

EP06:

The Star Bridge to Shamanic Healing

With Alberto Villoldo

Colette:

Hi there and welcome to INSIDE THE WOONIVERSE. I'm your host, Colette Baron-Reid. Joining us today, is the most amazing, Alberto Villoldo. Alberto is a medical anthropologist, psychologist and shaman, who studied the spiritual practices of the Amazon and the Andes for more than 30 years. While at San Francisco State University, he founded the biological, self regulation laboratory to study how the mind creates psychosomatic health and disease. He's the founder of The Four Winds Society and has written numerous bestselling books like too many to talk about, including Power Up Your Brain, The Neuroscience of Enlightenment, Shaman, Healer, Sage, One Spirit Medicine and more. Welcome, Alberto.

Alberto:

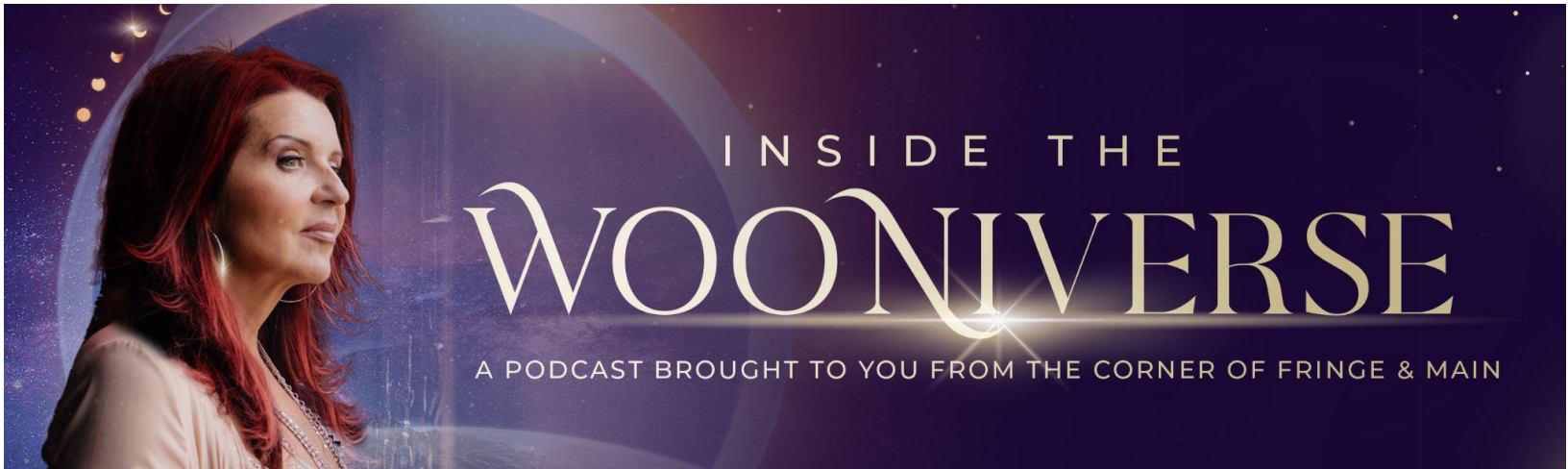
Good to be with you, Colette. It's always fun to be with you.

Colette:

Oh, I love you so much. And, you and I created two Oracle Card decks together. So, we've known each other for a number of years. But, I wanted go back to the very beginning of your journey. Because I think, people know who you are now. You're very famous, you've impacted millions of people around the world. But I guess, a lot of people don't know how you began. So, can we start with where you were born and raised and how you got on the journey to become a shaman, medical anthropologist and psychologist.

Alberto:

It was all a series of well-intentioned accidents. So, one seems to end up where destiny takes you. And for me, I was really lost as a graduate student. And then, I began to study by accident, the shamanic healing practices, because it turns out that my great-grandmother was a healer, was a folk healer. And, she would... And, this was right at the intersection of Western technology and ancient folk traditions in Cuba. I was born and raised in Cuba. And whenever I got sick, the doctor, they still made home visits, would leave tablets and pills and she would flush them down the toilet every day and give me her herbal remedies and her songs and her chants and she



would say to me, "Alberto, the only way to get healthy is to connect and have the blessings of the spirit world."

And I thought, she was just an old woman that was full of... And I've discovered that, she was absolutely right. That, you need that communion with the spirit world, because we're spirit beings, we're energy beings. We need that energetic connection and communion with the spirit world and with nature. And without it, we get sick. That's when we get sick.

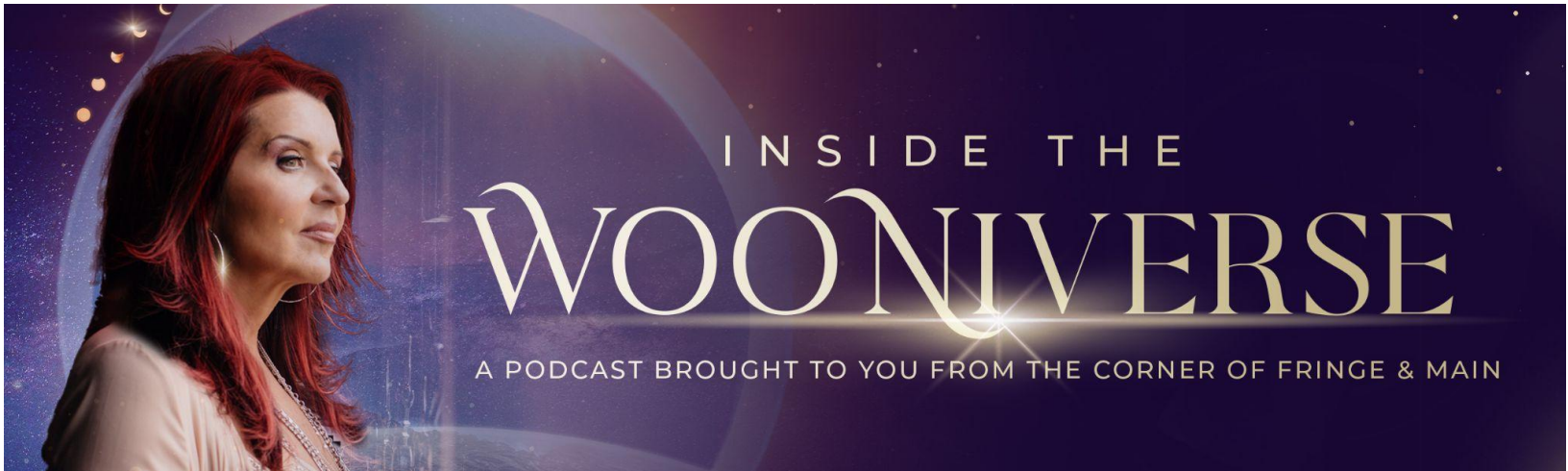
Colette:

So, how did you get to the medical anthropology piece? Because, you're a real scientist. Outside of the fact that you're deeply spiritual and you studied all these spiritual traditions, you also have the scientific piece.

Alberto:

I was interested in the brain and I wrote a couple books on the brain. But, I was interested in how does the brain create psychosomatic health? We know that we create psychosomatic disease, but how can we create psychosomatic health? And, I was at a friend's house a couple of months ago, using the bathroom, washing my hands and the medicine cabinet was open. And I saw a pack of Viagra and I opened a package and I took the insert, the disclaimer, and I read, "Well, this medication can cause senility, heart disease, a four day long penile erection, which you should go to the ER about." And, talk about the nocebo effect, the negative placebo. Who wants to have sex, after reading all of that stuff. Because, we're getting programmed for disease. So, the mind is incredibly powerful.

It can heal you or it can kill you. And, I was interested, in my youth, when I was a graduate student and later directed the self-regulation laboratory and how the mind and the brain could create psychosomatic health. And I discovered that we didn't know how to do it. So, I shut down my lab after two years, a small neuroscience lab at San Francisco state and I went to the Amazon to work with the men and women that had the power of the mind and didn't have MRIs and didn't have X-rays or 100 different diagnostic categories. They only had one illness and one cure. Whereas, we had thousands of illnesses and thousands of remedies. And with them, I discovered that illnesses do not exist. And that, the only illness is the disconnection from your true nature and from nature and from spirit.



Colette:

That's amazing.

Alberto:

And, this is the medicine that I learned in working with the shamans in the Amazon and eventually becoming a shaman.

