



*The Most Powerful Healer Is Within You*

## Revolutionary Healing Techniques from the Ancient Shamans

Alberto Villoldo, Ph.D.

**KELLY NOONAN GORES:** Thank you for coming. So part of this summit is, you know, combining ancient wisdom with new science, and I think you embody that because you have a fascinating background as a medical anthropologist and was a clinical professor at a very young age, who kind of left and went to the Amazon to study energy medicine and shamanism. Can you explain a little bit about your background and what you do?

**ALBERTO VILLOLDO:** Sure. You know, I started out in a brain laboratory at San Francisco State University. So we were trying to see if we could create psychosomatic health. Because we knew we could create psychosomatic disease, but how do you use this amazing potential of the brain, of the mind, to create health. And I discovered that I could not find that in the laboratory. So I had to... I shut down my lab at San Francisco State and went to the Amazon to work with people that didn't have MRIs, didn't have technology, but they had the access to the resources that we have to create health.

**ALBERTO VILLOLDO:** But then I brought it back to the laboratory. So then I wanted to see how it is that the brain can reconfigure itself to create extraordinary states of awareness, of consciousness, and of health.

**KELLY NOONAN GORES:** Yeah. So you... How long were you... You became a shaman, essentially?

**ALBERTO VILLOLDO:** Well, I didn't become a shaman. I'm still a medical anthropologist, but I did study with the shamans and I'm, I did become a shaman. It took about 25 years, though, because I had too many degrees.

**KELLY NOONAN GORES:** Amazing. So in the jungle, I've heard, you know, a lot of the indigenous peoples, they don't, they're not manifesting the same diseases as a lot of the people here, in Western society, heart disease, Alzheimer's, all of these. So their ways of health, they're creating psychosomatic health, right? So what are the keys to-

**ALBERTO VILLOLDO:** Well, the first thing is avoiding psychosomatic disease. So that's the first key. And when I first went to the Amazon, I was actually funded by Big Pharma because the Amazon is nature's pharmacy and they wanted to discover the next big breakthrough drug for heart disease or dementia or Alzheimer's or cancer. So they funded me for three months and I went to backwater villages that had never seen a light-skinned. In fact, the kids would run up to me and they would rub my skin to see if the white dirt would rub off.

**ALBERTO VILLOLDO:** And after three months, I came back empty-handed because every one of the villages

that I went to, they had no cancer, no heart disease, no Alzheimer's. These are the illnesses of the West, of our diet and of our lifestyle. In fact, their definition of disease was completely different from ours.

**KELLY NOONAN GORES:** What was their definition?

**ALBERTO VILLOLDO:** Well, see, we have over 14,000 different illnesses in the West. For them, for the shamans, diseases don't exist. Illnesses are just a definition that we give to a combination of symptoms. So illnesses don't exist, sick people do, but not diseases. Diseases really don't exist. And that's the problem that we have in Western medicine, is that we define diseases and then we define treatment protocols based on pharmaceuticals and we're treating every disease in the same way.

**ALBERTO VILLOLDO:** But now science is telling us, for example, that breast cancer is not a single disease, it's 11 different illnesses. So we are looking at... This is a dismembering, disassembling this tremendous structure that we've created in Western medicine, of defining symptoms as being real illnesses and then treating the illness instead of treating the person. And then what we end up with is a disease-care system instead of a healthcare system.

**KELLY NOONAN GORES:** Right. And which is clearly not working.

**ALBERTO VILLOLDO:** Which is what we have, which is collapsing. It's... You know? Today, it... So the Alzheimer's didn't exist a hundred years ago, until Dr. Alzheimer discovered it and named it. And what I noticed in the Amazon is that as soon as civilization arrived and people began to eat like us and behave like us, they began to get sick like us and to die the way we die.

**KELLY NOONAN GORES:** So do you believe that... I mean, I believe that our bodies, you know, we're designed to heal, right? In every moment, we're regenerating and rejuvenating and repairing. Can you reverse any disease? Can Alzheimer's, with the change of lifestyle, diet, maybe spiritual practices, can you reverse any disease? Or is that a complicated...

**ALBERTO VILLOLDO:** You know, it depends... We've got to go back to the premise that illnesses do not exist and that prevention... See, the work of the shamans is about prevention. Prevention is like changing the oil in your car, and treatment is like changing the engine. It's a lot more complicated. And in the traditional healthcare models, if the community was healthy, then the healer lived really, really well. If the community got sick, the shaman or the healer got fired. Whereas in the West, if the community is sick, if the, then the healers lives really, really well.

**ALBERTO VILLOLDO:** So the focus was on prevention. And we know that we can prevent Alzheimer's. We can prevent dementia. We know the strategies to do it. We know that if you cut out the sugars, if you go into ketosis, that these will... You know, Alzheimer's is being called type III diabetes, and because it's the relationship to sugar. And the statistics today are terrifying. If you live to be 85 years old, you have a 50% risk of having diagnosable Alzheimer's. If you live to be 90, that we will, you have a 75% risk.

**ALBERTO VILLOLDO:** Now, this didn't exist a hundred years ago.

**KELLY NOONAN GORES:** Oh my gosh. So we need the keys to prevention.

**ALBERTO VILLOLDO:** We need to prevent. And we know how to do that today. We know how to prevent it, both from a dietary and nutritional standpoint. But what the shamans contributed was the energy medicine. So they work the luminous energy field that surrounds the physical body and that is the blueprint of the physical body.

