

Welcome, everyone, welcome. We have folks listening in from around the United States in many cities. I'd like to welcome folks listening in from Dubai and Frankfurt and London and Sydney and Taipei and Texas, even we have some people.

Today, we're going to be speaking about ethics and power. We have a very special guest with us, we have Marcella Lobos. Marcella is a part of the Four Winds teaching faculty and clinical faculty, she's a medicine woman who's trained in Chile, born in Chile and has worked with the Mache, who are the shamans from Chile who are all women. This is the feminine tradition, the tradition of the medicine women and Marcella is also a student of the Mayan Calendar, she's going to be speaking to us in the first half of the talk about the shift that's occurring in the Mayan Calendar here in the first half of December, we're coming into an entirely new energy and a new phase of possibilities and challenges. She'll be describing those to us and a little bit of the history of the Mayan Calendar, which is often misunderstood. So I'd like to welcome Marcella, who is calling in from Santiago, from Chile, are you there Marcella?

Marcella: Hello Alberto, yes I'm here, I'm actually in the country, not in Santiago, I'm enjoying a beautiful view of mountains and valleys. It's spring here, it's great. Thank you for inviting me.

Alberto: It's so great to have you here.

Marcella: It's my purpose to help everyone understand a little bit better the times that we're in, because the more that we can understand it, the more we can flow with everything instead of resisting what's happening. So we announced that we'll be speaking about 11/11, which is very close to the beginning of what researchers of the Mayan Calendar are calling the 6th day.

1300 years ago, the Mayans of Kobai, the Mayan site of Yukaton, Mexico, carved a stele, a stone that has the shape of a still, and they put many symbols there that represent cycles of time. Only in the 1950's, these symbols were deciphered and one of the pioneers on this topic has been Carl Johann Calleman, which I have learned from, not directly, but he's the one who has inspired me the most on what's going on with the Mayan Calendar.

He renamed all of these cycles that the Mayans have, of course, which had Mayan names. The cycles that the Mayans put in the stele with symbols, some of them have names and some of them don't have names. The ones that have names go up to 16.4 billion years ago, which coincides with what the scientific world is saying of the birth of the universe; that long ago was when the universe was created. The stele shows that all of those cycles within 16.4 billion years have names, but actually they show that there are more, up to trillions of years.

It caught my attention, once, when I heard Stephen Hawkings say that in the beginning of the universe was the big bang, but that doesn't mean there was no life before that, but we are interested in what happened after the big bang because that is what

affects us today. But the scientific world cannot deny that there is life before that, or something before that and if we consider life being infinite then we can agree with that.

Calleman renamed the cycles that have names, and he called the one that was 16.4 billion years the cellular underworld. Why? Because this calendar is not really a measurement of time but really measures the flow, the rate, and the intent with which the universe was created. So, in those 16.4 billion years, cellular life will be evolving until the highest cell, the most intelligent cell, that culminates in 2012.

He calls the next cycle, 20 times smaller than the cellular, he calls it the mammalian cycle, in which he speaks about how these cells team up with each other eventually to create life, to create reptiles and amphibians and everything evolving to be mammal. That, of course, happened, within the cycle that is 820 million years long and also ends on 2012.

The next cycle is what Calleman called the familial cycle, and lasts 20 times less than the mammalian, and it's 41 million years long and, of course, culminates in 2012. In the family, of course, these mammals started roaming together and creating kind of like families, and families would get together 2 million years ago with the tribal cycle and create tribes, than got together and created regions, and that's the regional cycle that started 102,000 years ago.

So each one of these cycles encompasses within the other cycle, it's not like other notions of cycles that regions of people were happening that one cycle finishes and then you have another one. When a new cycle starts, for the Mayans, the other one is still going on. And then we move into the national cycle, in which the Mayans were when they carved these stones, and that cycle is 5,125 years and still going on.

The one that we entered 256 years ago was the planetary, which of course is still happening, and the latest one that started in 1999, January of 1999 when the solar system got the closest it has been to the center of the galaxy, which gave us great intensity to the start of this new cycle, the Galactic Cycle, which lasts 12.8 years. And the one that we have not experienced at all yet, but that we're moving towards is the Universal cycle that is only 260 days long. So each one of these cycles is 260 days by 20 potential.

Then the Mayans divided each one of these cycles in smaller amounts of times called heran, I don't know what the Mayans called it but Calleman calls them the Heran. Each Heran is $\frac{1}{2}$ an intention of the universe, what the universe intended to create on that day. So for the cellular, of course, for the cellular cycle a day will last millions of years and so forth. For example, for our galactic cycle, one day will be 360 western days, so less than our solar year, and each night will last 360 days.