Colette:

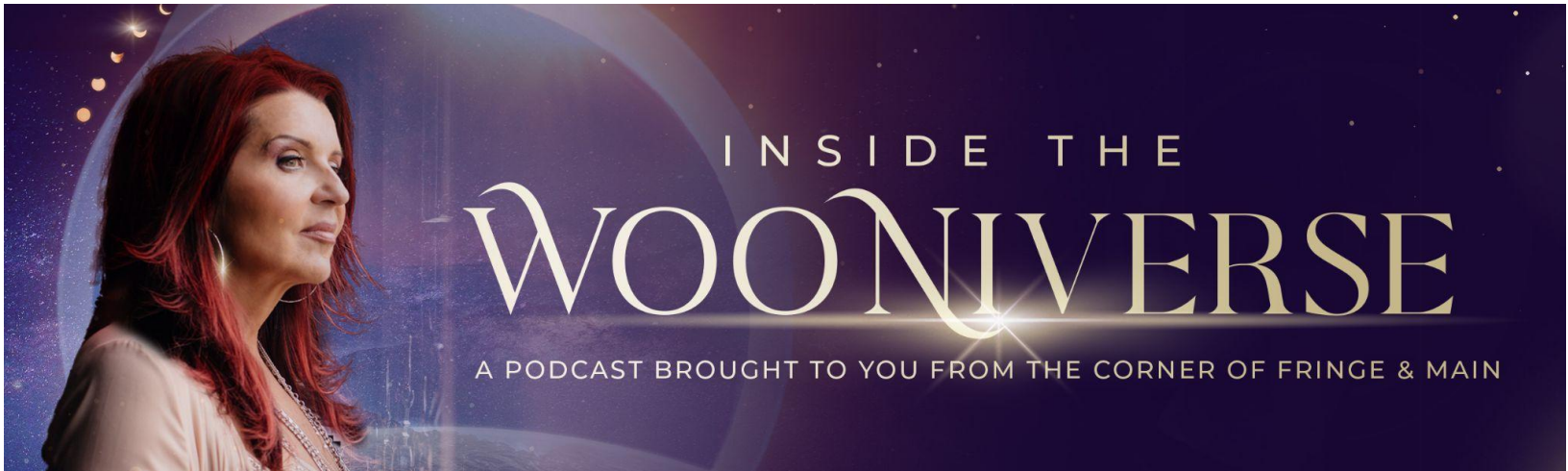
You've been there 30 years. There's a lot of stories in those 30 years to share about that connection and disconnection of the spirit world. Is this the type of indigenous wisdom that you learned?

Alberto:

I kept one foot in the world of science, but I was so fascinated with the ancient wisdom teachings. And that's why, my next book is called The Wisdom Wheel, the wisdom teachings of the ancients of the Americas, of the shamans and our mythology in the West says that, we were punished for tasting that fruit of the tree of knowledge. Whereas the indigenous people say, "Hey, you had one bite. Go back and eat all of that. All the apples in that tree." Steep in wisdom, steep in knowledge. But as an anthropologist, you learn that if you want to discover what the beliefs of the people are. If you're deep in the Amazon, I would be going in canoes to communities that have never seen a light skin person before. And, the kids would come running and try to rub my skin to see if the white dirt would rub off.

And, the first thing you ask them is, tell me your story of creation. How was your world created? Your story of origin? And they would tell you their myth of creation. And, that has all of the information about the beliefs of that society. And then, I started looking at our story of creation, where on the seventh day, all the creation was complete. And, all that was left was the naming of the plants and the animals. And, that's what science believes that all creation is complete and all that was left is the naming of the laws of physics. But then, in page one of our story, there's a very important thing that happens. We are given the fruit of the tree of wisdom. The woman is given the fruit. The guy was too busy watching football game. So, Eve was offered the fruit and she partakes of the fruit of wisdom and then offers it to Adam.

And then the next day, God comes through the garden and he can't find Adam and Eve. And he sees that they're hiding behind the bushes and asks them, "Why are you hiding?" And the man



says, because we are ashamed. Because, we are naked. So, this is the very first feeling, emotion that our people feel is shame. And, this is what we have to heal today to re-own our bodies, re-own our connection to nature and rediscover our communion with God, with spirit. But Adam says, "I am ashamed." And ashamed means, doesn't mean you did something bad. That's guilt. Ashamed means that you are bad, that you're not a good person, that you're not good enough, that you don't deserve, that you don't deserve love or laughter, joy. You don't deserve it. And, this is embedded in our Western, masculine, patriarchal story of origin.

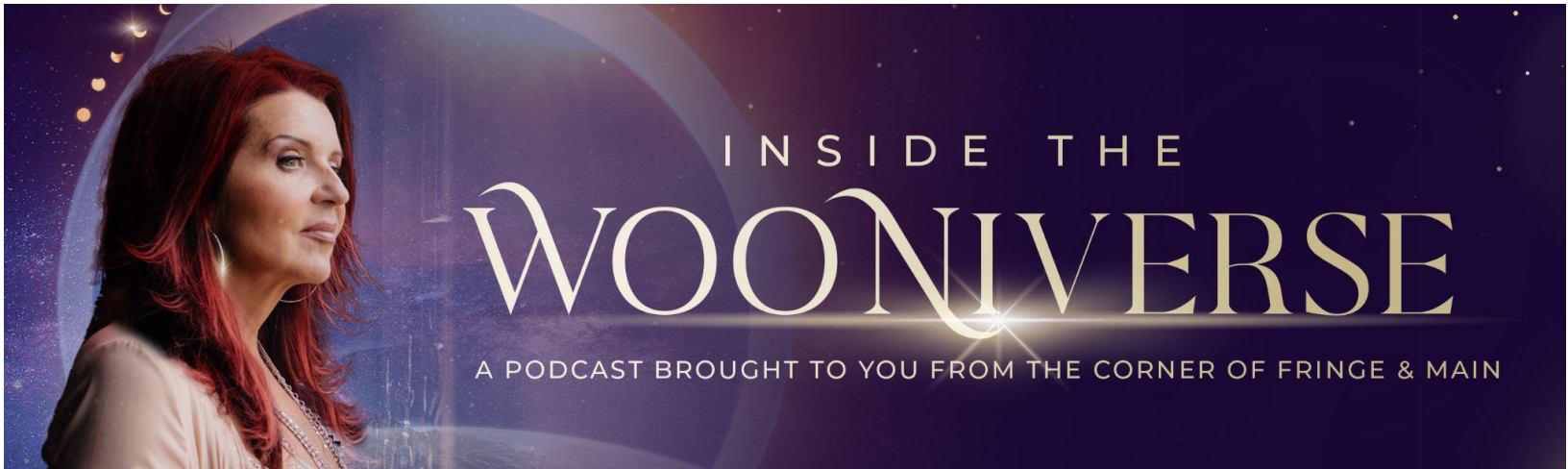
And, this is what I discovered, we have to heal, in order to avoid getting the cancers and the dementias and the heart disease that jungle peoples don't have. And, all the research now is focused on, "Well, how did these people eat differently from us?" And of course, they ate natural, organic and they pooped about a kilo and a half, about three pounds of poop a day, because they eat a lot of fiber versus our half a pound of poop, where we don't eat any fiber. But, we know their nutritional, the dietary angle. But, the reason that they don't get the illnesses that we get is because, they have healed the story of shame. They belong, we deserve. We are deserving of beauty and bliss and joy. It's your birthright. And if you can make that mindset, then healing becomes spontaneous.

Colette:

So, we are describing that, monotheistic concept of, really we were talking about was in the Bible, pretty much. The creation story about Adam and Eve, et cetera and the shame. So, let me ask you. What did you discover about the indigenous people of the Amazon? That's really what I'm curious about. Because, if they are born within a creation myth where shame doesn't exist or are they, you didn't really go into too much about their creation story.

Alberto:

The creation story of the indigenous people has been rewritten after the conquest of the West. So, what they have to heal is this incredible conquest and destruction of their people and decimation. It's just the same way as the mythology of Tibet, has to now heal the relationship with the Chinese. So, mythology is evolving and here the world of the indigenous people was devastated, destroyed, the end of their world and a new world was born with a new story of creation, that has to do with being in bondage and slavery. And, that's the healing and the forgiveness of the conquistador. See for the indigenous person, what they have to do is to bury the sword of the conquest, so that they don't resort to violence against the conquistador.



Because, the conquistador is within them. It's been internalized. So, the indigenous people have their own healing to do. But for us, we need to heal that sense of not belonging in the garden. And, we heal it by returning to nature, by becoming one with the rivers and the trees and the woods.

Colette:

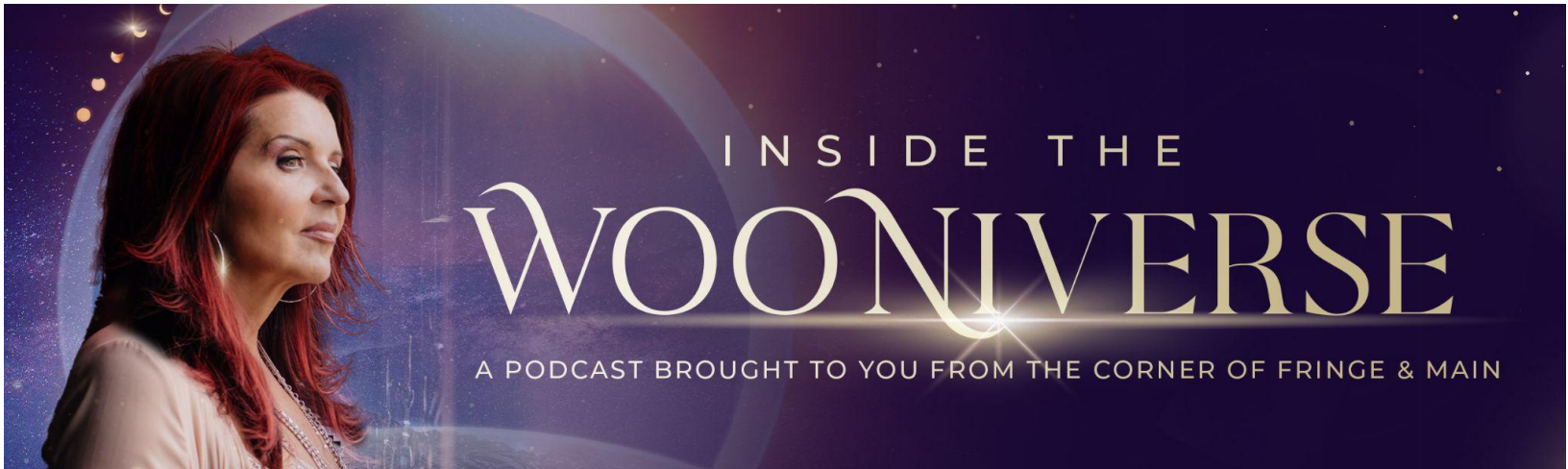
I think, it's really important what you just described and you've illustrated something that makes a lot of sense. Because, the original sense of belonging and being part of nature and being joyful and worthy and all of those things then got replaced out of trauma. So I think... And tell me if this is correct. That, what you teach right now and that what you're bringing forward is a way, in that speaks a collective trauma and we're learning as well, to be able to take some of that ancient wisdom and bring it into our lives, would you say that's true?