**ALBERTO VILLOLDO:** So if... And it's an information field. It's not just energy, like to make heat. It's an information field. And if you can upgrade the quality of the information, then you don't have to run the default programs, the genetics that you inherited, the heart condition, the breast conditions. You can clear those imprints from the blueprint so you don't have to manifest disease. And this is the foundation of energy medicine.

**KELLY NOONAN GORES:** So they work with altering the field, clearing the field-

**ALBERTO VILLOLDO:** They work-

**KELLY NOONAN GORES:** And that affects the matter?

**ALBERTO VILLOLDO:** Precisely. They work with the field. And we all have an energy field. That's our field state. But in medicine, we focus only on the particle state. So we know from physics that every photon has a field state and a particle state. This is our particle state. But if we can work on the field, we can work with prevention. We can upgrade the information in the field so we don't have to live out the dramas that run in our families or the illnesses in our families. And we can actually participate in growing a new body that ages differently and that heals differently and that dies differently.

**KELLY NOONAN GORES:** So if someone is facing a diagnosis and they come to you, how do you work with the client? Is it... It's a combination of lifestyle and nutritional medicine and then energy medicine. What does the energy medicine look like? You need an outside healer, right? To facilitate.

**ALBERTO VILLOLDO:** You know, the healing always comes from the Mother, from Mother Earth, from [foreign language 00:08:39], and we're simply the instrument. So the minute that you think that you're healing someone, you're cutting off this tremendous stream of energy and of power that's available to each one of us to heal ourselves. So my work is to reconnect, to take my client back to the Mother. And when they go back to the Mother, the Mother wants us to be well. Our Mother wants us to be well. And it's not me doing things to my client. I can do some of the techniques, but ultimately it's the Earth, it's Mother Earth, [foreign language 00:09:18] that restores balance in the body.

**ALBERTO VILLOLDO:** What I do when I work with a patient, I see... A client comes into my office and what I see coming into my office is a golden Buddha, a totally illuminated being. Because we know from physics that wherever it is that you look for a particle, that's where you're going to find it. So if I see walking into my office

a diagnosis, a cancer patient, that's what I'm going to find. And if I see a luminous being walking into my office, we're setting the bar really high. And then healing, then miracles can happen.

**KELLY NOONAN GORES:** I love that. Yeah, it's the particle theoretic that, if you're expecting wave or particle, that's affecting the outcome of the experiment.

**ALBERTO VILLOLDO:** Precisely. Yep. So the first thing is to prepare the healer for miracles. So if you're working with a doctor, you are working with statistics. And Western medicine is fantastic. It's really great for trauma. But it's not very good for chronic conditions. So that if you get bit by a snake, you don't want to go to a shaman. You want to go to the ER. And then you want to go to your shaman to find out why the snake bit you in the first place.

**ALBERTO VILLOLDO:** Because we're... You know, in the shamanic and the energy medicine practices, there's no difference between being killed by a microbe or being killed by a jaguar. Whereas for us, being killed by a microbe is an illness and being killed by a jaguar is an accident, it's bad luck. You've got to be in right relationship with microbes and with jaguars, otherwise they're both going to be looking at you as lunch.

**KELLY NOONAN GORES:** Yeah. I love when you talk about in the Western model we're, you know, we're not looked at as golden Buddhas, we're looked at as statistics, right? And I feel like the prognosis that doctors give to patients just perpetuates this bell curve of, you know, not great outcomes. So-

**ALBERTO VILLOLDO:** You end up in the fat part of the bell curve where you don't want to be. You want to be an outlier.

**KELLY NOONAN GORES:** And you can be, right?

**ALBERTO VILLOLDO:** Yeah, totally.

**KELLY NOONAN GORES:** So that's what I really... You know, we talked about, like, "Go get your diagnosis," right? "Find out what's going wrong," which is what you did. But the prognosis, you know, "Don't fall into that bell curve. Don't," you know, "buy into what the doctor's telling you is possible with your life," right? So how do you encourage people to be that 20% or that 10% or that 5%? How did you do it?

**ALBERTO VILLOLDO:** Well, a couple of different things. Have you noticed, when you get a diagnosis, how you're told, "You have to go into surgery immediately, tomorrow morning"? So you get caught in this system which, to me, is really sorcery. It's black magic. Because you're given not a diagnosis, you're given a death sentence. And a diagnosis is helpful in terms of how you can treat whatever it is that they find. But you've got to remember that you're not a diagnosis, you're not an MRI, you're not a liver function test. You're a living miracle. And if we begin to think that we're a diagnosis, then we become a patient.

**ALBERTO VILLOLDO:** And when I work with clients, I remind them that, "You're a miracle. Now you have the option of becoming a patient and joining a, becoming a cancer patient and doing a cancer track and then you

fall into the fat part of the bell curve." You know, the bell curve is the snake that ate a hat. You don't want to be in the fat part, you want to be in the outlier where you, where miracles happen. 2% of all medical healings are spontaneous remissions. 2%. That's where I want to be. Because that's what the body is designed for. The body is designed to heal incredibly rapidly if you give it the resources. And one of the most important resources, not only nutritional and your lifestyle and how you forgive, but returning to the Mother. Returning to Mother Earth, reconnecting to Nature, to your own nature and to the spirit of Gaia, of the planet.

