just busy.

AERON LAZAR: It's amazing I mean, I'm sure you absolutely love every single session that you do and you love it equally. And it's difficult to pick a favorite and you know, I would say the same, but is there any sort of session you've ever had which has been a standard for you, which you can kind of recall that you think, "Wow, you discovered something new," or the guides surprised you?

MARI BELZUNCE: Wow, there's been. There's been a few. What I found is when I work with people who have a higher consciousness, they get even more out there. When I work with people that are 3D, they can look like, they stay around their comfort level and. And when I work with people who are very highly evolved, it gets quite weird. So, I was once working with regular client who is very, very evolved and I remember I saw him, and he was about to expand.

He was receiving like a huge upgrade and he could feel it. And then he came a few weeks after and said, "Oh my God, I'm really excited to tune in and see," and what had happened is his whole energy field has turned into a portal. And he was connected into other dimensions and so through these upgrades, he's actually bringing frequencies from other dimensions into here.

So, in the opposite way, me in my stations, I actually take people to my interdimensional healing temple. He became this portal that is channeling stuff here, and he's actually doing amazing activations with clients. It blew my mind to see what his energy field had become. And yeah, I think that was crazy.

AERON LAZAR: The one thing it's uh, I guess that's why what you do really resonates 'cause. I just get it 'cause I'm kind of in the same space. I just intuitively kind of know where you're coming from. You're obviously intuitively connected to, sort of the cosmos, like you're connected to the universe and all this kind of thing in higher dimensions in the Quantum Field. Do you find that you have to consciously, as a female, ground into Gaia so you've got balance there or do you find that you have to work on an imbalance or do you find that you generally have balance between you and the cosmos?

MARI BELZUNCE: I balance it. I always first start with getting very connected and grounded and then expand from there. Having said that, it's actually like a conscious effort because by default, I think I'm pretty much out of my body, generally, throughout the day, and I have to really make a conscious effort to be at least 67% in my body, and I tend to just be very flowy, yeah.

AERON LAZAR: It's the same for me, I can be driving down the road and I just slip off. I just slip in and slip out, slip in and slip out, and so –

RIYA LOVEGUARD: Sometimes, I pull him back because I can tell –

AERON LAZAR: Riya can tell, yes. So, if I'm on the subway or in a city or a taxi or whatever, strangers wouldn't know but, but Riya knows. She can tell because my eyes just fixate on a point. Because my point of attention isn't looking through my eyes. It's off looking at other things. So, I get it.

(Laughter)

MARI BELZUNCE: I love it. I lived in Singapore for a few years and it was all public transport and for someone like me, oh my gosh. I would be sitting on the train. And of course, it's not on purpose, it's just by the fault, you know, at the moment that I start to get up or not focusing on what's going on around me. Suddenly, I would be anywhere else and the whole thing around me will change and I start seeing sometimes other beings in the train.

RIYA LOVEGUARD: Okay, this is a great thing because we catch up on people who can't hear the guides or struggling to hear the guides, but there will be listeners who are like you two where, you know, they might be drifting off, and it's freaking them out. Because when Aeron first experienced it, he was like freaking out and it's probably same for you. So, what would be the advice for people who are awakening to those abilities? And it almost feels like out of control and it's like, is it safe? Should I pursue it? What to do?

MARI BELZUNCE: Yeah, the topic of safety is actually a big one. And I say to anybody who's experiencing that and is not used to those experiences, seek a bit of help or try to learn how to ground, how to protect your field, how to clear as well, especially if you're picking up a lot of energy around or getting in contact with other beings.

There's a lot of what I call "trickster energies" that sometimes may represent themselves as Being of the Light, but they are not. So, you gotta really be aware what you let in. Always disconnecting from everything and clearing, and doing protection, shielding, whatever. Whichever way you do it, there's many ways. It's not a complicated process, but really, it's always being sovereign of your energetic space and who you interact with. So, protection and clearing constantly.

RIYA LOVEGUARD: Have you had any experiences of it, Mari? Because we've had....

MARI BELZUNCE: Yeah. When I was first starting to awaken, one day, I was just feeling off and lucky by chance. So it happened that I had booked an appointment with someone for like a reading, healing in the afternoon. And I remember that day I was feeling off. I was walking to the shops and I was waiting for the traffic lights to cross, and I remember just thinking, "What if I just put one foot on this street now and it will all be over?"

And it was a thought coming in my head that was absolutely not mine. You know, I have two little kids, I have a family. It wasn't coming from a bad place. "Why am I feeling this way?" Lucky, I had that appointment, then I had a massive attachment on me and I got clear. I didn't actually see it coming. I don't know how it happened, but it was just a huge lesson on clearing constantly my field when something doesn't feel like me, when I feel that I'm not, being myself. Straight away, clear it or ask someone who knows what they're doing for help and support. It's very important as you open up, especially. Very, very, very important.