Alberto:

The collective trauma expresses itself through each one of us, with our own families, with... It's an archetypal drama. So for example, there's the great archetype, the ancient types. The mother is a great archetype. But, we each have an individual mother, an individual expression of that. We each have an individual expression of this being cast out of the garden. Now, psychologists call it birth trauma, because you're cast out of the womb, but it begins even before birth. When you have a family, for example that, the mother maybe is not sure that her partner will look after her and her baby. So, you are born into a world where the universe will not look after you. Whereas if you're born into the garden, into paradise, you know you have everything you need. It's abundant, it's not missing anything. And, you have all of the love and all the nurturance, regardless of where you are, whether you're parented by a really great mother or you're parented by a village, where you have 20 mothers, which is more common in other societies.

Colette:

So, let me ask you this. Does this make sense then, just when you were talking about this, about fate and destiny, because you talk a lot about fate and destiny. So, would you say that the birth trauma or birth alone is the fate? Tell me how those two interact in your philosophy.



Alberto:

Yeah. Let me give you an example of... Today we think, we believe that your genes are your fate. And your fate is preordained, it's preselected by your genetics, by your family stories, by your birth trauma, by that first love affair that was terrible. That your fate is preordained. Destiny, you get to select, you get to write your own story, create your own map to navigate through this amazing life. And, if your map has been written by trauma, that's fate. Fate is fatal, it is deadly. Whereas destiny, even if it's difficult and challenging, you feel empowered to navigate through it. You feel empowered to leave very challenging childhood experiences or marital experiences to become a person that has beauty to give to the world. You're not disempowered. Now, what happens when we experience trauma is that, our destiny is derailed and we come into the grip of fate.

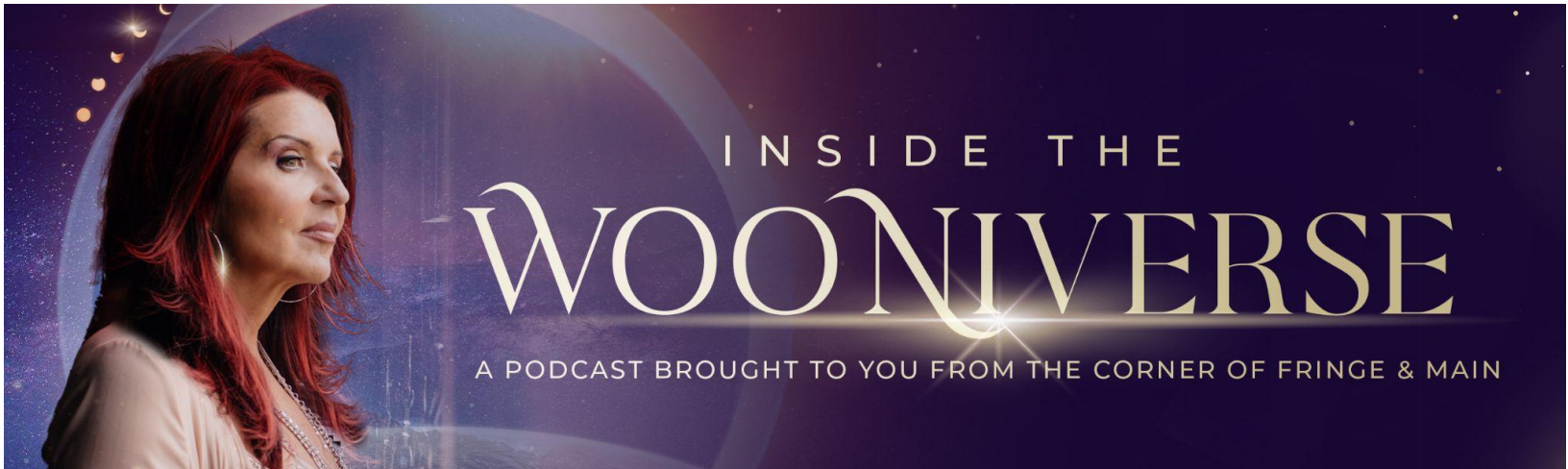
And, what the shamans do is to help you recover your destiny by doing a kind of soul recovery, of soul retrieval, where you call that soul part back that fled, because it was too painful for it to remain behind. They were stepping into the shamanic mythology here, but...

Colette:

Which is great, because it's part of what you teach. It's something that's very much a part of who you are and what you offer people and it's a beautiful thing. So, let's talk a little bit about where you're heading right now with your work. You have this new book coming out and it is a blend of two. So, there's definitely your scientific history there, you've got this real, great wisdom and knowledge and you are bringing this shamanic concepts, this ancient wisdom and the two of them somehow intersect in there. Is that correct?

Alberto:

Yep, absolutely. It's called The Wisdom Wheel and is bringing together the shamanic wisdom of the Americas with the wisdom of the Himalayas. Because, remember that we all came from that part of the world. There's an interesting field of archeology today called molecular archeology, where researchers were able to trace back your mitochondria, the DNA of your mitochondria, that comes only from your mother's side. You don't inherit your father's mitochondria. They're able to trace that back to a single mitochondrial Eve. Our great, great grandmother of [inaudible 00:14:31], that lived in Africa 85,000 years ago. And then, because the climate change and other crises began to migrate northward and settled at the foothills of the Himalayas for 10,000 years.



And, this is where all of the wisdom teachings were forged that later, many thousands of years later, 50,000 years ago, they went to Australia, began to make their way to the Americas and into Europe. But, they all germinated. They all have this common origin. And of course, the shamanic traditions became the basis of religion. They became institutionalized as soon as you have agriculture. So, shamanism begins to disappear with agriculture. With the coming of agriculture, you stop eating plants. So, there are 50,000 edible plants on mother earth, but with the coming of agriculture, eight to 10,000 years ago, we only eat three and none of them are green. And we eat corn, wheat, rice and weed wheat. And, these are the plants that feed humanity today. And, that are causing us so much trouble, because of wheat allergies that we have and gluten intolerances and corn turns into sugars, so does rice and diabetes and obesity. But, this is the foundation of religion. And I remember, as a young boy learning the Lord's prayer. You know the Lord's prayer. "Our father who art, give us this day our daily fats and proteins." Right?

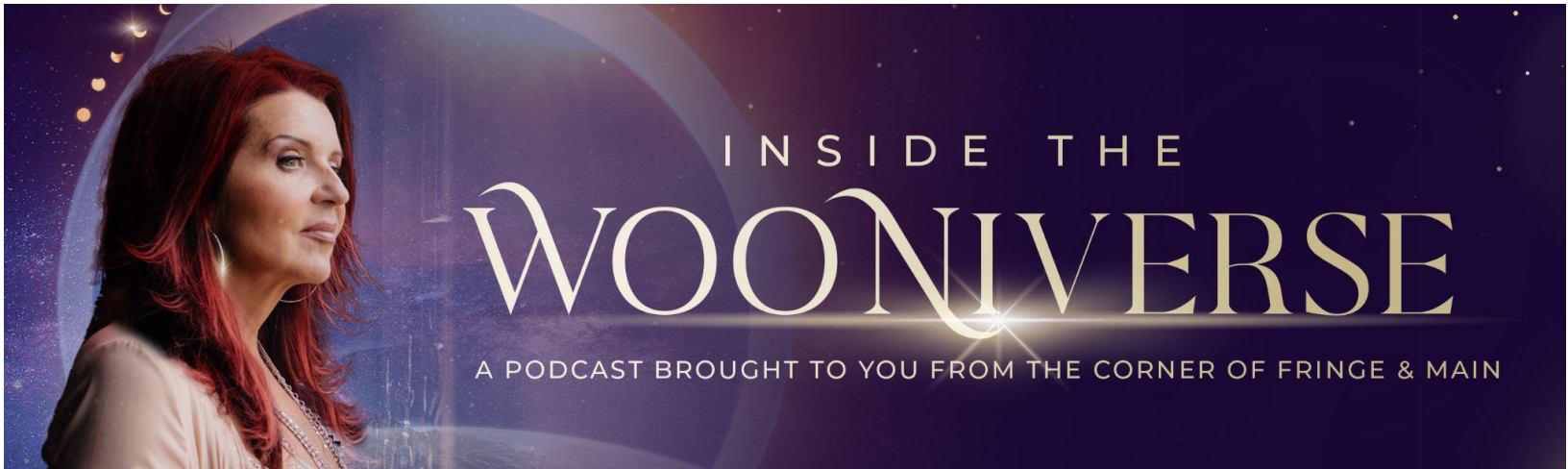
Colette:

Right. Give us our day, our daily bread.

Alberto:

It becomes embedded, this if you go to the orient, you find that the Buddha's offered rice. If you go to the Americas, we're the people of the corn. The corn is the mother, according to the Hopi. So suddenly, these three crops become monoculture and we begin to get sick. And at the same time that you have agriculture, you have the discovery of warfare. Because, the shamans were nomadic peoples. For them, the land didn't have any value. But if you are a farmer, the land is valuable to you and you've got to protect it from your neighbors that want your fertile land. So, you have the farmer becoming the warrior. And that, Switzerland is still that way. Everybody in Switzerland, every male has a weapon that they take home, they're part of a citizen army. A farmer's army. So, this is the origin of war, the origin of agriculture and the origin of religion.