**ALBERTO VILLOLDO:** So let me tell you a quick story. I was having dinner with friends a couple of weeks ago. They are scientists. And they said to me, "Alberto, have you read the recent research on probiotics? That they're totally useless. They don't work." And I go, "Yeah, that's bad experimental design." And they go, "What do you mean, bad design? This is Harvard." I said, "Yeah, it's bad design. If you design the experiment badly, you're going to get bad results." So they said, "Explain how... What do you mean?"

**ALBERTO VILLOLDO:** Well, the mind of the planet, the heart and the mind of Gaia, is bacterial because bacteria have been here for two thousand million years, and probiotics are good bacteria. Now, Gaia knows that there's this tremendous extinction event that we're in the middle of, and they know that we're the problem, that we're the parasites that are causing so much damage in the Earth. So your probiotics, you've got to talk to them. They're living creatures. You've got to tell them, "Look, I'm part of the solution. I'm not part of the problem." If they think you're part of the problem, your probiotics might try to do away with you. If you tell them you're part of the solution, then they'll come and they'll restore your flora and they'll create health for you.

**ALBERTO VILLOLDO:** So we live in a living universe. This is a living, breathing relationship with the planet that we're intrinsically connected to. And that our healing has to do with reconnecting with that consciousness that is Gaia, this is the Mother, that is the [foreign language 00:15:09].

**KELLY NOONAN GORES:** Yeah, there's an intelligence, right? It's-

**ALBERTO VILLOLDO:** It's an intelligence, yeah. And this is experiment. See, we're a part of a biological experiment. And it's... There are forty million species in the planet, and out of the forty million species, there are only two species in which the female is able to go into menopause. And every one of the other species, as soon as the female is not reproductively useful, she's wiped out. She dies. Except for two species, humans and orcas, dolphins. Because we have the biggest brains, the biggest brain to body weight ratio.

**ALBERTO VILLOLDO:** So we're taking part of an experiment in intelligence. Nature prefers intelligence to muscle, to brawn, to claws, to teeth. She prefers brains. And this intelligence is what we call consciousness or spirituality. So you've got to be part of the experiment. You've got to upgrade the quality of your intelligence. And if you upgrade it, then you're allowed to live a long and healthy life. If you don't, you're going to be creating psychosomatic stress and creating cancer and heart disease and dementia.

**KELLY NOONAN GORES:** Yeah. So what's coming up is like fear disconnects you from that intelligence. Fear-

**ALBERTO VILLOLDO:** Precisely.

**KELLY NOONAN GORES:** Takes you into those other, you know, forty million minus two species that are in survival, right? And instinctual. So what... How does fear play a role, you know, in all of these problems that are manifesting physically?

**ALBERTO VILLOLDO:** You know, fear is really helpful. It's a really good warning system. But the minute that it paralyzes you, it sets off a series of chain reactions that will destroy the brain because you'll be producing cortisol and adrenaline and flooding your brain with these toxic hormones that are deadly, that will begin to shrink that part of your brain where you can have a new learning experience. So cortisol is very damaging to the region in the brain known as the hippocampus, which is where you have, where learning happens. So the minute the hippocampus is damaged, it'll shrink to about half of its size and then you can't learn anything new. Then you live in the world of, "Been there, done that." Then you wake up with your beloved that you've been with for 30 years and you go, "Who is this person in my bed?"

**ALBERTO VILLOLDO:** But if your hippocampus is not damaged, if it's repaired, you wake up with your beloved and you go, "Who is this wonderful person in my bed, that we've been together for 30 years?" You're able to have a new experience. You're able to create health. You cannot create health if your hippocampus is damaged. This is where we create our destiny. This is the part of the brain that regulates how we manifest reality internally and externally. And it's damaged by the stress hormones and it's all triggered by fear.

**ALBERTO VILLOLDO:** Fear triggers the fight-or-flight response that triggers the production of adrenaline and cortisol that damages the brain. But we can repair it. We know how to repair it today.

**KELLY NOONAN GORES:** Okay. Can you tell us how?

**ALBERTO VILLOLDO:** Yeah, yeah. There are two things, three things that repair the brain. One of them is forgiveness. Forgiveness is essential. Compassion will repair the brain. But it's a funny dynamic because you cannot be compassionate if your brain is damaged. If your brain is broken, you're going to be living in fear. So the other thing is DHA, the omega-3 fatty acids. In six weeks, the omega-3s will repair the hippocampus. And there's really good science behind it.

**ALBERTO VILLOLDO:** The other thing that does it in the Amazon, there's a series of medicine plants that will repair and upgrade the brain. And what I discovered over a course of 20 years in the Amazon is that... I asked an old medicine woman, "How can I prevent the illnesses of old age?" You know, the dementias, the Alzheimer's, the heart disease. And she said, "No problem. If you want to prevent the illnesses of old age, just live a long and healthy life." And I said, "But wait a minute. You don't understand what I'm asking." And she said, "No, no, no. I do." And what she meant is that there are plants that don't treat disease but that switch on the genes that create health and silence the genes that create disease.

**ALBERTO VILLOLDO:** So they silence more than 500 genes that create breast conditions and heart conditions and cancer and they switch on more than 200 genes that create health.

**KELLY NOONAN GORES:** Do we know what these plants are?

**ALBERTO VILLOLDO:** Today we know what these plants are. We can get them at a health food store locally.

**KELLY NOONAN GORES:** Oh, wow.

**ALBERTO VILLOLDO:** Yeah. See, I wrote a book four years ago with David Perlmutter and it's called *Power Up Your Brain*. And these are the plants that repair the brain, that allow you to access a new kind of intelligence, and that begin to flip genetic switches to create health. And we know them today. They're resveratrol, sulforaphane, the broccoli seed extract, curcumin, curry. These are the ones that we work with in the West.

