

1

00:00:00,000 --> 00:00:03,000

They can control nature.

2

00:00:03,000 --> 00:00:06,000

Clouds come swirling in.

3

00:00:06,000 --> 00:00:08,000

Lightning is coming down.

4

00:00:08,000 --> 00:00:11,000

They can access other dimensions.

5

00:00:11,000 --> 00:00:17,000

This energy enables them to travel into the realm of the spirit beings.

6

00:00:17,000 --> 00:00:20,000

And connect with other worldly beings.

7

00:00:20,000 --> 00:00:26,000

Those creatures actually existed in physical form.

8

00:00:26,000 --> 00:00:34,000

Throughout history, spiritual leaders known as shamans have healed, protected and advised their people.

9

00:00:34,000 --> 00:00:39,000

But are they simply putting on elaborate ceremonies?

10

00:00:39,000 --> 00:00:42,000

Or is there something more to their rituals?

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00:00:42,000 --> 00:00:49,000

In a sense, in these shamanistic states, you're tapping into extraterrestrial powers.

12

00:00:50,000 --> 00:00:57,000

Millions of people around the world believe we have been visited in the past by extraterrestrial beings.

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00:00:57,000 --> 00:01:00,000

What if it were true?

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00:01:00,000 --> 00:01:05,000

Did ancient aliens really help to shape our history?

15

00:01:05,000 --> 00:01:13,000

And if so, might the evidence lie with mystical healers known as the shamans?

16

00:01:19,000 --> 00:01:22,100

The shamans are the real

17

00:01:22,100 --> 00:01:24,100

The shamans are the real

18

00:01:24,100 --> 00:01:26,100

The shamans are the real

19

00:01:26,100 --> 00:01:28,100

The shamans are the real

20

00:01:28,100 --> 00:01:30,100

The shamans are the real

21

00:01:30,100 --> 00:01:32,100

The shamans are the real

22

00:01:32,100 --> 00:01:34,100

The shamans are the real

23

00:01:34,100 --> 00:01:36,100

The shamans are the real

24

00:01:36,100 --> 00:01:38,100

The shamans are the real

25

00:01:38,100 --> 00:01:40,100

The shamans are the real

26

00:01:40,100 --> 00:01:42,100

The shamans are the real

27

00:01:42,100 --> 00:01:44,100

The shamans are the real

28

00:01:44,100 --> 00:01:46,100

The shamans are the real

29

00:01:46,200 --> 00:01:50,200

Northern China, 1211 AD.

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00:01:50,200 --> 00:01:55,200

Five years after uniting the nomadic tribes of Mongolia,

31

00:01:55,200 --> 00:02:01,200

Genghis Khan launches a brutal invasion against Chinese Jin forces.

32

00:02:01,200 --> 00:02:09,200

Despite being severely outnumbered, the Mongol army decimates their enemy.

33

00:02:09,200 --> 00:02:15,200

In what is believed to be one of the bloodiest battles in Genghis Khan's more than 20 years of conquest.

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00:02:16,200 --> 00:02:24,200

By the time of his death in 1227, his empire, covering most of Asia, Russia and parts of Europe,

35

00:02:24,200 --> 00:02:28,200

had become the largest in the world.

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00:02:28,200 --> 00:02:35,200

Genghis Khan was a great warrior. He amassed one of the most awesome armies in the history of the planet.

37

00:02:35,200 --> 00:02:41,200

And he would go up the mountains to commune with the sky gods to gain power for his battles.

38

00:02:41,200 --> 00:02:45,200

According to historical accounts,

39

00:02:45,300 --> 00:02:52,300

the great Khan was also described as relying on powerful magic to create severe weather on demand.

40

00:02:52,300 --> 00:03:00,300

Like hail storms, hurricanes and tornadoes to confound and defeat his enemies.

41

00:03:00,300 --> 00:03:06,300

They march into battle and the next thing you know clouds come swirling in.

42

00:03:06,300 --> 00:03:14,300

Lightning is coming down, rain is falling down, ice is falling down, chunks of hail, snow.

43

00:03:14,400 --> 00:03:17,400

The soldiers are not equipped for the sudden burst of cold.

44

00:03:17,400 --> 00:03:21,400

They're shivering, they're freezing, they're slipping and falling on the ice.

45

00:03:21,400 --> 00:03:26,400

And then they get totally wiped out by the invading Mongolian army.

46

00:03:26,400 --> 00:03:34,400

What was remarkable about Genghis Khan is that we tend to think about him today as being this despotic,

47

00:03:34,400 --> 00:03:37,400

mad, cruel ruler.