When we move into the universal in 2011, actually 2012, each day and each night is going to last only 20 days. For the last cycle before the galactic, the planetary, each day and each night it lasted almost 20 years. So when we're feeling that things are speeding up, that time is happening faster, what we're really experiencing is creation happening 20 times more than before. So if we can remember when we were kids, if we're over 30 years or so, what you did in one day you could do now in one hour, because of the internet and the way the world functions right now.

So, yes technology and other things are facilitating this evolution, this is all about evolution, evolution of consciousness, this is allowing us to evolve our consciousness. For example, when we were in the cellular underworld, consciousness only allowed us to react to an action. So a cell will react to another cell.

As we moved up we went from a response to stimulus, or an immediate response to stimulus. When we were tribes, when we entered tribal consciousness, we can only, to create we're able to differentiate, say 'you guys are different than we are so we're one tribe and you're a different tribe.' Then, consciousness kept evolving with these different underworld cycles, we evolved to have reason, we had reason to help us create our world, our reality.

And then reason wasn't enough, so we created language and written language and laws, rules, and that was in the national, the 5,125 year long cycle, the national cycle. And then, creating laws and rules wasn't enough, we had to enforce them, and that's where we've been so far, where we've been for the past few decades, enforcing laws and rules with power, that's where power comes in, we have had to learn about power in order to, at some point, when we get to the universal, to be able to co-create. That's what we're heading towards, co-creation with spirit, with the universe.

In order for us to co-create, we had to learn about power. We had to learn about action and reaction, stimulus response, similarities, writing and laws, but we also had to learn about power. But what has happened, because we have not gotten to the galactic cycle yet, until now, we have abused power. Some of us have abused power and some of us have given our power to the ones who want to abuse it. Reminds me of the song that Eurythmics, some of them want to use you, I love it, travel the world and seven seas.

That's what's been happening, power has been abused, and that is the paradigm that is falling now in the 5th night that we are experiencing. Right now we are in the 5th night of the galactic cycle. Each day and each night have a purpose, like I said before.

In day one, the purpose is sowing, it's like we have a garden and we're planting. So in the first day, there is the sowing of the new consciousness. In the first night is the integration. In the second day is germination, in the second night is the integration of that consciousness that has germinated. On the third day there's sprouting, on the third night it's integration. On the fourth day it's proliferation, fourth night; integration of proliferation. On the fifth day, there's budding and then integration of budding on the fifth night. On day six there's flowering, that's where we're heading right now in the galactic underworld we're in now, we're heading for day six.

Alberto: Marcella, each one of these is 360 days long, right?

Marcella: No, well, for the galactic, yes.

Alberto: For the cycle we're in right now...

Marcella: For the cycle we're in now, for the galactic cycle, yes. So there are 13 days and nights, or 13 heavens, I mean seven days and six nights. And that's why the galactic cycle

gets to be 12.8 years long. And, finally there's the universal... Oh, sorry, finally there's day seven, which is fruition, where we get to collect all the fruits that have been sown and germinated and sprouted, and all of them.

It's getting really dark in my room; I'm going to turn on the lights.

In November, about dates- some people speculate a little bit forward before, so we called it 11/11, some people talk about November 13th being the date when the 6th day starts. What can we expect on the 6th day?

Let's first talk about what's happened on the fifth day and what's happening right now on the fifth night. So on the fifth day, that started November 24, 2006, by then we can all experience that life is changing, the rapid change, that things feel completely different than they felt when we were small, when we were children.

And also what was happening is that we found that we could not trust what we had been trusting so far in our life. We rely on the government, we rely on the church, we rely on the media, we rely on the medical system. We have relied on so much that started feeling that we can't rely anymore. So we start having these feelings to find answers somewhere else, and even radical ideas and new ways started showing up in people's minds; consciousness. So this is the ethical paradigm coming, the new consciousness coming into people's subconscious minds first, before they can become conscious.

So by the fifth day we're having a very unconscious, subconscious, so that people are really aware that know what's going on because they're tuning in all the time, they consciously knew that things are changing and everything that I have explained. So what was going on is people weren't finding the answers in what they used to find the answers, and power, by the fifth day, was abused to it's max, as we had seen with wars and all kinds of stuff going on from, from what to me is one of the worst; children being used for pornography and things like that, and the abuse of the earth and the animals.