**ALBERTO VILLOLDO:** The shamans work with other plants that are in the Amazon but that have the same effect. They work along the same pathway, which is called the Nrf2 detox pathway that triggers detoxification in the body and that switches on the longevity chains, what I call the immortality genes that we all have. And these are the sirtuin genes, the SIRT1 genes.

So how do the shamans know about this? How did they know that these plants were the upregulators that allow you to create health?

**KELLY NOONAN GORES:** I don't know. How did they know?

**ALBERTO VILLOLDO:** You know, I asked them. I asked, "How did you discover these plants?" It's the same with the ayahuasca. Ayahuasca is a medicine plant in the Amazon. And it requires two ingredients that work together. One is the chacruna which produces DMT and the other one is an MAO-inhibitor that allows the DMT to go into your bloodstream and into your brain.

**ALBERTO VILLOLDO:** "How did you know that these two plants work together in synergy?" And they said, "Easy. The plants told us." The plants told us.

**KELLY NOONAN GORES:** So this is what you mean by connecting with Mother Earth? Again, and Nature. And I mean, how does that look for a Westerner? Is it they have to go into the jungle and go on a vision quest? Or is it as simple as just hiking in nature and finding these plant medicines? How do we reconnect with nature?

**ALBERTO VILLOLDO:** How do we reconnect with nature? Well, going out for walks in nature is important, eating organic, eating natural, blessing your food. But even more important is that beginning of a journey back to the Mother, back to Mother Earth and that's an inner process. And it begins by reclaiming your body, finding those parts of your body that you really don't like and reclaiming them. The part of you that you, people, you think people are going to, you know, that little bit of fat or that... Reclaiming your body. Say, "Yes, I love my body. I love myself." You are the product of two thousand million years of evolution, so love yourself, love your body.

**ALBERTO VILLOLDO:** And then you... Then it's important to find that dialogue with the Earth again. So you know that we're the only people in the planet that were ever kicked out of the Garden of Eden, that were ever kicked out of our relationship with nature, where we could speak with God and to the rivers and to the

trees and God and the rivers and the trees and the plants and the herbs would talk back to us. So we're the only people to have been cast out of the Garden. You know, the aborigines weren't, the sub-Saharan Africans weren't, the Native Americans weren't. They were given the Garden, to be the stewards and the caretakers of the Garden.

**ALBERTO VILLOLDO:** So you return to nature by making a commitment to become a steward and a caretaker of the Earth, to become an Earth-keeper. The minute you make that commitment, the connection is automatic. You can go for a walk through nature and enjoy nature and hear the sound of the birds and the leaves rustling and it's beautiful, but Nature will not connect with you until you make that commitment to become a caretaker of the Earth. And then you have the full bandwidth of the connection.

**KELLY NOONAN GORES:** Yeah, I feel like, for me, the theme of... Ultimately healing is like a spiritual journey. It comes down to how you look at the world. The, you know, whether you look at other humans as golden Buddhas and that we're all miracles or if you look from kind of a fearful lens. Can you talk a little bit about how important spiritual practices are or how important our beliefs and perception of life are to our health?

**ALBERTO VILLOLDO:** Yeah. You know, I think that this is the missing element in our health systems, is the spiritual path. And for me there's... Healing is not complete until you have a spiritual experience that launches you in a spiritual journey. Not just an epiphany, not just going, "Wow, I'm connected," but it's got to launch you on a spiritual journey of quest and discovery.

**KELLY NOONAN GORES:** I like how you say that nobody on the planet is older than seven years old because our bodies and ourselves literally regenerate. It's a whole new body every seven years. I feel like that gives... So if someone has cancer for 20 years or some sort of other chronic condition, how can we switch their mindset to say like, "No, we can... Our body regenerates"? So is that like our belief system, our focus on the illness, that's keeping it in place and how... ? Do you know what I'm saying?

**ALBERTO VILLOLDO:** Yeah, yeah. I think you're saying about three different things, but I have a sense of what you're saying. See, there's nobody in the planet older than seven years old because we grow a new body every seven years. And you can either grow a slightly more wrinkled and older version of who you are today, or you can grow a new body that ages and heals and dies differently. For example, your skin cells die every six or seven days. The mucosa, that's the lining of your gut is changed every three days. The lining of your lungs is every four days. Your bones change every five to six years. So you grow an entirely new body.

**ALBERTO VILLOLDO:** And we know that we can be conscious participants in that process because this is how nature renews our health. But when we become toxic, with toxic emotions and with the toxic chemicals we've been exposed to, you know, a hundred years ago, there was no mercury anywhere. And I remember, as a kid, playing with the mercury when the thermometer broke, and then I went to the dentist and she put, you know, mercury in my mouth. So we've become toxic. So that process of renewal will not take us to healing and regeneration until we detoxify because these are toxins that we're, that shamans never had to deal with.

**ALBERTO VILLOLDO:** You know, there are over 78,000 toxic elements in the environment today that we use regularly. And not to, you know, there's also the glyphosate and the antibacterial soaps that we use and the pesticides and the... Babies are being born today with PCPs in their bloodstream and their umbilical cord. So we need to detoxify. If we can detoxify the brain and the body, then we can trigger the renewal processes in their totality. And that's absolutely essential today. But we not only need to detoxify the body, we need to detoxify the emotions.