48

00:03:37,400 --> 00:03:42,400

He was a priest king, something known as a shaman.

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00:03:44,400 --> 00:03:53,400

In Mongolian culture, certain members of the tribe were thought to have the ability to communicate directly with the gods,

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00:03:53,400 --> 00:03:58,400

accessing seemingly supernatural powers and information.

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00:03:58,400 --> 00:04:04,400

These holy prophets were commonly known as shamans.

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00:04:04,400 --> 00:04:10,400

Is it possible that Genghis Khan, one of the greatest conquerors in human history,

53

00:04:10,500 --> 00:04:15,500

used his connection with the divine to build the massive Mongol Empire?

54

00:04:15,500 --> 00:04:21,500

And if so, just what does it mean to be a shaman?

55

00:04:21,500 --> 00:04:26,500

For thousands of years in cultures throughout the world,

56

00:04:26,500 --> 00:04:35,500

shamans have been described as intermediaries who provide a link between humans and other worldly beings.

57

00:04:35,600 --> 00:04:40,600

Known in some cultures as medicine men or witch doctors,

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00:04:40,600 --> 00:04:46,600

they are believed to have the power to travel to other realms in order to bring back healing,

59

00:04:46,600 --> 00:04:52,600

wisdom and guidance to their people.

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00:04:52,600 --> 00:05:00,600

The word shaman originated with the indigenous people of Siberia and means simply to know.

61

00:05:00,700 --> 00:05:07,700

Shamans think of the universe as being constructed in different layers,

62

00:05:07,700 --> 00:05:12,700

one on top of each other, each one containing a separate world.

63

00:05:12,700 --> 00:05:21,700

One of the skills of the shaman is to be able to travel herself or himself between these different worlds in spirit form.

64

00:05:21,700 --> 00:05:28,700

Shamans are people who enter those realms and negotiate with the intelligent beings that inhabit those realms.

65

00:05:30,700 --> 00:05:37,700

But are shamans simply experiencing hallucinations?

66

00:05:37,700 --> 00:05:41,700

Daydreams manifested in their minds?

67

00:05:41,700 --> 00:05:46,700

Or is it possible that their visions are real?

68

00:05:46,700 --> 00:05:50,700

Dismissed by some today as madmen or charlatans,

69

00:05:50,700 --> 00:05:57,700

in the ancient world shamans like Genghis Khan often held positions of great influence.

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00:05:57,800 --> 00:06:06,800

And ancient astronaut theorists claim the stories of these shamans reveal a connection to other worldly beings.

71

00:06:11,800 --> 00:06:14,800

Copan, Western Honduras.

72

00:06:14,800 --> 00:06:22,800

In the ruins of this archaeological site, once a major Mayan city that thrived from 400 to 800 AD,

73

00:06:22,900 --> 00:06:26,900

stands a statue of one of its most powerful ancient kings,

74

00:06:26,900 --> 00:06:32,900

Washa Klahun Uba K'Wil, commonly known as 18 Rabbit.

75

00:06:35,900 --> 00:06:41,900

Around 2000 years ago, the Mayan Empire was at its height.

76

00:06:41,900 --> 00:06:47,900

And they had a king by the name of 18 Rabbit.

77

00:06:47,900 --> 00:06:51,900

The rabbit to the ancient Mayans represented the moon.

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00:06:52,000 --> 00:07:01,000

So basically 18 Rabbit was considered to be an incarnation of the moon god.

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00:07:01,000 --> 00:07:07,000

And he is said to have had all sorts of miraculous powers.

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00:07:07,000 --> 00:07:14,000

By the end of his 44 year reign, 18 Rabbit had erected seven stone pillars,

81

00:07:14,000 --> 00:07:19,000

each depicting him interacting with the divine.

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00:07:22,000 --> 00:07:29,000

The Stella of Copan shows King 18 Rabbit standing in the center of the universe.

83

00:07:29,000 --> 00:07:33,000

But on the side of him is a portal to another world.

84

00:07:33,000 --> 00:07:38,000

So it would seem to be telling us that he had access to the other world,

85

00:07:38,000 --> 00:07:42,000

as well as being the commander in chief of this world.

86

00:07:45,000 --> 00:07:49,000

Today we separate politics and religion.

87

00:07:49,100 --> 00:07:53,100

In the past, especially for the Mayan, that was not the case.

88

00:07:53,100 --> 00:08:00,100

To be the king was to also be supernatural, to have shamanic ability.

89

00:08:01,100 --> 00:08:05,100

You were not just a king, you were a shaman king.