It can be terrifying or not a good thing to look at, but once you understand that it's all part of the Divine plan of where we're heading to, this really dark side or heavy side of the coin is what allows to boom- go to the other extreme. In a way, these very unethical behaviors that we had seen in humans towards other humans or life, it was really pushing us towards really ethical behavior. And ethics being love from the heart and intent, and not morals, not something else imposed by someone else to power over you or us.

So that's how I see the fifth day happening, and then the fifth night came, November 19th, 2007, and from the fifth day in this cycle has been the most intense day, and of course then brought the most intense night, which we have all seen how it has manifested in the crash of the financial systems. But that's not all because this financial system is also bringing down all the male dominant structures of our society, all the structures that are designed to power over.

And Alberto, since I have known you I have heard you say 'what's coming is the end of economics as we know it, the end of the countries and politics as we know it, the end of religion, the end of medicine as we know it; the end of the world as we know it'.

And that's exactly what's happening in the fifth night, it's finally the end of everything as we know it.

Why? Because we're tired, because for power people have sold their own souls for power, for money. People are feeling empty now, and because it's so painful then people are numbing themselves not to feel that pain. So there's emotional numbness, we can't feel, we can't even make love these days. I'm not talking about everyone, but just in general, it's hard to make love because people are just having sex. And there's this disconnection, again, because of the internet that has helped us arrive to that planetary consciousness and it has helped us to be where we are, but also has helped us disconnect. We don't have to talk to each other looking in the eyes so we can just email, we can just send messages on the phone.

We're also disconnected from the earth because now, I don't think I need to explain that much, I mean that sense, that feeling that's happening when you're so consumed in the system. I'm not saying that this is happening for everyone, because some people have been able to stay in what I'll call the eye of the storm, because things are so fast, each time you enter a new underworld you're speeding up creation 20 times, so things are happening so fast to me it's like a whirlwind of things happening. There's so much information going on that we cannot even process all that information anymore. So if you're trying to stay updated with all that information you're going to be stressed and you'll be blown off from the edge of that hurricane, that storm.

So to me, what needs to happen, and what people that know and have prepared have been doing is to stay in the eye of the storm and watch it. That is something that we're called to be, to be the stewards of this evolution; you're looking at it, you're seeing it, you're jumping with it to the fifth day to the fifth night, you're breathing with the contractions, you're open to the expansions that come after the contractions, but you're not being swept by the storm. I was so happy when, in the middle of this night with so much going on, people called me and said 'How're you doing, Marcella?' and I feel well, I feel healthy, it's so good to be able to say 'I'm well, I'm good.'

Alberto: So, Marcella, what can we expect on the sixth day, the sixth day that's beginning in two weeks, right?

Marcella: Yes, it's in a couple of weeks. It's interesting that the elections will be right at the end of the fifth night. Very interesting.

So what can we expect for the sixth day? It's going to be a beautiful day. Why? Because we are going to finally wake up from this trance, from this hypnosis that we've been in. This hypnosis that has been sponsored by the government, by the tv, by the media, by the global elite, and actually by our laziness. So, it's time to wake up everyone, and when you have been under this trance, this hypnosis, and you have been allowing others to create your reality, instead of you being the creator of your reality.

To be the creator of your reality, you have to first of all, well, one of the things you have to do is to recover the power you have given away, if you have given it away.

And because of the situations that we are in, then we have to use that power in a very creative way. We have to use it very wisely.

Alberto: And ethically?

Marcella: Ethically, of course. Because the universe is supporting what's ethical, the new paradigm. The universe is not supporting the old paradigm of abuse. So that's why every structure is falling down, and if you're going to stay in the old paradigm you're going to go down with them. So the best advice I can give you is go along for the new paradigm.

Speak from the heart, act from the heart, just become conscious. I see clients over the phone and in person, and to all of them, to everyone, I say 'You know, it's time to breathe consciously, so we can think consciously, so we can speak consciously, so we can act consciously, so we can create consciously, eventually, now. That's where we're all heading in 2012, but now, just start creating consciously.

Alberto: That's the theme then of the sixth day, of conscious creation?

Marcella: That's the theme of the seventh underworld, the universal; conscious co-creation. But for the sixth day it is to wake up from this trance and to, yes, there's always people who are the pioneers and the people that go way behind and even are walking towards the other way, right? And there's all the people in between. So let's all try to be the people who are pioneers and moving forward so we can give birth to these new times with the least suffering, with least pain, with least catastrophe possible. So less people falling off the cliff that I was saying before, because if you're not conscious, you're going to be falling off the edges of the storm. So you don't want to be one of those people, that's why you want to be conscious right now.