And, if you dig into the archeological record, more than 10,000 years ago, you find that there's no warfare. Anywhere. That people lived in peace. And the minute that you begin to eat sugars and you begin to eat grains and gluten, you have the origin of warfare and you have the origin of the Western illnesses of today.



Colette:

So in your new book, if you look at, you talk about it being a wheel. Do you want to just briefly run through the wheel? Because, what you're describing right now gives us an understanding of where we come from and how a lot of our problems. Certainly through diet, nutrition, etc. But, the nutrition of the spirit is also really key and I believe that's in your new book.

Alberto:

Yeah. The notion of a wheel is found in every culture. You find it in... The Himalayas is a mandala, as the wheel of time. The Kaliyuga, Kali is the goddess of time and the goddess of renewal. So, this is the mythology of people who understand the time, turns like a wheel. And that, things tend to repeat themselves. I have a friend of mine that invited to me to his wedding and it was his fifth wedding. And I said to him, "Do you remember what you asked me to do to you if you ever even looked at a woman again?" And he said, "But Alberto, it's different this time." And he invited me to marry them and I refused. So, he uninvited me and six months later, he calls me and says, "Why did you let me do it?" Because, he was trying to heal it through the next lover, the next marriage, the next partner.

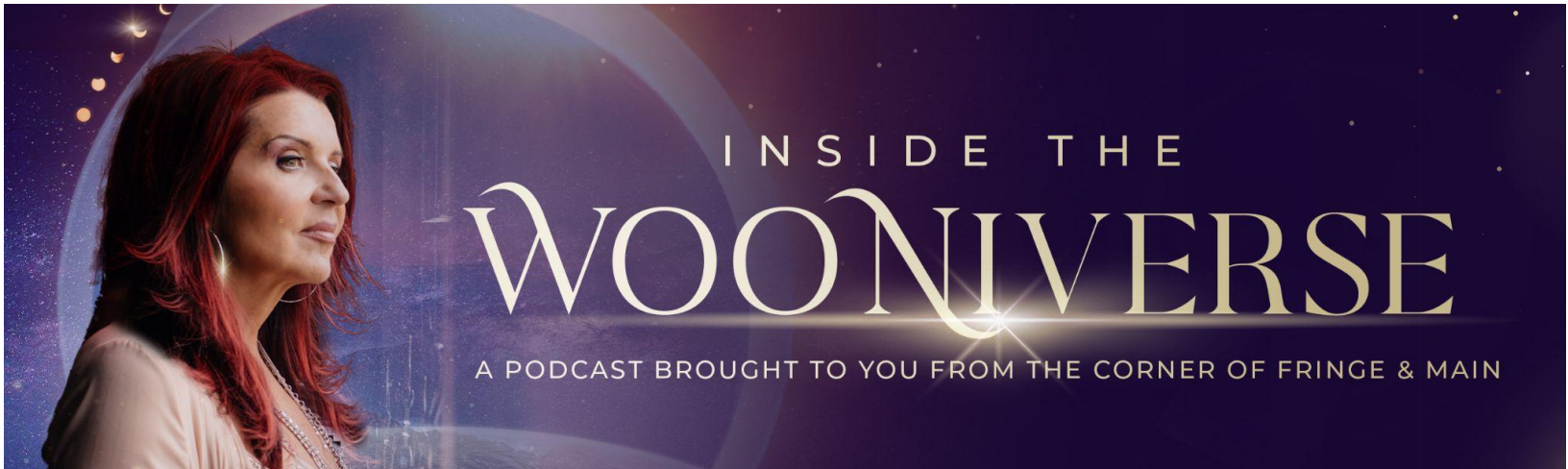
And I said to him, "You have to stop looking for the right partner and work on becoming the right partner." So, we break out of this cyclical activity. This is what karma is. These cycles of repeating toxic and futile behaviors and the hopes that we'll get a different outcome. So, this is the definition of craziness.

Colette:

Yes. That is craziness. And, I know people have really had a challenging time, breaking from these cycles. But, this is why your work in bringing ancient wisdom of the past to the forefront is so important. Okay. We need to take a little break. But when we come back, let's dive into your work a little more. We'll be right back after these messages.

Colette:

Welcome back INSIDE THE WOONIVERSE. We're here with Alberto Villoldo. Alberto, I'd love to continue our conversation on breaking the wheel of karma. I want to talk about hope. Because I think, part of breaking through the negativity loops, both on an individual level and a collective level is hope. Alberto, what is your hope for humanity? And what does that look like to you?

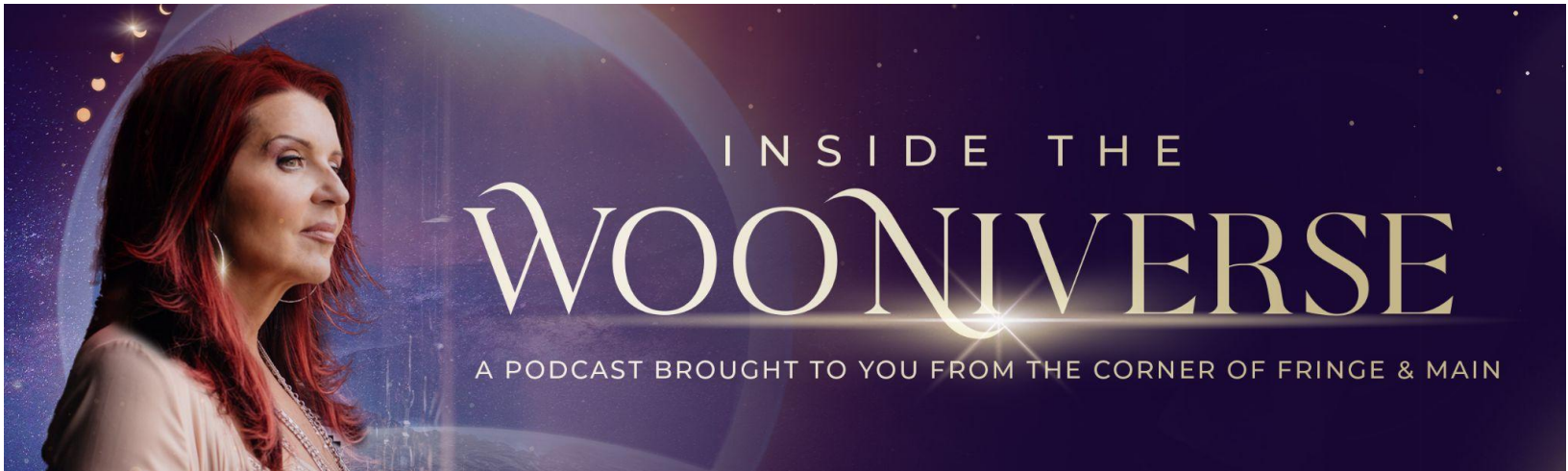


Alberto:

Well, The Wisdom Wheel is about hope and it's about empowerment. And it says that, in order to become empowered and develop your capabilities as a human and as an earth keeper, as a steward of the garden, keeper of the garden and not a pillager, that you have to awaken to your highest possibilities. And, this is wisdom. We learned with Darwin that, it was the survival of the fittest and the stronger and the one with the most muscles and the most teeth. But in reality, it's the survival of the wisest and the most collaborative. And, this is what humanity is discovering in our corporate, governance, the ways that we invest our time in our money, in our energy, that the most successful organisms serve our collaborative. They're symbiotic, not parasitic. So, the book is about hope. It's about awakening latent possibilities. They're like seeds that are only watered with the water of wisdom.

Only wisdom, only knowledge can wake up these deep seeds, just like it was offered to us when we were in the garden and we turned away from that tree of knowledge. But the promise is, seeing in our mythology to go back to the garden, the tree of wisdom was protected by the serpent. It was coiled around the tree and its job. The job of the serpent was to offer the offer of the fruit. And of course, we demonized the serpent later, but it was only doing its job. In every other culture, you welcomed that serpent energy. In the East is the Kundalini, the awakening of the Kundalini. Even in the [inaudible 00:21:24] of Western medicine, there's a serpent coiled around the staff. The symbol of healing. A serpent was doing its job. And if we go back and take that fruit, then we're offered the fruit of the second tree.

And, you got to go back to the mythology. Page three says that, as we're being cast out of the garden, the voice says to Adam, "And with the sweat of your back, you will take your fruit from the earth. And even in pain, you shall bear children." And the voice then says, "And now before you eat of the fruit of the second tree of life everlasting and become as one of us out." Very interesting quote here. And just to add something to this, Colette, if you look at the 40 million species in the planet, there are only three species. Only three. Humans, orcas, dolphins, whales that don't have a death program in their DNA. All the other 39.99 million have a death program. There are no grandmothers in nature. There's no menopause in nature. Their grandmother orcas that teach the young grandmother, humans. We don't have a death program. We're programmed for immortality, for infinity.



And, that's the fruit of the second tree that's available to us today. But, we've got to set our sites really high. So, we're not just working on our mommy or daddy or scarcity issues. We have to work on becoming extraordinary humans, homoluminous, what the shamans call it, the new human that's being born in the planet today.

Colette:

This is beautiful. So I think, would you say, this is how we turn fate into destiny?

Alberto:

And, not just your destiny to become a writer or a corporate person or a CEO, but your destiny as a human. You're human destiny to become an extraordinary human. Otherwise, if you don't take the opportunity, you're going to revert back to fate and that's your genetics. The way your mother and your father got sick and your grandparents died and you don't want that.