**KELLY NOONAN GORES:** And can you explain the difference between emotions and feelings? Because I've heard you talk about it before and I think it's important that... You know, people get a lot of stuck emotions in their mind and also in their body, energetically. So can you explain the difference between emotions and feelings so that we may learn how to process emotions or feelings in a healthy way?

**ALBERTO VILLOLDO:** Well, for me, the emotions are very ancient survival programs from our limbic brain, our Neanderthal brain, and they're not authentic. Feelings are authentic. But emotions are these residual survival programs that don't function anymore. So that the brain resets itself every 20 minutes. So if you have something that lingers more than 20 minutes, it's an emotion. We've all wanted to kill. You know, if you've been married or if you've had children, you've wanted to kill. And then a few moments later you go, "Oh my God, how could I have felt like that about this person that I love the most in the world?" And that's a feelings. Feelings wash through you. They don't last more than 20 minutes. But if you're angry for more than 20 minutes, that's an emotion. And there are people that have been angry for 20 years, and that's a toxic emotion. That will kill you. That will create the brain chemistry and the physiology that will take you to cancer and dementia.

**ALBERTO VILLOLDO:** So ultimately, we have to get rid of our emotions so we become empty vessels for experience and for feeling, for feelings of love, for feelings... You're angry, you're angry. And it flows through you, it passes. It doesn't settle into your system or begin to fester within you.

**KELLY NOONAN GORES:** And we do that through breath, we do that through... How do we-

**ALBERTO VILLOLDO:** How do we heal our emotions? You cannot heal your emotions, you can only get rid of them.

**KELLY NOONAN GORES:** Oh. Detoxify your emotions, okay.

**ALBERTO VILLOLDO:** Well, emotions live in a part of the brain that's known as the emotional brain. That's the limbic brain. It's the Neanderthal brain. It's the one that we shared with our really primitive ancestors. And this brain can only change through ceremony. That's why we have wedding ceremonies and birthrights and death ceremonies. This is the way this brain changes. It does not change through psychotherapy.

**ALBERTO VILLOLDO:** So you've got to create significant ceremony for yourself. For example, if you feel angry, you might want to build a fire, light a candle, and blow that emotion into a toothpick and set it on fire and release it. So you're actually re-wiring the brain through ceremony. But if you don't have ceremony, it's like two

people coming together and saying, "Let's have a baby." Well, but you don't really have a family until you take part of a sacred ceremony. And it's not the ceremonies of religion. These are tired and old ceremonies. It's the ones that you create and that are meaningful for yourself and that are sacred.

**KELLY NOONAN GORES:** Yeah. With ceremony, you're becoming conscious of what you need to release. Otherwise, it stays in the subconscious-

**ALBERTO VILLOLDO:** Precisely.

**KELLY NOONAN GORES:** And you're just... Hamster wheel of life, where it's getting in your body. Okay. That's good. Any other ceremonies you can... Practical tools are very helpful.

**ALBERTO VILLOLDO:** Well, you know, we work with fire. So we work with the elements. And whenever you're doing ceremony, you're inviting your limbic brain to step up, to change its programming, to change the belief structures that you have around particular things. So the way you reconnect with the beloved is you have a ceremony with them of commitment. You know, "I love you and I dedicate myself to us." And so that you can love your partner exactly for who they are instead of... What ends up happening is that, "I love you exactly as I am," instead of, "as you are."

**ALBERTO VILLOLDO:** So we create these ceremonies for renewal, for commitment, and also for getting rid of our emotions. And then they're replaced by feelings. And feelings don't last. They wash through you, but you become a vessel for experience instead of a collection of different traumas and emotions that are still creating storms inside of you.

**KELLY NOONAN GORES:** So I love... People that are watching this and may, you know, have a very scary cancer diagnosis or MS or perhaps a mystery auto-immune illness and they... I love when you kind of... The more inspiring stories or the more kind of, "Ah-has," they can receive that may reflect back to them what's going on with them, I think it's helpful for them to become conscious of stuff that's going on. So do you have any transformational stories or some themes that you've seen come up? Whether it's with cancer or, you know, emotional themes that people may need to look at in themselves so that they can break through.

**ALBERTO VILLOLDO:** So let's take a look at cancer for a moment. First of all, from the energy medicine perspective, cancer does not exist. So what you have with cancer are cells that are breaking the prime imperative. And the prime imperative is that every cell in the body is going to work first for the well-being of the entire body and then for their own personal well-being. So cancer cells are cells that decide that they want to be immortal and they break that prime imperative. They want to survive no matter what happens to the rest of the organism.

**ALBERTO VILLOLDO:** Now, humanity has become a cancer in the Earth because we want to survive regardless of how many species we kill off or how many forests we cut down. So that's part of the problem. But cancer cells are cells that have broken that prime imperative, that they will dedicate all of their effort and

energy and resources for the well-being of the whole person. And we have a hundred trillion cells, so when a few of them go deviant... Now, what regulates cancer cells are mitochondria. So mitochondria are the fuel factories inside every cell. They produce energy. But they're also in charge of the death clock. So mitochondria tell cells when they need to die so that they can be replaced by new ones.