90

00:08:08,100 --> 00:08:13,100

An 18 Rabbit, like every other king in the dynasty of Copan

91

00:08:13,100 --> 00:08:17,100

and in the cities around them, was a shaman.

92

00:08:17,200 --> 00:08:21,200

According to Maya tradition, shaman kings like 18 Rabbit

93

00:08:21,200 --> 00:08:24,200

would connect with other worldly beings

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00:08:24,200 --> 00:08:29,200

through a process known as bloodletting.

95

00:08:33,200 --> 00:08:37,200

The Mayan king would put a spine through his hand.

96

00:08:37,200 --> 00:08:41,200

Blood would be collected by the shaman into a piece of paper

97

00:08:41,200 --> 00:08:45,200

and it would then be put into a fire and it would smoke.

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00:08:45,300 --> 00:08:49,300

And by watching the smoke rise, the shaman could see

99

00:08:49,300 --> 00:08:52,300

what actions they were supposed to take.

100

00:08:52,300 --> 00:08:55,300

According to the will of the gods, revealed in the smoke

101

00:08:55,300 --> 00:08:59,300

that was made by the blood of the king or the ruler.

102

00:08:59,300 --> 00:09:04,300

The right to rulership for a Maya king, the thing that the people

103

00:09:04,300 --> 00:09:09,300

followed him for was his ability to contact the other world.

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00:09:09,300 --> 00:09:14,300

Through shamanic ceremonies, he was able to ask for the fate

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00:09:14,400 --> 00:09:17,400

of the gods for the people.

106

00:09:21,400 --> 00:09:25,400

18 Rabbit was a very powerful shaman king.

107

00:09:25,400 --> 00:09:30,400

You have to ask, is it possible that these gods could be extraterrestrials?

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00:09:30,400 --> 00:09:34,400

Perhaps it was the guidance of these extraterrestrial beings

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00:09:34,400 --> 00:09:38,400

that made him such a powerful leader.

110

00:09:38,400 --> 00:09:42,400

All around the world, we can hear stories of how shaman state

111

00:09:42,500 --> 00:09:46,500

that they were in communications with beings from other worlds.

112

00:09:48,500 --> 00:09:53,500

Is it possible that what we see in the experiences of ancient shamans

113

00:09:53,500 --> 00:09:56,500

is extraterrestrial human contact?

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00:09:56,500 --> 00:10:01,500

And this contact wasn't seen as something dangerous or strange

115

00:10:01,500 --> 00:10:05,500

but rather as a means for moving humanity forward

116

00:10:05,500 --> 00:10:09,500

due to new and important knowledge received.

117

00:10:09,600 --> 00:10:15,600

Were kings like 18 Rabbit really communicating with divine,

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00:10:15,600 --> 00:10:18,600

perhaps even extraterrestrial beings?

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00:10:18,600 --> 00:10:22,600

Was it this otherworldly guidance that made them so powerful?

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00:10:22,600 --> 00:10:27,600

But if so, where did these ancient shaman learn how to access

121

00:10:27,600 --> 00:10:30,600

these incredible abilities?

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00:10:30,600 --> 00:10:35,600

Ancient astronaut theorists believe the answers can be found

123

00:10:35,700 --> 00:10:40,700

by examining the transformative and sometimes dangerous process

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00:10:40,700 --> 00:10:44,700

of becoming a shaman.

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00:10:48,700 --> 00:10:53,700

Fort Lauderdale, Florida, January 27th, 2014.

126

00:10:55,700 --> 00:10:58,700

A Peruvian-born shaman leads a group of participants

127

00:10:58,700 --> 00:11:01,700

in an ancient Andean practice.

128

00:11:01,800 --> 00:11:07,800

Known as a despacho ceremony, this ritual dates back thousands of years.

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00:11:09,800 --> 00:11:13,800

In Peru, despachos or hayuas, which are offerings,

130

00:11:13,800 --> 00:11:17,800

have existed since the first pre-Columbian peoples

131

00:11:17,800 --> 00:11:21,800

settled the Andes and Coastal area.

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00:11:23,800 --> 00:11:27,800

A despacho consists of a ritual honoring with reverence

133

00:11:27,900 --> 00:11:30,900

our ancestral star relatives in the cosmos

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00:11:30,900 --> 00:11:35,900

that has been guiding the evolution of humankind on planet Earth.

135

00:11:38,900 --> 00:11:42,900

Every time I perform a pacacuti ritual,

136

00:11:42,900 --> 00:11:44,900

portals are open.

137

00:11:44,900 --> 00:11:49,900

Conduits between the Earth and the sky are revealed.