RIYA LOVEGUARD: I think it's a natural part of the process that you know, when you're walking from time to time and you trip or I don't know, when you're running you get sweaty. It's the same way when you're working with energy. From time to time, you'll across not so much energy.

AERON LAZAR: In a way, I think these little lessons are good. And you know, so it's it would be, you know, I would love for everything to be level within the field of consciousness, but we have all polarities and everything in between and I just think when we experience things like this, it just makes us stronger because actually we can kind of fortify our defenses and it protects us for the next time. I mean we've got some really strong protection around us, but even from time to time, things get in and we've gotta clear out. Even from the Astral Plane, things come in and we need to kind of go in and clear that. And so, I think certainly in these times that we're in, adequate spiritual protection should be, in my opinion anyway, the number one thing that people should kind of practice before going out there.

RIYA LOVEGUARD: For those of you who don't know much about protection, Aeron has written a really good article which outlines various protection techniques. We're gonna link it into this podcast so you can kind of learn. But you know, the most basic technique is bathe yourself in white light. As simple as that. I mean, there's many of them available and probably sometimes the basic ones. Once something is attached to yourself, so you may need a bit more work to remove it, but you know something is better than nothing.

AERON LAZAR: There's really kind of very technical ways you can protect yourself. There's many ways you can protect yourself. The most basic and easiest thing

you can do is to bathe yourself in white light, consciously. You know it's, I think, like you say it's quite interesting that we kind of touch on this because especially for people who are opening up for the first time, perhaps starting to awaken their consciousness for the first time, and a little bit inexperienced, maybe look for people who are a bit more experienced who you can get guidance from. Some experience from certainly in protection because you know, within that field of consciousness there are some amazing stuff and there are incredible energies.

But on the polar opposite, which is quite negative, so we need to make sure that we're always at the light and the highest vibration. In relation to you do you have you had the same set of guides around you know for a while or do you find that they interchange and different ones come in and they swap around? How does it work for you?

MARI BELZUNCE: I have two main guides that have been with me all my life – ascended masters. And then I have others that come and go, and recently, the last couple of years since I've been going deeper into myself and my work, I have more guides that have been coming. Galactic Beings, spirit and all sorts of beautiful beings. And so I love it. I love that they come and go, but I have two that have remained with me, all my life.

RIYA LOVEGUARD: Yeah, I have my favorite guides, too. And they actually wanted to go, and they wanted someone else to replace them, and I asked them to stay.

MARI BELZUNCE: Really?

AERON LAZAR: You grow kind of attached to them, don't you?

RIYA LOVEGUARD: I grow kind of attached to my guides. (Laughs) So, Mari, back for a bit about healing because there will be a lot of people who have some physical ailments. Is it in your opinion, in this Quantum World, because you know, in the physical plane, there are certain illnesses or ailments that are considered chronic and incurable. But you said that you can do stuff in the Quantum Realm or in the higher dimensions that you can't do in the third dimension. So, in your experience, is it possible to pretty much cure anything?

MARI BELZUNCE: That's a huge question. Because really, I think, in my opinion, what I do is I facilitate stuff. I don't heal anybody; I open a door. So really a lot of the result, really depend on what the consciousness of the person that I'm working with is able and willing to accept. And I know a lot of people will be thinking well, "No one chooses to be sick," or "You know, it's not fun. Why would I be creating these? Of course, I want healing." But we are not talking of the conscious mind, we are talking

about the unconscious. The soul's journey as well. In my opinion, most of their illnesses, the physical ailments that we have going on, are here to teach us something. So, we can resist and be stubborn. We can sometimes identify with the issue and get certain attention or be a certain way, and then we can learn the lesson and move on.

So, I've worked with people who have been told by their doctors that there's no solution or remedy to their situation and they managed to reverse that. I have others that weren't able to do that. Why? Because maybe they didn't really fully believe that I could. So, if you ask me from a point of view of the Quantum Field, everything is able to be manifested, right? And that includes miracles, that includes amazing cure, but that is my belief. The person who's going through that needs to believe it as well and feel it and hold that resonance because this universe is a universe of resonance and frequency, it's all that exists. Aeron, I know you get me.

RIYA LOVEGUARD: That was a beautiful answer because we are all creators of our reality, so if you don't believe that you can be healthy, then you won't. It's like you know, when Jesus was walking the Earth, he was saying your faith has kind of healed you, I didn't heal you. And in a way, it still stands today.

AERON LAZAR: Everything is resonance, everything is frequency. So, one thing we've noticed, is since our consciousness has expanded and our vibration has raised, one of the things that we've noticed is that whereas before, when you start to come down with something, like you normally get a cold or a flu or whatever it is, it would normally take hold years ago. Now, nothing seems to stick within my body. So, I feel under the weather, I can feel something coming in for probably three or four hours. And then literally, my body will just shake it off.