**ALBERTO VILLOLDO:** So in cancer cells, you have mitochondria that are not functioning properly. They're not able to tell the cell that they need to die. So if we can restore mitochondrial function, then we restore the death clock and we're able to revert this process. And a lot of the direction of medicine today is going into mitochondrial medicine. How do we repair, restore, support mitochondrial function to create health? And this is the basis of energy medicine. If you create the conditions for health through your diet, emotionally, physically, spiritually, then disease goes away. You don't need to treat the cancer. Create the conditions for health, and disease does not appear or it goes away.

**KELLY NOONAN GORES:** And that's why we see so many spontaneous healings with cancer?

**ALBERTO VILLOLDO:** Absolutely. Then you can become an outlier in the bell curve.

**KELLY NOONAN GORES:** Yeah. That's great. It's just always good to reframe and look at it a different way, you know?

**ALBERTO VILLOLDO:** But what... See, my work is really bridging the ancient science with the cutting-edge neuroscience today. That's why I came out of a brain laboratory and I went to the Amazon for 25 years.

**KELLY NOONAN GORES:** Yeah. And that's the right balance, right? We have to take the best of what technology and research of today with all this, you know, new technology and ability to see what's really going on and improve what ancient wisdom has been just-

**ALBERTO VILLOLDO:** Totally.

**KELLY NOONAN GORES:** Demonstrating for thousands of years.

**ALBERTO VILLOLDO:** Yep. Precisely.

**KELLY NOONAN GORES:** Yeah, so talk to me more about this luminous-

**ALBERTO VILLOLDO:** The luminous energy field. Well, we have an energy field that surrounds the physical body and that organizes the body the way that a magnet organizes iron filings on a piece of glass. And in the West, we're accustomed to working only with the body, with the physical, and not with the energetic. Whereas the energetic is the blueprint. This is where Chinese energy medicine, Qi gong, the shamanic energy medicine, works with upgrading the quality of the field.

**ALBERTO VILLOLDO:** But there are a couple of important elements here. In the West, we believe that all the energy that we experience belongs to us. And the shamans understand that sometimes you're afflicted by energies that do not belong to you. So it can be an ancestor, for example, that died unconsciously and who

needs to ask for forgiveness that might connect with you and actually come into your field and you might begin to manifest the symptoms of that ancestor that died with cancer or with heart disease, that are not yours. And the minute that you can extract that entity, that intrusive entity... And of course the shamans, we not only need to extract Uncle Harvey, but help him to die, to return back to the world of spirit.

**ALBERTO VILLOLDO:** So at that point I have two clients. I've got the client that came to see me and the ancestor that's attached to them. So I have to disconnect, I have to extract that ancestor, help them go back to the spirit world, and then symptoms resolve themselves very quickly. I remember one woman who brought her little daughter to me and her husband had committed suicide when the daughter was two years old. And she discovered him and she said, "Come Daddy, wake up Daddy, wake up Daddy," and Daddy... Daddy hated his life, but he loved this little girl. So he became attached to this little girl. And I saw her when she was 11 years old. She was in a classroom for children that did not speak. She was always hitting people, and totally non-communicative. And I started tracking her field and I saw that Daddy was there.

**ALBERTO VILLOLDO:** But the minute she came into my office, she looked at me, turned around, and ran out the door, and my office was in L.A., across Century Boulevard, on her own, to a Starbucks to the other side of the street. And because she knew that she was going to lose her Daddy again. So after several meetings where she became comfortable enough with her, and Daddy knew he had to go. So we extracted Dad and we turned him over to the lineage of shamans that work with us and they returned him back to the world of spirit. They took him to healing centers in the spirit world. And at that point, the little girl, within six weeks, she became talkative, non-violent, non-aggressive, and was streamlined within six months back into the regular classroom.

**ALBERTO VILLOLDO:** They took her off all her medications. She was no longer ADHD or a behavior problem. She didn't need to have sleeping pills to go to sleep at night. She only needed to get Daddy out of her field. And this is so common, much more common than we'd like to believe.

**KELLY NOONAN GORES:** Yeah, that's amazing. I mean, how is one to know whether it's a toxic imbalance or overload in their body or an ancestor that's attached to them? There's so many...

**ALBERTO VILLOLDO:** Yeah, you go to a doctor and they say, "Well, your hormones are all out of balance." That's a... Frequently, this is caused by an intrusive entity that is most often a relative that died unconsciously. I'll tell you another story. When one of my first books came out, Random House published it, and I went to the Random House sales meeting to present the book. And they weren't interested in shamanism or energy medicine until this man walks into the room and he says to the group of, their national sales force, says, "You all know that I've had a problem with alcohol for the last 10 years. I want you to know that I went to see one of Dr. Villoldo's graduates, and that was six months ago, and I haven't had a drop of alcohol since, and no cravings. Thank you very much."

**ALBERTO VILLOLDO:** At that point, everybody became interested, because everybody in publishing in New York has an alcohol problem. So they made the book a bestseller. And addictions are very, very difficult to

treat. So the minute the meeting was over, I called my graduate and I asked her, "What happened?" And she said, "Well, this man walked into my office and walking in right behind him was his father's spirit." The father had died 10 years before, had been an alcoholic his entire life. And I asked her, "What did you do?" She said, "I helped him to go back home." And the minute that the spirit was released, the symptoms began to resolve.

**ALBERTO VILLOLDO:** And this is something we don't consider in our medical practices, but that is so common in 99.9% of the rest of the world.