138

00:11:52,900 --> 00:11:56,900

It is believed that through ceremonies such as the despacho

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00:11:57,000 --> 00:12:01,000

shamans are in fact able to access these so-called

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00:12:01,000 --> 00:12:05,000

non-local realms of being in the universe.

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00:12:05,000 --> 00:12:09,000

It helps to unify those of Earth with those from the sky.

142

00:12:13,000 --> 00:12:18,000

If shamans really are able to access these so-called non-local realms,

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00:12:18,000 --> 00:12:20,000

how are they doing it?

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00:12:20,000 --> 00:12:25,000

And who or what has chosen them to be the ones to communicate

145

00:12:25,100 --> 00:12:28,100

with beings from beyond our world?

146

00:12:28,100 --> 00:12:35,100

I came into this shamanic tradition as a result of deep curiosity as a child.

147

00:12:35,100 --> 00:12:38,100

He atexemuyu, titanci huiracocha.

148

00:12:38,100 --> 00:12:43,100

I learned from my two primary mentors in folk healing

149

00:12:43,100 --> 00:12:47,100

known as curanderismo, the following.

150

00:12:49,100 --> 00:12:52,100

The spirit world is here with us.

151

00:12:52,200 --> 00:12:56,200

Let us celebrate through that portal to the stars.

152

00:12:58,200 --> 00:13:04,200

I was introduced to a universe in which seen as well as unseen relatives

153

00:13:04,200 --> 00:13:08,200

and allies and spirit helpers abound

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00:13:08,200 --> 00:13:12,200

and forming relationships with these spirit helpers

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00:13:12,200 --> 00:13:15,200

was the foundation of my apprenticeship.

156

00:13:17,200 --> 00:13:19,200

But who are the spirit helpers?

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00:13:19,300 --> 00:13:25,300

Are they actual beings who exist in a realm most of us are unable to experience?

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00:13:25,300 --> 00:13:29,300

Ancient astronaut theorists believe the answer may be found

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00:13:29,300 --> 00:13:33,300

in the story of a famous Native American shaman.

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00:13:38,300 --> 00:13:41,300

Bighorn Mountain Range, Wyoming.

161

00:13:43,300 --> 00:13:46,300

Nearly 10,000 feet up on a desolate peak

162

00:13:46,400 --> 00:13:49,400

that is only accessible during the brief summer months

163

00:13:49,400 --> 00:13:53,400

lies a structure known as the Bighorn Medicine Wheel.

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00:13:55,400 --> 00:13:59,400

This massive stone circle measures over 75 feet in diameter

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00:13:59,400 --> 00:14:03,400

and contains 28 spokes representing the lunar cycle.

166

00:14:05,400 --> 00:14:08,400

By studying the astronomical alignments of the stones

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00:14:08,400 --> 00:14:14,400

researchers were able to date the construction of the site to approximately 1200 AD.

168

00:14:16,400 --> 00:14:20,400

Although it is held sacred by over 60 different Native American tribes

169

00:14:20,400 --> 00:14:24,400

just who built the Medicine Wheel remains a mystery.

170

00:14:27,400 --> 00:14:32,400

So the Bighorn Medicine Wheel is significant to a lot of tribes

171

00:14:32,400 --> 00:14:36,400

because it has this connection to a lot of different traditions

172

00:14:36,400 --> 00:14:40,400

in terms of star knowledge and star power and ceremony.

173

00:14:40,500 --> 00:14:45,500

According to the oral tradition of the Crow Tribe

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00:14:45,500 --> 00:14:48,500

the 19th century leader Red Plume

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00:14:48,500 --> 00:14:51,500

made a journey to the Medicine Wheel as a young man

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00:14:51,500 --> 00:14:55,500

that shaped his destiny as a powerful shaman and chief.

177

00:14:57,500 --> 00:15:00,500

The Medicine Wheel you connect to particular constellations

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00:15:00,500 --> 00:15:05,500

that are kind of like vortexes between certain star energy

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00:15:05,500 --> 00:15:08,500

and certain earth energy.

180

00:15:08,600 --> 00:15:13,600

The Medicine Wheel seems to be creating some place that marks

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00:15:13,600 --> 00:15:17,600

the particular spot at a particular time

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00:15:17,600 --> 00:15:24,600

where those star energies and earth energies and human energy come together.

183

00:15:29,600 --> 00:15:32,600

During what the Crow Tribe called his vision quest

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00:15:32,600 --> 00:15:36,600

Red Plume claimed to have encountered a mysterious race of beings

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00:15:36,700 --> 00:15:39,700

he called Little People.