Colette:

No, definitely not. So, what are some of the new human aspects of the human luminous?

Alberto:

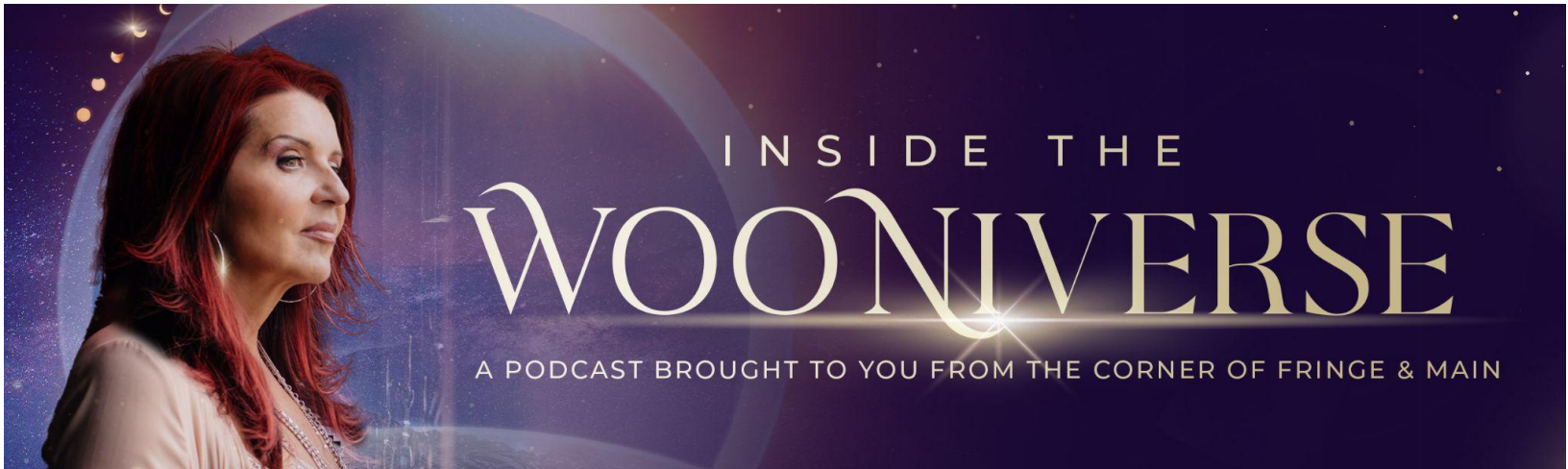
Well, one of the traits, you know we're having a big issue with viruses today. Viruses have always been around. But, the way the immune system learns is by getting exposed to a pathogen, is by getting sick. You never get the same flu twice. But, it's possible that this new human is going to be able to learn directly through the electromagnetic field and get the codes to develop immunity before getting exposure. Now, this is already happening today.

Colette:

Wow. That is fascinating. Tell me a little bit about the field and your experience with it. Have you ever had a really wild experience yourself, personally?

Alberto:

Part of my shamanic training was to perceive the field. The energy field around the body and to see how in effect, we are energy that has this body, that it builds and rebuilds. And, if you can upgrade the information and it's an information field. Energy is information and there are different kinds of energy. For example, heat is a really stupid kind of energy. You cannot use heat other than to warm yourself. But, electricity is really intelligent. You could use it for lighting,



for heating, for running your computer. So the higher the intelligence of your energy, the information, the healthier your body becomes. And, the more you develop these traits that are the extraordinary human traits, immunity, ability to see energy fields, the ability to perceive information at a distance, because we're all interconnected in the field. We have extraordinary capabilities of knowing what's true from what seems to be true, but it's really a lie. It's hard to tell these apart these days.

Colette:

What was it like for you when you first perceived the field?

Alberto:

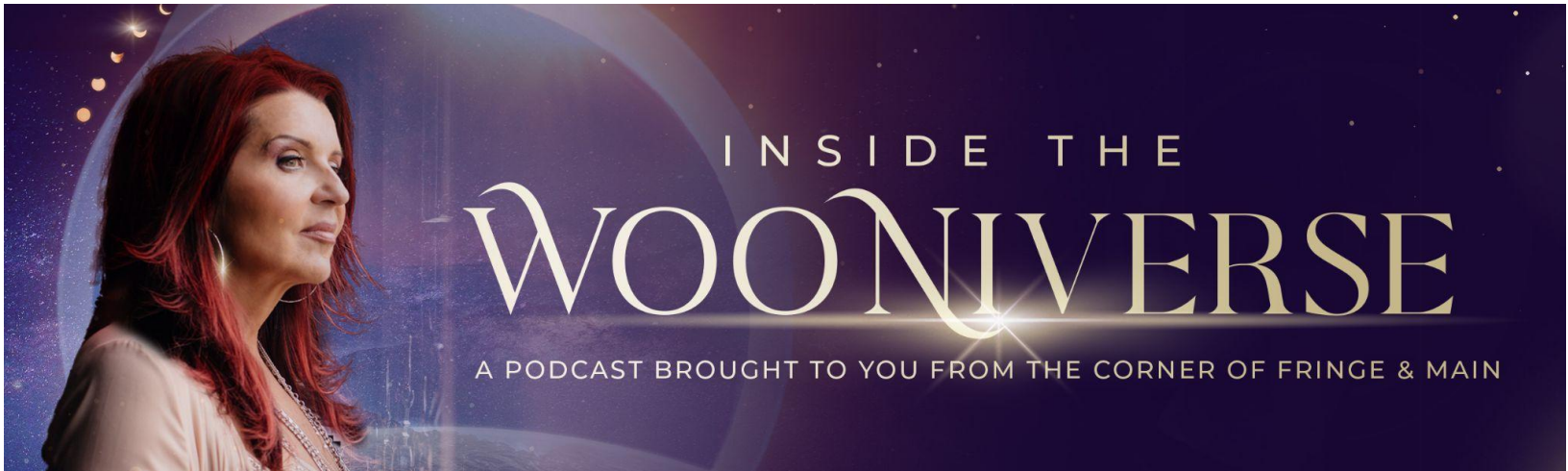
Oh, it was crazy. Because, I couldn't turn it off. I remember getting in a taxi one time with one of our teaching staff. What I do today is to train modern shamans. So, we were coming back from a training, took a cab in Miami, going to the hotel we were going to be staying at. And, I turned to the driver and I said, "I'm sorry that you were hurt so much as a little boy." Because, it was just in his field. I could see it. And, it was so crazy. This man reached down, pulled out a gun.

Colette:

Oh my God.

Alberto:

And turned towards the ceiling and he said, "Get out. Get out of my taxi." We get out of the taxi in the middle of Miami airport, the highway. I had to learn to shut this down. One time, I was being interviewed for a TV program and the interviewer asked me the same question. We were inside the airport at the American Airlines lounge. The interviewer asked me and I said, "Okay. Here, let me hold you inside my field." And I held her inside my field and I said, "Breathe deeply. I guided her through a meditation and look at that woman at the bar. What do you see?" She said, "Oh my God." It was 11 in the morning, this woman was on her third martini. She said, "I see this white cloudy stuff come above her body and off to the side. What is it?" I said, "Well, that's her energy body." It knows that she's going to die soon and it's getting ready to leave. And the interviewer asked me, "What are you going to do?" I said, "What am I going to do? I'm going to go to the front desks and find out what flight she's on, to be sure I'm not in the same flight."



Colette:

Wow.

Alberto:

You can't go around, fixing everything you see that's wrong. So, I've learned to temper it, to turn it off, to turn it on when I need to, when I can be of service to someone and not out of curiosity. So, I don't go prying into people's energy. But, if I'm asked for help and if I can be of help, then... And a lot of the information I get is of two types. One is nutritional. Saying, "Hey, you're eating something you're allergic to. You got to find out what it is." And the other one is the generational. Frequently, their generational curses that are passed down from mother to daughter. These are the stories that run in families. And, I'll see the great-grandmother, how she was afflicted and trying to protect her child and passed on this sense of affliction that runs in the family now.

Colette:

Can you define a curse? Because it is a language that maybe listeners might need to know a little bit more about what is that generational curse.

Alberto:

Yeah. We've all heard somebody say, "Well, heart disease runs in my family." Right?

Colette:

Yep.

Alberto:

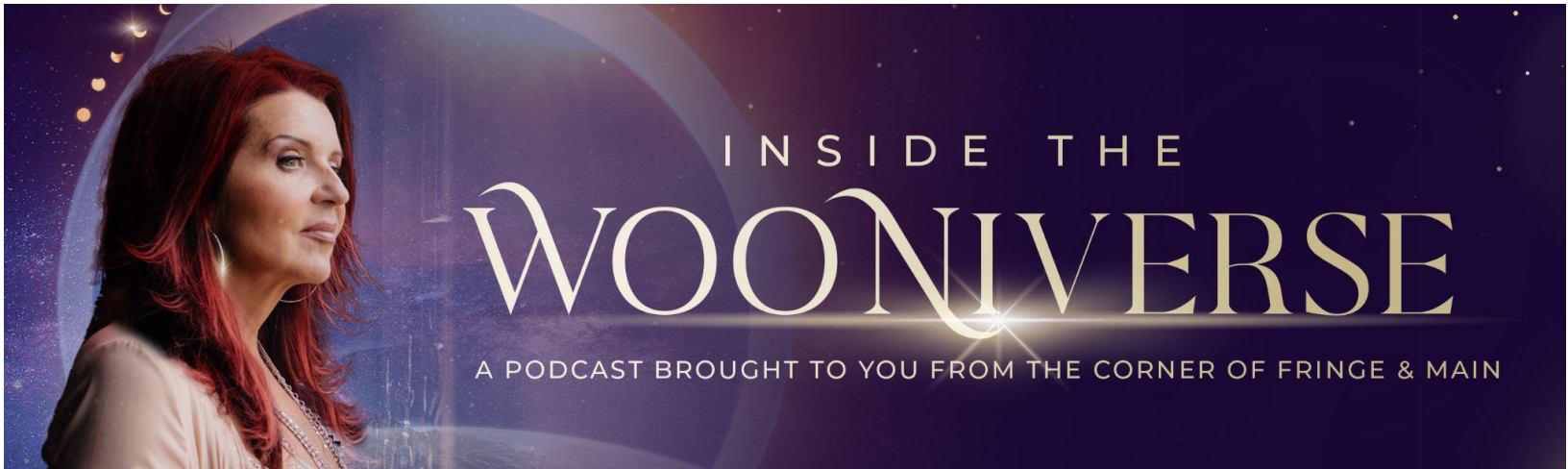
That's a genetic curse.