I remember just – this will be an interesting one for the listeners – I remember when we were in Australia and I remember we've gone to the city center to do some shopping in Perth on a Friday. We've been up and down escalators and done some shopping and come back and on Sunday, I was kind of hit with something really, really heavy like a ton of bricks, felt really heavy in my body –

RIYA LOVEGUARD: Like we've had friends over and we had to cancel because we felt like, urgh, we can't have friends because we don't wanna pass whatever was on.

AERON LAZAR: So, basically I remember this coming on it was very, very heavy and I tuned in body, I turned my point of attention inside of my body 'cause it felt really strong and really heavy. And it came through as COVID is what would come in, like Coronavirus and or not the Coronaviruses in common cold but what's being floating around recently in the last couple years. And I thought, "Right, okay," I just

became exhausted and needed to lie down in the afternoon. So, I just lay down, didn't really have an appetite. I just felt really, really tired, and that lasted of an afternoon. I went to sleep, and the following morning, I felt absolutely alright, and I was at the gym, and my body had just literally rejected it.

And I think that when we start to vibrate at a certain level and like you say, colds, coughs, sneezes, anything which are viruses which aren't of our body or anything external which isn't of our body. It all has its own frequency and resonance, and if your body is vibrating and is attuned at a higher frequency then this external object that would have come in to make you sick, it can't survive. I'm up totally convinced, and I've seen with my consciousness, my body is just rejecting this stuff. And you're the same –

RIYA LOVEGUARD: I flush it with Light Language.

AERON LAZAR: Since we've awakened, we're never sick.

RIYA LOVEGUARD: Not for long.

AERON LAZAR: It's marvelous, and I think moving forward, frequency healing and all this kind of stuff is going to become mainstream and disease as we know it on Earth is kind of gonna be a fraction of what we see today, and it's going to be wonderful place. But I'm certainly interested, in relation to how you see what you do. Are you interested in developing it further? Are you kind of looking to add to what you do, are you looking to train other kind of healers to do what you do? What's your vision going forward for your work?

MARI BELZUNCE: I know that I am expanding and evolving, so I'm super keen to see what else is there. The other day, I had a client who had a sore leg and I was tuning into her legs and then my guides started to show me some kind of like a template of that leg, on all the different bodies. Like the emotional, mental, astral... everything. It looked like a template and I just have this knowing, this feeling that if I put work at that level, I could change it or fix it at that level, and then it will manifest. But I'm not there yet. I know that that's kind of like what I'm working towards.

I don't know if I could train someone to do what I do because it's so very intuitive and it's done with my guides and my Higher Self, so I feel what I could do is to help someone come up with their own thing. Connecting with their guides and their Higher Self. But as we talked before, I can't really package what I do. I can't put steps, and pass it on to someone, right? Maybe one day. I don't know.

RIYA LOVEGUARD: Well, the best thing to sample Mari's frequency and methods is to connect with Mari. So where can our listeners find you because people

might have some ailments or just want some guidance from the Higher Self. Where can people find you?

MARI BELZUNCE: My website, it's maribelunze.com. So we can link it, I'm sure. And so all the information is there for the type of stations and work that I do, packages, the offerings are there.

AERON LAZAR: Are you on any of the social media platforms?

MARI BELZUNCE: Yeah, I'm on Facebook. I have a Telegram channel, that is where people can find me the most. I'm not very active on Facebook and Instagram. I should. My lady here recommended.

RIYA LOVEGUARD: Yeah, I'm everywhere, but at the same time, it's again following your inner guidance because we've had this kind of download over almost two years ago now, that we shouldn't be using any paid advertising and we stopped, and it didn't impact our business. So, you know, everything happens for a reason. But we will certainly link to Mari's website so you can find her straight on her own domain.

AERON LAZAR: To everybody who's listening, I highly, highly recommend that you go to Mari's website, check her out, maybe book a session if you feel aligned and called to do that. She's sensational. I've got a real Quantum connection or consciousness and when I meet another person who is very similar, it really resonates and she's absolutely the real deal. So, anybody listening to this, I strongly, strongly recommend that you get in touch with Mari and perhaps look to work with her. She's fantastic. So, thank you so much for joining us on this episode of the Architects of Destiny Podcast. Looking forward to this episode and looking forward to talking to you about what you did. Thank you so much for sharing what you've shared, and you know, it's been great to have this conversation all the way from Costa Rica, connecting to you all the way in Melbourne, down under. Thank you so much

RIYA LOVEGUARD: Thank you!

MARI BELZUNCE: Thank you so much guys, it was awesome talking to you. I love you both so much. You are so supportive. Thank you so, so much, and you get in touch if I can be of help.

AERON LAZAR: Absolutely. Wonderful.

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