And what people who have been living consciously are doing, it's spontaneously because this is what we're hearing, is buy a piece of land, where you can grow food, which gives you the opportunity to create a community. Because what's happening as these governments, as this huge mess is happening financially and the structures are falling, it's going to be a lot for a government to take care of. Americans, per persons, they have a debt of \$85,000, I believe.

So the next generation is going to have to pick up all of these pieces, and it's going to be a lot of work, so how can we strengthen ourselves, our society? It's by creating strength at a very small, starting with yourself, your family, your community; that's what's going to save us. So I say let's grow food, let's move into a sustainable economy that is not using oil for everything. Let's plant native trees that can restore, that can bring clean air and can restore the flora, the fauna that can help bring that environment for life to keep regenerating instead of having these- where I live people have cut down all the trees and they planted eucalyptus and pines. The eucalyptus sucks all the water and doesn't allow the other trees to grow, and of course fauna isn't the same as it used to, and there's all kinds of problems.

Alberto: But Marcella, what about the people that live in New York City or live in Miami or Los Angeles?

Marcella: For those people, especially in New York City, say hello to the sun every day. The sun is informing us- there's a belief system that says the sun is bad for you, use sunscreen all the time. Well, that's a belief system, if you believe that use it, because otherwise it's going to harm you. If that's your belief system, use it, but the sun is actually informing us daily about new consciousness. I don't say go roast in the sun, but allow the sun to inform you every day, at least for a few minutes every day.

Alberto: I know that's one of the practices that the shamans do, that they greet the sun...

Marcella: There's a lot more solar flares coming up from here until 2012, lot of solar flares, and each solar flare is like an opening in consciousness, it's like (blows) here you go guys, I'm sending you all this consciousness, that's the sun, that's what it's doing. For the people in New York and the cities, choose health treatments instead of invasive medicine.

One of the things that is coming down is the old paradigm's medicine that is just feeding the drug companies that have allies with all the people with power, it's part of the global elite. So we want to stay healthy, we don't want to- when you go to the doctor and say 'cure me', that's you in the old paradigm saying 'I have given you all my power, here's all my power and do whatever you want with me.' So choose treatments that can help you stay healthy, do your colon cleanses, do your liver cleanses, cleanse your system and stay healthy.

The other thing that's coming down, as we said, is the religious paradigms that can get pretty condemn and police and in the name of god there's war and all that. So in the new paradigm you want to communicate directly with the divine instead of having intermediaries that are going to be collecting your money. Like I said before you want to start making love instead of having sex, I don't say get married but make love.

It's also a great time to- just like you cleanse your liver, cleanse your colon, it's a great time to cleanse your heavy emotions, to finish business with anybody you have unfinished business with. To let go of the anger, the jealousy, the fear that keeps you in the old paradigm, giving your power away.

Alberto: If you could give us three recommendations, three recommendations that people can do- you said the cleanse, to cleanse the body, to cleanse your liver, to cleanse your digestion, to eat well, to breath well, what are three things that you would recommend. Cleansing would be one of them.

Marcella: Cleanse, let the sun and nature inform you as much as possible, well, it's hard to get it only to three. Create beauty around you, because beauty will make you more sensitive, more psychic even. If you create beauty around you, just by flowers and have something to smell, having to smell opens up your senses, really opens up your senses.

So create a lot of beauty around you, and start living very simply, minimalistic, because where we have been is like we have been living in a very spread out way. A lot of things, many things, but they're shallow, and we need to move into a very minimalistic, simplistic way of living but deep with big, deep roots.

Ok, is that good? Is that enough?

Alberto: That's wonderful, thank you so much for the summary of the Mayan Calendar and, as Marcella has said, we're coming into the sixth day, into the dawn of the sixth day.

Marcella: Alberto, can I just finish one thing. Since we have the elections coming, I want to tell everyone- Don't expect Uncle Sam to do it for you, or Auntie something, this is up to each one of us to move into the new place. There's no mommy or daddies here, it's our, it's an individual choice, it's a choice we have been given. We are either moving into spirituality and into enlightenment, we have the opportunity to be enlightened here at the end, or now, or you can stay materialism which is going to take you down.

Enlightenment- at one point we had Quetzalcoatl or Pachakuti or Christ come to the earth and they brought light, and all they did was show what was possible for us, what was coming for us, what the Diving plan had for us. The return of Christ or Quetzalcoatl or Pachakuti is only really the possibility we all have within each other to make it happen. So we can each one of us give birth to what Alberto has been calling the Homo Luminous, the Christ Consciousness. Thank you everyone.