Colette:

Right. So, it's something that you tune into. It's like my mom is a Holocaust survivor and I definitely feel some of the same feelings she had without me knowing why.

Alberto:

This is what we call epigenetics today, which are greater than genetics. They're the family dramas and stories that are inherited in the family. But, what we commonly believe is a curse is someone trying to harm you.

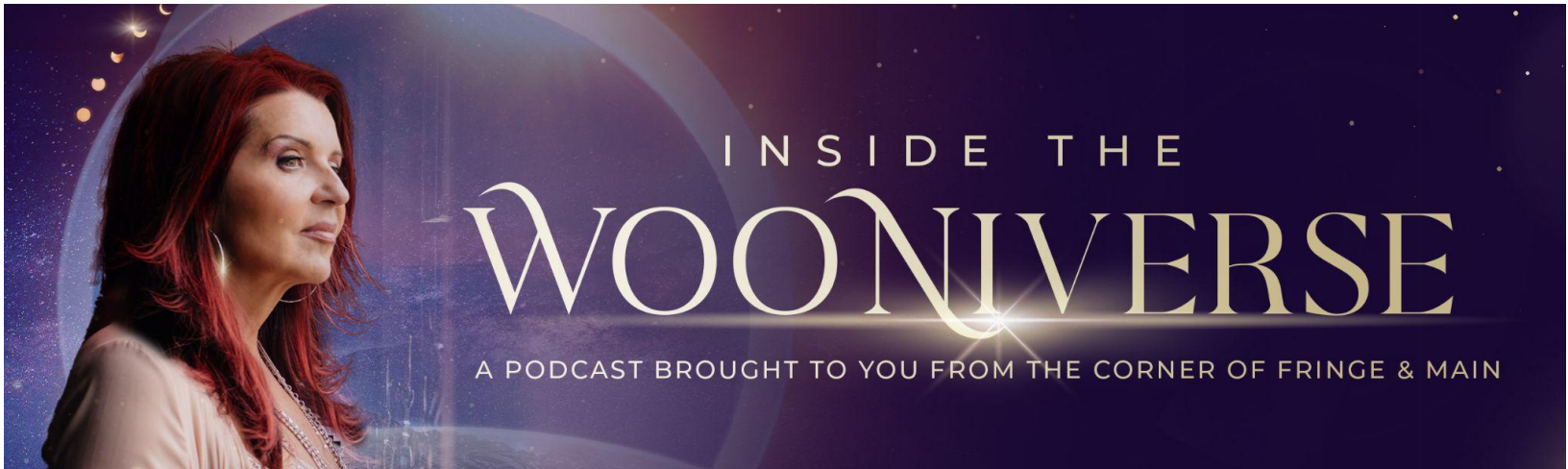


Colette:
Oh, I see.

Alberto:
And, sending negative energy and toxic energies your way, that can penetrate your field and trigger disease processes that are latent in you. And, I'll give you an example of how. When I was a young man studying anthropology, I got a call from the foundation that sponsored my research. And he said, "Alberto, we need an anthropologist in Haiti for just 10 days, because the anthropologist got sick and we're finishing a study." And I said, "I don't know anything about Haiti." It was about voodoo. "I don't know anything about Haiti. My specialty is the upper Amazon and the Andes." They go, "Yes, we're reviewing your grant proposal right now." And I said, "Okay, when do you need me in Haiti?" And three days later, I landed in Haiti and joined the team of Busan anthropology team and I met the old voodoo priest. And, voodoo's one of the great healing arts, extraordinary healing art.

But, since the French were such horrible slave drivers, the average lifespan of the black slave in Haiti was two years. The slave in the United States was 28 years and Brazil was 35 years. Which is why in Brazil, there's this beautiful mixture of colors and tones. But Haiti, the French were ruthless and they were using voodoo to get back at their very harsh masters, but amazing healing practice. And, I asked the voodoo priest, the old man, "How do you... How is it that you hurt someone?" He said, "I don't hurt anybody." "Well, how is it that if you need to bring back balance to someone who may be hurting your people, how do you do it?" He says, "Oh, it's simple. I take my rattle or my leaves, my bundle of leaves, I call that person's spirit when they're sleeping and the spirit will come and I'll look at their energy field."

"The spirit is just the energy field. I'll look at the energy field and I'll see, ah, there's this dark energy over here. And it's over the heart area. Let's give it a little bit of power." Bam. And they wake up that program, that computer program. And two weeks later, that person has a heart attack. And I go, "Wow, that's amazing. And, how do you heal someone?" He says, "We heal them the same way. I take my rattle out, I call their spirit when they're asleep or even when they're awake. And if I see a dark bundle of energy in their field, I take that dark bundle of energy out before it has a chance to sink roots into an organ."



Colette:

That's amazing.

Alberto:

So I asked the man, "So, you don't think that energy's about heart disease?" He says, "No. That energy just goes to the weakest organ in the system and it affects that organ." So, the same strategies were used for healing someone or for hurting someone. When you hurt someone, it's like tweaking, double clicking on a computer program and your screen, it takes over your screen. You have a heart attack and you die two weeks later. To heal someone, you remove that dark energy and you set it free. And, a lot of these dark energies what they call, what the Chinese call stale Chi, is simply trauma. These are the memories of trauma of things that happened to us or that happened to our great grandmother who might have been an Auschwitz or who might have been a survivor. And, these are degenerative. The epigenetic stories. And so, the shamanic mythology, the Western medical tradition has a great way of explaining and diagnosing these things, but they can't fix them. And the shamanic, they can't explain them, but they know how to interact with the world of energy.

Colette:

So, do you think your job is to translate that, because that's what I get from you, certainly from your books. It is like you are this bridge.

Alberto:

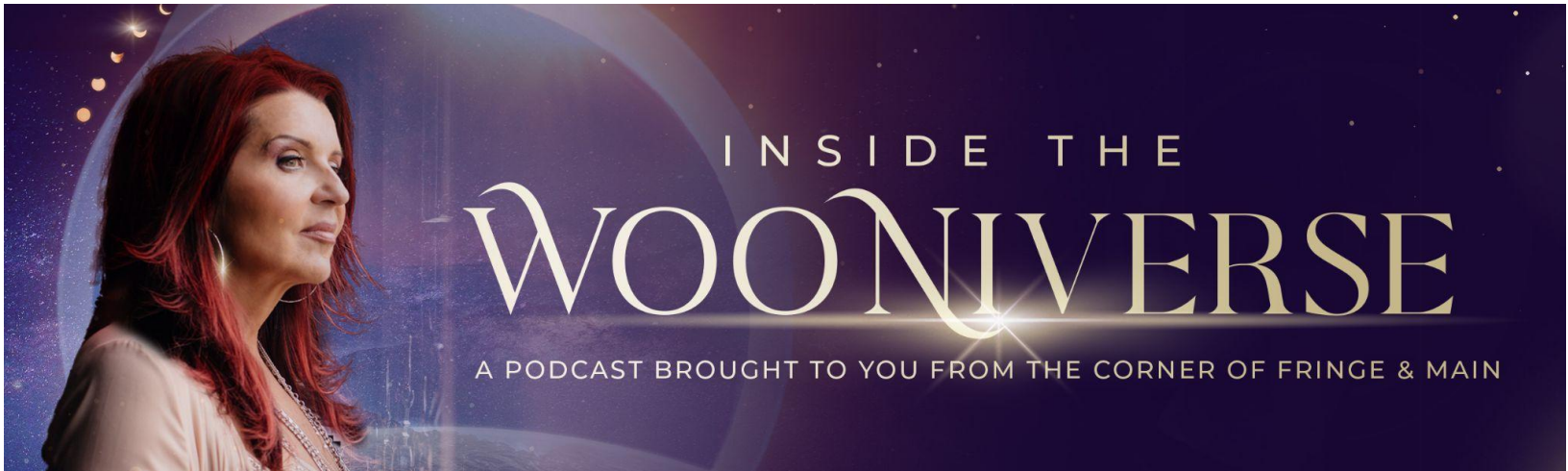
My native, my name that the indigenous people gave me was the star bridge or the man bridge. But, my work is not only to translate, but to combine with the neuroscience. Remember, I trained in science and I ran a small neuroscience laboratory. So, we combine it with cutting edge brain science. Because, the ancients didn't. For example, the ancients talk about chakras. You know about the seven chakras in the body, right?

Colette:

Absolutely.

