

2012: Doomsday or the Dawning of a New Age?
An Interview with Alberto Villoldo
By Arielle Ford

A debate is raging over whether December 21, 2012, the end of the Mayan calendar, heralds a doomsday of apocalyptic proportions or the dawning of a golden age in consciousness. In the new documentary **2012: Science or Superstition** (available from www.SpiritualCinemaCircle.com in Volume 7) scientists and experts present both the science behind the Mayan calendar as well as a positive message that we will be ushered into a new age of elevated consciousness and increased awareness.

One of the experts featured in the film is **Alberto Villoldo, Ph.D.**, a medical anthropologist who has researched the healing traditions of the Andes and the Amazon for over 20 years. Founder of The Four Winds Society (www.thefourwinds.com) and the author of more than ten books including *Courageous Dreaming*, *The Four Insights* and *Shaman Healer Sage*, Dr. Villoldo is dedicated to bridging ancient wisdom teachings with modern medicine and psychology. He recently shared his perspective on 2012.

AF: What are the 2012 prophecies?

AV: They are indigenous prophecies of the Americas. You find them among the Hopi, Maya, Inka, and the Apache. December 21, 2012 is an astronomical alignment that is going to be the beginning of a new era of a new age. These prophecies are very optimistic. They're not the apocalyptic prophecies of Christianity of the end of the world. They're really the beginning of the world. According to the Maya, humanity first appears in the planet on December 21, 2012. So we're still proto-humans. We're still half cooked.

AF: Tell us about the isolated group of Inkas in Peru that you work with.

AV: They are part of the lineage of wisdom keepers that's found throughout the Americas. They came across the Bering Strait originally from the Himalayas around 32,000 years ago. At the time of the conquest, they fled and settled in very high mountain tops where neither the church nor the state could find them. They observed and foresaw the end of the conquistador looting, raping, and pillaging, and devastating the land, and polluting the rivers.

One time one of them said to me, "Alberto, we're going to miss our white brother."

They saw the end of a predatory time on the earth and the beginning of a millennium of peace.

AF: How did you come to meet these isolated shamans who live at 18,000 feet?

AV: They were the stuff of legend, and 20 years ago an old Peruvian archaeologist I knew introduced me to them. I went to their villages and brought Western medications with me because they had been in contact with other Indians who had been in contact with diseased Westerners. They had babies with dysentery and things that their local herbs and their nature pharmacies could not heal so I brought Western medication. I developed a close relationship with their medicine people.

With these people I learned about luminous medicine where they healed at the level of the luminous matrix that surrounds the physical body and that organizes the body in the same way that a magnet organizes iron filings from a piece of glass. These people are able to look at your luminous matrix and tell you how your grandmother died, how you might live, how

you would heal, and how you might die, because it is all encoded in this information matrix. They are able to also read the matrix of the earth and that's where they read the prophecies.

These shamans differentiate between information and knowledge. To them information is knowing that water is H₂O, but knowledge is being able to make it rain. The prophecy was the information as to what could happen, what might happen. They saw us growing a new consciousness, downloading the information codes for a new human into our luminous energy field!

AF: What does happen in 2012?

AV: The Mayans speak about the cosmic womb, or the underworld called it Xibalba that it is at the very center of the galaxy.

Xibalba in the Mayan language means the place of fear, the place of darkness, the place that no one and nothing can escape from. And they said that this is right at the center of the galaxy. Around 15 years ago, astronomers discovered that right at the center of our galaxy there is a gigantic black hole, which is the place that nothing ever escapes from, not even light.

On December 21, 2012, there's a perfect alignment between the earth, the sun and Xibalba, the black hole at the center of the universe of the Milky Way. This is a planetary alignment that happens only once every 26,000 years. They called this the beginning of a new era. They believe that we're getting the codes for new human transmitted to us in the form of light. According to the shaman, the codes for new humans are being sent to us through the sun, from the heart of the galaxy itself. When you hear about a lot of sun spot activity and Northern lights, put on your sunglasses, go outside, spread your arms, and download the codes for a new human.

AF: You say Xibalba is the place of fear. How do we dispel this fear?

AV: In this case, fear is seen as a positive thing because it is a terrifying place where you die to your old identity and you are resurrected.

Here they are talking about the death of a whole era, of a whole economic system, political system and social system. The Inka talk about the calling of humanity and the harvesting of souls. They believe that the number of humans living on the planet is going to go down dramatically maybe to about 500 million people.

AF: And did they give a timeframe for this?

AV: They say that this is happening between 2012 and 2020.

But, on December 21, 2012, what you have is the tipping point. We're either part of the solution then or we're part of the problem. One of the interesting things the Inka say is that there's "no place in the world" that we'll be safe. Absolutely no place. But there will be safe people. You can become a safe person.

AF: Where will you and your family be on December 21, 2012?

AV: On the beach in Florida (laughing). I feel that the reason that I came here and that many of us came here, including the viewers of Spiritual Cinema Circle, because we wanted to be part of the solution. And we did not want to miss out on this incredible event.

AF: What "signs" or evidence support the predictions of the Inka elders?

AV: They have definitive signs that they look for to mark the setting into motion of the great upheaval. One of them was the disappearance of the

condor, which almost became extinct around 25 years ago. They talk about the drying of the high mountain lagoons and the melting of the glaciers, among other signs, all of which have begun.

AF: Should we view 12/21/2012 as a potential doomsday?

AV: If you suddenly have a billion people disappearing from the planet overnight, that's a gigantic cataclysm. If you have it happening naturally and gradually, over a 100-year period, then it's nature resettling and readjusting itself. I see it as both.

AF: Do you believe there will be a pole shift?

AV: I don't think its a "matter of belief." Off the coast of Chile there are areas in the ocean where the compass points to Antarctica and tells you that that's north. There are eight or ten of these spots, the size of Australia, in the ocean where the poles, the direction of the compass have *already* shifted.

AF: What are the keys for personal transformation to become one of the *safe people*?

AV: I used to have a spiritual practice. I would get up in the morning, I Meditate, and do yoga all in about 40 minutes. Then I would have a cup of coffee, work on my writing, whatever. Today, I don't make time for my spiritual practice, everything I do today is my practice. It is my yoga. So I don't do spirituality 40 minutes a day, I do it 24 hours a day. I do this by practicing generosity, by speaking truth, by celebrating nature, and walking in nature, where I speak to the trees and the birds.

AF: What will be the guiding spirit of the next five years?

AV: I think the solution is to turn inward, find inner peace, practice Peace, truthfulness and generosity, and know that you are part of the solution.

AF: What do you see as the opportunity of 2012 for individuals?

AV: It is happening today. We have the possibility to break free from the nightmare of our past of violence and exploitation. To clear the slate both individually and collectively. We can quantum leap into new humans. We're the ones that we've been waiting for where we can fully become whole brain creatures that utilize our entire brain and not just our stomachs and reproductive organs and mouths. We can have the fullness of the human experience and be fully in the mystery of the human experience. I think this is happening now.

You can receive **2012: Science or Superstition** plus three great short films for FREE when you sign up for a trial membership of Spiritual Cinema Circle (just pay a small shipping fee). This is the only DVD service dedicated to films about love, compassion and inspiration, one of the many reasons we wanted you to know about them. Simply go to: www.spiritualcinemacircle.com
For more information about Alberto Villoldo, his books and workshops, please visit www.thefourwinds.com

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