**KELLY NOONAN GORES:** That's amazing.

**ALBERTO VILLOLDO:** And another cause of disease is soul loss. Many of the people that I work with that are seriously ill have suffered trauma that caused soul loss. It causes splintering of their soul. And what happens is that suddenly you lose your destiny. When you suffer from trauma that you do not heal in the moment, that you don't reconcile yourself with or repair, a part of your soul can splinter and you lose your destiny. And then you come into the grip of fate. And fate is fatal, is deadly. It's been pre-selected for you by your genetics, by the karma that you came with, by the drama that runs in your family.

**ALBERTO VILLOLDO:** So as part of the healing process, I always do a soul retrieval for the person that I'm working with. I want to retrieve that innocent, healthy, healed part and not just treat the broken, painful, fearful, diseased part that walked into my office. And if I can recover that soul part, that quanta of energy, that person can recover their destiny in which they can find their health again.

**KELLY NOONAN GORES:** That's amazing. Yeah, the part... I've done ayahuasca before, and on this last journey, they kind of prepared you to know what to expect and kind of how to navigate the journey. And part of it was reconnecting with your soul and healing your heart. Are like plant medicine and the DMT and the mind-altered states, are those how... How essentially are those to healing? Can some... Because I feel like, I don't know. It's a pretty intense experience.

**ALBERTO VILLOLDO:** It's a very intense experience.

**KELLY NOONAN GORES:** Yeah. Is it-

**ALBERTO VILLOLDO:** I've only done it about 400 times.

**KELLY NOONAN GORES:** Oh.

**ALBERTO VILLOLDO:** So... But, yeah. So today there's a lot of ayahuasca ceremonies happening around the planet. And the plant medicine has really spread globally. It's incredible. I think it's a little bit scary in some ways, and it's... You've got to be very careful with it because in the Amazon, you prepare for it and then the shaman works with you to integrate your experience.

**ALBERTO VILLOLDO:** But what happens... Ayahuasca is DMT, dimethyltryptamine. And we produce serotonin, which is a common neurotransmitter. It's produced by our gut flora. 85% of your serotonin is

produced by your gut. If your gut is broken through the use of antibiotics, your gut flora is not functioning, you're not producing serotonin. The formula for serotonin is 5HT, 5-hydroxytryptamine. Hydroxy is water. Tryptamine is a tryptamine. So if you have adequate serotonin production and your pineal gland is working... The pineal gland loves to methylate. It loves to add methyl bonds to whatever it comes in contact with. It'll methylate serotonin, and it does this every evening to create melatonin so you can sleep. But if you take it a step further and you add two methyl rings to serotonin, to tryptamine, you end up with di-, that's two, dimethyltryptamine, which is ayahuasca.

**ALBERTO VILLOLDO:** The brain produces ayahuasca naturally. And this is what allows you to meditate, to have an experience of oneness. If your pineal is calcified because of the pesticides in your food and the fluoride in the water, then you're not going to be methylating serotonin. You're not going to be producing the bliss molecule. You're not going to be able to meditate. You're not going to be able to heal. Because you cannot experience communion with nature, with [foreign language 00:47:10], Mother Earth, with the cosmos.

**ALBERTO VILLOLDO:** So we need the substrate. We need the chemical substrate in the brain in order to have these experiences. You cannot have them only with your mind. And the chemical substrates are essentially your gut needs to be functioning, your flora producing serotonin.

Serotonin needs a healed pineal gland to methylate it so you can sleep well at night, to produce melatonin and rest deeply. And then so you could meditate and create the bliss molecules. Otherwise, you're going to be creating only the stress molecules, which are cortisol and adrenaline.

**ALBERTO VILLOLDO:** Do you follow me there, with the science?

**KELLY NOONAN GORES:** I do, yeah.

**ALBERTO VILLOLDO:** Pretty amazing, isn't it?

**KELLY NOONAN GORES:** It is amazing.

**ALBERTO VILLOLDO:** Yeah.

**KELLY NOONAN GORES:** And that's why, you know, microbiome is kind of new in the mainstream. People are now, you know, they know are probiotics and gut health and how antibiotics, you know-

**ALBERTO VILLOLDO:** Destroy your gut, yeah.

**KELLY NOONAN GORES:** Yeah. Use in an emergency to get you over the hump if need be, but for people that just pop them when they get a cold, which doesn't even correlate, it's good to... I mean, how much our gut health impacts our brain health and our physical health.

**ALBERTO VILLOLDO:** It's incredible. It's all in the gut.

**KELLY NOONAN GORES:** Yeah.

**ALBERTO VILLOLDO:** It starts with the gut. And do you know how you get your flora? So if you have a baby in your belly, it's completely hygienic, it's sterile. So a child gets the flora when she goes through the birth canal.

**KELLY NOONAN GORES:** Right.

**ALBERTO VILLOLDO:** And there, the flora populates the skin and the gut. And then from going out into the backyard and putting everything in their mouth.

**KELLY NOONAN GORES:** Yeah, connecting with earth and the [crosstalk 00:48:58], yeah.

**ALBERTO VILLOLDO:** You connect with the earth, yeah, and you populate your gut flora. And the flora changes all the time. So your DNA will never change. With DNA, you can modify your genetic expression. We call that epigenetics. You can do that through your food you eat that signals certain genes to express themselves or not, through forgiveness, through meditation, or through the upregulators, the tumeric, the resveratrol, the sulforaphane.

**ALBERTO VILLOLDO:** But your biome, your microbiome, changes all the time. And if you can maintain healthy flora, you're going to be producing the brain's substrates that allow you to create the bliss molecules and create psychosomatic health.