Alberto:

Somebody asked me, "Do shamans have chakras? I thought chakras were Hindu." And I asked them, "Do Africans have livers? I thought livers were European."



Colette:

No, I know there's commonalities all around the world.

Alberto:

See, but the word chakra means a wheel. The ancients perceive these wheels of light and they call them chakra. They didn't know physiology or anatomy, but a chakra is actually a disturbance in the energy field, because every chakra is where you have an endocrine gland and a nerve plexus coinciding. Endocrine glands produce hormones and a bundle of nerves that are electrical communication. So, these are the two communication systems in the body. One of them is slow and chemical, which are hormones, but you know how quickly they work. And the other works at the speed of light, the nervous system. And when the two coincide, they created disturbance that the ancients call the chakra. So, my job is to understand the anatomy, the physiology and the brain science behind it.

So, when somebody works to balance your chakras, you're balancing your hormones and balancing your nervous system.

Colette:

That all comes together.

Alberto:

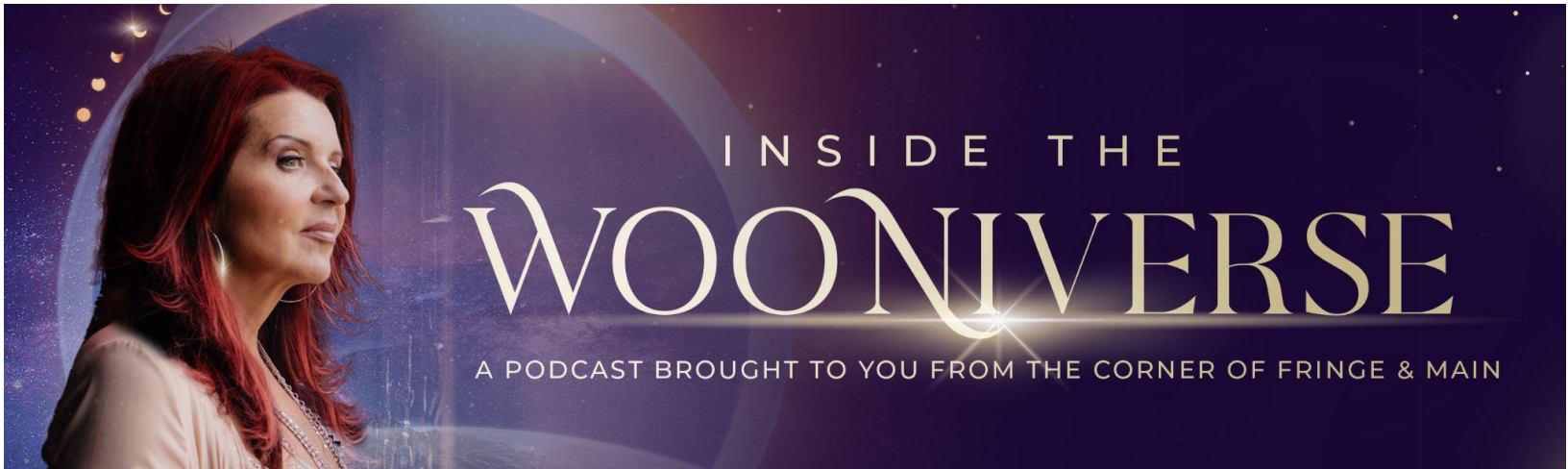
Yeah. This very mysterious, mystical language of chakras, but they're connected to biology. That's my job.

Colette:

Yeah. And I love that. You are the bridge. That is so true. You are a lineage keeper from the Caddo nation. Is that correct?

Alberto:

I have been initiated by the shamans. Yes. And, I hold that position. It's like having a PhD.



Colette:

Right. And I think it's beautiful. I think, it's like you were given this to teach others. And I know I've met some of the shaman, because I've been to your place in Chile and I've been to a number of your workshops. They love you. Now, Four Winds. You are training modern shaman?

Alberto:

Yep. That's what we do. That's what I do. Modern shamans that reversed in the ancient ways of energy. Because in the West, we ignore the energy field. When psychology and medicine tried to become scientific, they became scientific with the science of the 1800s, when we didn't know about the quantum field. We didn't know about energy field. So today, we have the opportunity to combine quantum physics, quantum biology and the neuroscience with this ancient wisdom practices. What the shamans had was, how do you work with it? How do you do it? What we have in the West is the explanation for how it works. It's the difference between information and wisdom. Information is knowing that water is H two O, but wisdom is being able to make it rain. Information is knowing that you have this condition, this illness. There are 155,000 diagnostic diseases in the West today.

One thing is knowing, the diagnosis you have and the other one is being able to heal. We can bring that wisdom together with the ancient practices and we are energy beings. The future of medicine is energy medicine. And, that's what I do today is to train energy medicine practitioners around the world.

Colette:

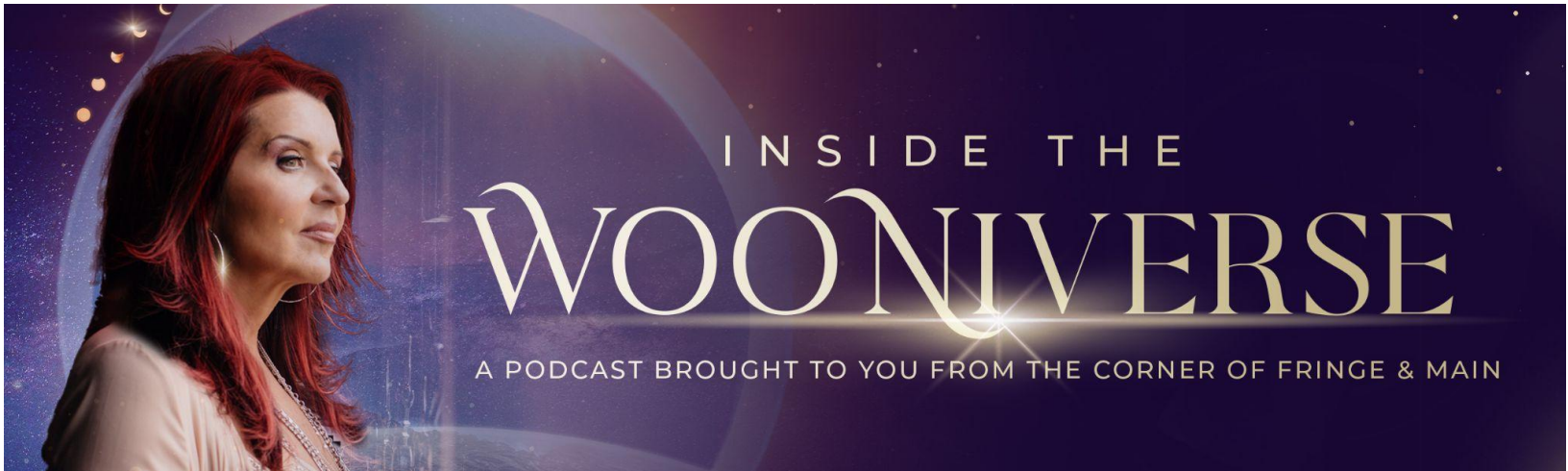
Love it. Love it. Okay. So, now we're going to switch gears with a segment we're calling, The Tea Time After Party, brought to you by Magic Hour Teas. Magic Hour Teas are delicious and fabulous. I drink them daily and even have a 10% off code just for you. So for more information and to get the code, just go to ITWpodcast.com/tea. So Alberto, this is where we kick up the fun a little and have more of a woo wild call conversation. You ready?

Alberto:

Absolutely.

Colette:

Okay. If you could have a magic power, what would it be and what would you use it for?



Alberto:

If I could have a magic power, I would ask for tolerance and I would use it to listen more carefully to people. I think that, listening, having someone feel that they've been heard is so important. I would ask for greater patience and tolerance.

Colette:

Wow. That's magic. I think I might need that too. At least my husband would say I would need that magic power too. Listening. Right. I love it. Okay. If you could make a magic potion to give to society, what would you make and what would it do?

Alberto:

I think that, I would give them the death potion.

Colette:

The death potion?

Alberto:

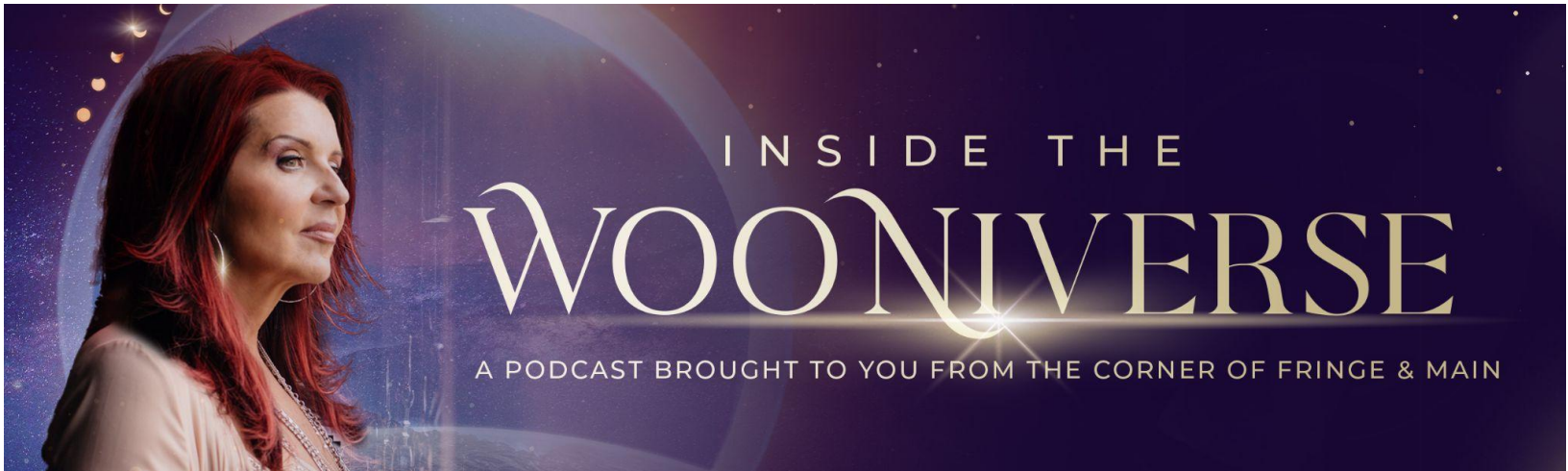
The death potion. And, I would mix it very, very carefully and notice this blue colors and the red colors, because red can be very poisonous in nature and offer it to humanity and ask them to make a choice. "Do you want to drink it or do you want to set it aside? And if you're going to be destroying the planet and destroying our children's legacy, go ahead and drink it. Get over with now. If not, let's put it aside and drink the elixir of life that's being offered to us all the time by nature.