Alberto: Thank you so much. So at the sixth day, the sixth day of the Mayan Calendar that begins at the early part of November, which is why we're calling our talk 11/11. We're talking about the possibility of enlightenment- this is the colentric cycle that will last 360 days until the first part of November of 2009.

As Marcella has been explaining, we have the opportunity for personal awakening, for personal enlightenment. In fact, not only is it a possibility, in this cycle enlightenment becomes an absolute necessity. It becomes essential, it's no longer something that we have to work at, something that we have to struggle with. This is the key to our thriving and our survival in this time of tremendous change. As Marcella was saying, this will allow us to be at the center of the storm in peace and in serenity with 200 mph winds happening around us.

And this enlightenment is happening at multiple levels, not only at the level of the individual, which each and every one of us has to choose, but there's also the possibility of it happening at the level of the family, at the level of the village, of the tribe, of the city, of the country, of the nation.

From the perspective of the Inka and of the Inka shamans, what is occurring is the end of time. The end of time as we have known it, this tremendous acceleration of time until it accelerates so much that it pops us outside ordinary time. And it's talking about the collapse of our three dimensional reality and really the expansion into a four dimensional reality. To me, one of the most palpable examples of this is the orbs that are appearing in our photographs, in all of our photographs.

In fact, today when I want to take a picture without any of these luminous orbs appearing in my pictures, in my digital photographs, I have to ask them to please not be there. But these luminous structures that are appearing in our photography are really three dimensional manifestations of four dimensional reality. In the same way that our shadows are two dimensional shadows of our three dimensional selves, these energy structures that are beginning to enter into our three dimensional reality are really four dimensional forms of consciousness and energy that we're perceiving as these spherical forms of energy and light.

And what's happening is that the earth, our planet is really re-entering the galactic community, the galactic society. We are breaking free of our isolation in space and reuniting with a cosmic community that we have been separated from for a very long time. And this is possible in this sixth day that is starting in the early part of November.

But enlightenment is not a sweet and easy process, enlightenment is very much like giving birth. It requires diligence, it's painful, it's convulsive, you have to experience the contractions of giving birth to ourselves in an awakened way. And we have the choice of whether to experience those contractions internally and give birth to ourselves in a natural way, or to experience those contractions and convulsions in the world around us and experience them in a very forceful way.

So from the shaman's perspective, we're at the dawn of a tremendous opportunity and possibility, where we're going to really witness the collapse of an old system and an old way. We've seen it happening in our global financial systems in the last month and this is only indicative, an outer manifestation of the tremendous changes that await for us in this dawning of the sixth day of the Mayans. This end of time that the Inkas speak about, in which we're stepping out of causal time, of cause and effect because with the kind of time that we know in the West which is based on cause and effect, we have the illusion that we can control the causes and therefore we can control the effects.

With the new kind of time that is appearing in a very dramatic way in the earth today, we're stepping into a synchronous relationship with reality, into synchronicity. So synchronicity is no longer going to be merely the meaningful coincidences that we notice in our lives, synchronicity will become a survival strategy, an absolute necessity, a way of life, an everyday phenomenon, that you wake up and the universe lines up behind you or the universe provides you with assistance.

And whenever we encounter that kind of resistance in our life, it's an invitation to come into right relationship, to come into our awakening, to come into our enlightenment. Enlightenment is our invitation, our possibility, and our recourse, our lifeboat for the next 360 days of this cycle in the Mayan calendar. We're re-entering the galactic community, but we must do this individually, each one of us, so that we can reside, like Marcella was explaining, at the very center of the storm, at the eye of the hurricane with it's serenity and it's peace and it's beauty without being caught in the whirlwind of death, renewal, and rebirth that is happening in the planet.

And when we hold that place of stillness at the center of the storm we become an island of safety that others can come to and reach safe harbor. And then together we can dream that new world of possibility. But this is a time of birth, and birth is always

convulsive. There's always a lot of blood, a lot of pain, and a lot of joy and a lot of beauty and a lot of life coming. So it's an optimistic time, and one that's going to be fraught with opportunity.

So thank you all for joining us today from all different parts off the planet, and as we close, before you hang up I'd like to invite you to join me in a few seconds of prayer and meditations to connect with the sun which is the source of all life. And even if, where you live, in the northern hemisphere it's already dark and it may be getting cold for you, or perhaps you're in the southern hemisphere, some of you are calling from Africa, from Australia, from South America, where you still see the sun setting, let's connect with that internal sun and that external sun and receive that blessing, that light, that life force that is coming to us that cleanses us and nourishes us, and bring that light to everything we do so that we may touch everything we do with beauty. Thank you very much, and many blessings to all of you, and I look forward to being with you next month.