**KELLY NOONAN GORES:** I want to go back to how, you know... You talked about, "Once you make that commitment to be an Earth-keeper," which is a demonstration of consciousness, "I'm going to be more conscious in the world. I'm going to look at other human beings as golden Buddhas rather than this separation and fear," you know? And then you mentioned something about telling the probiotics that you're not the enemy, you're not cancerous. Like can you talk a little bit about intention and energy and-

**ALBERTO VILLOLDO:** Sure.

**KELLY NOONAN GORES:** And how that, you know, how we need to be, how consciousness really dictates our whole experience?

**ALBERTO VILLOLDO:** You know, we're always dreaming the world into being. The world that we experience is a reflection, is a mirror, of our luminous energy field and of our intention. It reflects back to us the condition of our love and of our intent. So ultimately, it's all about the love that you can create and the intent that you can focus. Intent is what organizes the forces of creation to manifest in a way that's beautiful or that's cancerous or that's deadly or toxic. So if you can work with your intention, but your intention needs to be aligned with a higher purpose. So it's not only to create health for myself, but for all beings.

**ALBERTO VILLOLDO:** And for the medicine that I practice, that's called becoming an Earth-keeper. I make a commitment to be a steward of all life on Earth. And then all life on Earth supports me, whether it be the lettuce and the carrots that I had in my salad or the animal protein that you ate, it's no longer just animal protein. You're taking in the spirit of a salmon. The spirit of the salmon is now within you. So, and you honor

that and you speak to all creatures and all beings. So your probiotics, for example, we take our probiotics and we pop a capsule, and that doesn't do anything. It's going to go right through you because these probiotics have been dehydrated and now they're going to wake up in a stomach that's full of acid and they don't want to do that.

**ALBERTO VILLOLDO:** So you want to open that capsule, put it in warm water for five minutes so they can rehydrate, wake up, and then you can take them. But before you take them, talk to them and tell them, "Look, I'm part of the solution. I'm here to create beauty in the world. I'm here to bring healing and to bring the manifestation of the highest good for all of humanity and all creatures," and then all creatures will support you.

**KELLY NOONAN GORES:** I love that. One, two last questions. Forgiveness, you've mentioned it twice, is very hard to do sometimes. Do you have any practical hacks on how we can forgive? I've just had a conversation with a woman who, you know, she tries to look at her mother-in-law as the golden Buddha, but she just can't. She cannot see through that tension in the relationship. "I have someone in my family that's, I'm stuck with." And it's just, they're constantly a teacher. How can we forgive? How can we see the golden Buddha, even though they drive us nuts or they hurt us tremendously or they continue to do so?

**ALBERTO VILLOLDO:** Forgiveness is really essential for the healing process, and it has to do with learning the lessons that life offered to you so that... You got to remember that pain is part of life, but suffering is optional. Suffering is what happens when you don't learn directly through knowledge. And forgiveness is the way that you get back into alignment with learning directly through wisdom.

**ALBERTO VILLOLDO:** So I had a student come to me and say, "You know, I finally forgave my mother, who's the most horrible human being, abusive. I finally forgave her." And I said, "Congratulations. But have you asked her to forgive you?" And she said, "Why? She was abusive, she beat me, she was an alcoholic." I said, "Well, if nothing else, remember that you were inside her belly for nine months and you were a parasite. You were eating before she ate. If you needed calcium, you take it from her bones. Ask her to forgive you." And simply stating that, "Please forgive me," is so healing. Or saying to another, "I forgive you. All is well."

**ALBERTO VILLOLDO:** The minute that you turn that into a statement that is truthful, because your intent has to be aligned behind it, it becomes an act of power. And then tremendous healing happens, and it's instantaneous.

**KELLY NOONAN GORES:** Amazing.

**ALBERTO VILLOLDO:** So you can't go, "I forgive you, you bitch."

**KELLY NOONAN GORES:** Dang.

**ALBERTO VILLOLDO:** Because it's not a... That won't do it. "I forgive you. Thank you for the lessons, no matter how difficult they were." And that becomes an act of power, if you say it lovingly and with intent. Love and intent together, when they combine, it becomes an act of power that organizes reality to reflect a great truth.

**KELLY NOONAN GORES:** Amazing. Thank you. So last question is... We ask what your one takeaway message is on healing.

**ALBERTO VILLOLDO:** I went through a very big healing journey not too long ago in which I was diagnosed with a liver that stopped functioning. I needed a liver transplant. I was told to get on a liver transplant list. I had picked up parasites and viruses as I was an anthropologist in the jungles in Asia and in Africa and in the Americas. And I had holes in my heart and parasites in my brain. So I knew I could probably get a new liver and maybe a new heart, but where was I going to find a new brain, and a good brain? They're really hard to come by.

**ALBERTO VILLOLDO:** So I went to Western medicine to kill the parasites, and Western medicine is really good at killing things. But then I had to go into energy medicine to grow a new liver, to grow a heart, and to grow a new brain, which I have done today. So what I had to discover is what I've been teaching people all along, is that we are a living miracle and that you're part of an experiment in intelligence, in consciousness, in spirituality. And you want to be part of the experimental group, not the control group. And for me, the experimental group is where  $N$  is equal to 1. So the number of people in the experiment, in my experiment is 1, is Alberto.

**ALBERTO VILLOLDO:** So if you can embrace the fact that you're a living miracle and that you are the Divine expressing creation through your intent and your love, that's what you will manifest.