Colette:

Wow. That's heavy. That's great.

Alberto:

Sorry. Should I come up with a lighter one like chocolate ice cream?



Colette:

Here's my favorite one. You meet an extra terrestrial. They are deciding to move here. What would you tell them about living on earth?

Alberto:

I will say, "Hi Colette. So nice to see you. And, you've got to be careful where you settle here on the earth. You want to come up with a good relationship with the local inhabitants and above all, know that this is a planet that welcomes visitors, but only if you want to become a permanent resident, you have to apply. And which means that, you have to be contributing to the future of this planet. And perhaps, not just sharing technology, but sharing the big heartedness that perhaps your people develop, that we have had a hard time developing, because we still need enemies in our planet. Maybe, you have transcended a need for an amazing, can practice love in a fuller way that we can."

Colette:

Okay. This is funny. Let's see if you'll actually do this one. All right? I would like to know the name of your first pet and the color of your underwear, because that is going to be your spirit guide's name.

Alberto:

Well, my first pet was a little crab. One of these little crabs that have the little house that they live in. Because, we lived by the ocean and I would go and I would collect these hermit crabs.

Colette:

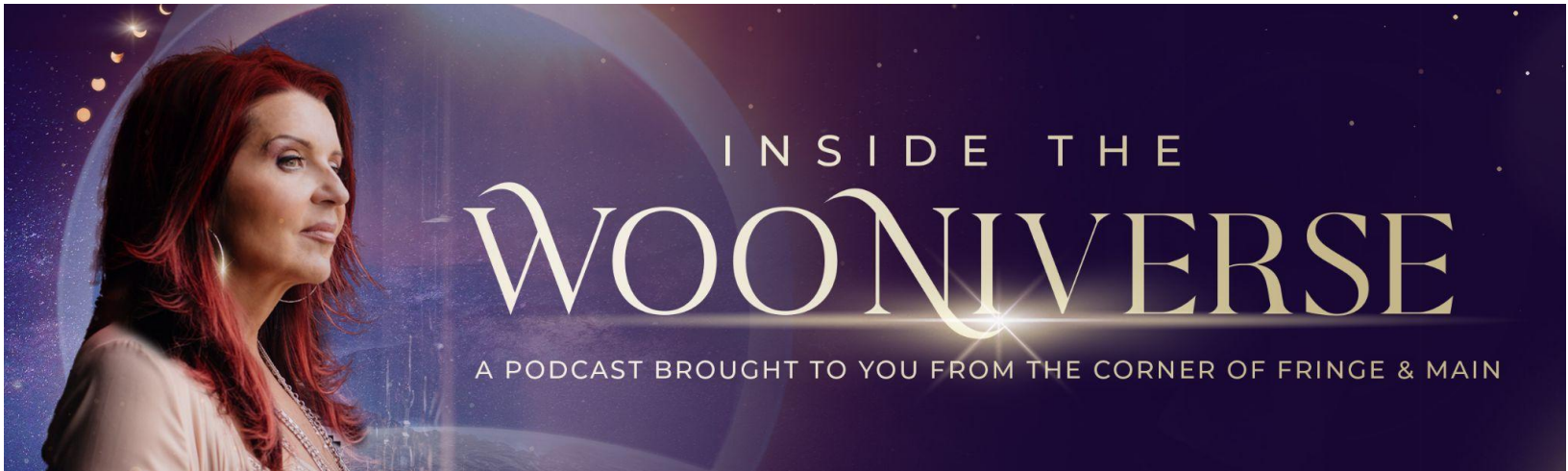
Okay. And what was it's name?

Alberto:

So this hermit crabs, I really admired because they had their own house, they felt protected, but they were pretty agile. They moved pretty quickly for carrying a house in their backs and they love to be right at the edge of the sea where the waves washed over the rocks. And that seemed like a very nice place to be between the sea and the land.

Colette:

And it's name?



Alberto:

And yeah, did I gave them names.

Colette:

What was its name? What was your first name you gave your pet?

Alberto:

Angelina.

Colette:

Angelina. And, the color of your underwear please?

Alberto:

The color of Angelina's underwear.

Colette:

No, yours.

Alberto:

Angelina didn't wear any underwear.

Colette:

Okay. So, Angelina nude is the name of your spirit guide.

Alberto:

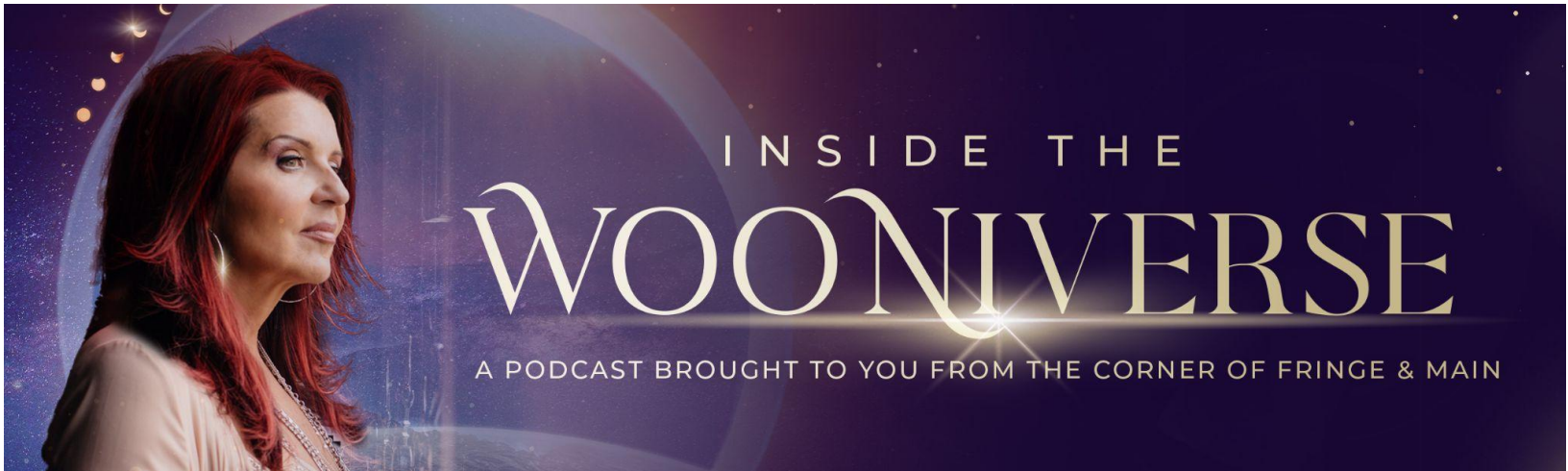
Yeah. Angelina. No, it was not nude. It was Angelina Raw.

Colette:

Oh, Angelina Raw. Okay.

Alberto:

Angelina Raw.



Colette:

Well, you have quite the name for your spirit guide. All right. This is one of the decks that you and I created together. It's called the Shaman's Dream. I would like to pull a card and just as close up our conversation and see what spirit has to say to you and I, about this conversation and what else we could reflect on. And, it's the hollow bone. It's all about teachability. Do you want to say something quickly about that?

Alberto:

Yeah. This is such an appropriate card. I love that deck by the way that we did.

Colette:

Me too.

Alberto:

And, this is the dream. We're caught in a dream right now, that for many people it's become a nightmare. And, for some people it becomes a creative dream and you can switch it. That's like changing fate into destiny. We can make that switch and the card deck is very good for doing that. And the hollow bone is where you allow the wind, spirit to play you. To play the flow through you, where you offer no resistance. And in the process, you make music. You make beauty out of it. Not suffering, not moaning, not how... No, you empty yourself and allow the wind to fill you. And, the wind in there, remember the wind is spirit. Spirit is the breath. Inspire, expire. And the word for spirit is, the win is the word for spirit.

Colette:

Yeah. In Spiritos. What a beautiful way to end this conversation. Alberto, thank you so much for being here. And for more information on The Four Winds Society and Alberto's work, infinite wealth of knowledge and books, ancient wisdom teachings and more, please visit thefourwinds.com. Thank you so much, Alberto Villoldo. So, I guess when I say, what did we learn? I know what I learned today. I had a great reminder that we are all more than we know. And that, if we were to surrender to what life really has to offer, be willing to be teachable, to learn what the ancients knew, apply it to our lives. We could be so much more than we could possibly conceive. You've been listening to INSIDE THE WOONIVERSE. I'm your host, Colette Baron-Reid. Until next time. Be well.