186

00:15:41,700 --> 00:15:44,700

He was visited, he said, by these little men

187

00:15:44,700 --> 00:15:47,700

who then took him inside the earth

188

00:15:47,700 --> 00:15:51,700

into some kind of a vortex wormhole.

189

00:15:51,700 --> 00:15:57,700

There they taught him secrets of medicine.

190

00:15:59,700 --> 00:16:03,700

There are lots of stories about Little People in Native tradition

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00:16:03,700 --> 00:16:05,700

across the Americas.

192

00:16:05,800 --> 00:16:07,800

Little People come from another planet

193

00:16:07,800 --> 00:16:10,800

and they kind of play around with human beings

194

00:16:10,800 --> 00:16:13,800

but they're also protectors of them

195

00:16:13,800 --> 00:16:16,800

teaching them even through that playfulness.

196

00:16:17,800 --> 00:16:21,800

Is it possible that this medicine man was actually meeting

197

00:16:21,800 --> 00:16:26,800

with extraterrestrials who then taught him some medical secrets

198

00:16:26,800 --> 00:16:30,800

and then allowed him to return back to his people?

199

00:16:30,900 --> 00:16:37,900

These stories didn't originate in our ancestors' imagination.

200

00:16:37,900 --> 00:16:42,900

There is a core of truth to all those stories

201

00:16:42,900 --> 00:16:46,900

and so those beings are they in reality

202

00:16:46,900 --> 00:16:49,900

of extraterrestrial origin

203

00:16:49,900 --> 00:16:52,900

something physical flesh and blood?

204

00:16:52,900 --> 00:16:54,900

Absolutely.

205

00:16:54,900 --> 00:16:59,900

Those beings are the progenitors of knowledge.

206

00:17:00,900 --> 00:17:03,900

Could the stories of the Big Horn Medicine Wheel

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00:17:03,900 --> 00:17:06,900

be describing extraterrestrial contact?

208

00:17:08,900 --> 00:17:12,900

Is this where shamans like Red Plume acquired wisdom

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00:17:12,900 --> 00:17:15,900

from other worldly beings?

210

00:17:19,900 --> 00:17:21,900

In cultures throughout the world

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00:17:21,900 --> 00:17:24,900

there are stories of shamanic initiation

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00:17:24,900 --> 00:17:27,900

at the hands of so-called spirits.

213

00:17:28,000 --> 00:17:32,000

Oftentimes the process is described as dangerous.

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00:17:32,000 --> 00:17:36,000

In fact, many healers are said to be taken against their will

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00:17:36,000 --> 00:17:38,000

for this instruction.

216

00:17:38,000 --> 00:17:40,000

When shamans narrate their life stories

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00:17:40,000 --> 00:17:42,000

they usually do not say,

218

00:17:42,000 --> 00:17:44,000

well I chose to be a shaman.

219

00:17:44,000 --> 00:17:48,000

The healer does not choose her or his profession

220

00:17:48,000 --> 00:17:51,000

they are chosen by the spirits.

221

00:17:51,000 --> 00:17:53,000

My shaman is usually called

222

00:17:53,000 --> 00:17:57,000

and there's some sort of wound that the shaman sustains.

223

00:17:57,100 --> 00:18:00,100

It can be any bizarre melody

224

00:18:00,100 --> 00:18:04,100

struck by lightning, epileptic fits,

225

00:18:04,100 --> 00:18:07,100

bad accident, anything that wounds the person

226

00:18:07,100 --> 00:18:09,100

enables them to go inward.

227

00:18:09,100 --> 00:18:11,100

It's quite a hardship

228

00:18:11,100 --> 00:18:13,100

and that's not something that anybody

229

00:18:13,100 --> 00:18:15,100

who really knows about it would readily undertake.

230

00:18:17,100 --> 00:18:19,100

Once the spirits have got you, you either die

231

00:18:19,100 --> 00:18:22,100

or remain permanently sick or become a shaman.

232

00:18:22,100 --> 00:18:24,100

There aren't a lot of ways out.

233

00:18:24,200 --> 00:18:27,200

You often go mad for a bit

234

00:18:27,200 --> 00:18:30,200

or fall sick for a bit as the spirits take possession of you

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00:18:30,200 --> 00:18:35,200

and then you go through a visionary process

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00:18:35,200 --> 00:18:38,200

in which for example quite often

237

00:18:38,200 --> 00:18:40,200

you feel your entire body being taken apart

238

00:18:40,200 --> 00:18:42,200

and then put back together again

239

00:18:42,200 --> 00:18:44,200

and when you're back together again

240

00:18:44,200 --> 00:18:46,200

you're starting to acquire the abilities

241

00:18:46,200 --> 00:18:48,200

to travel through time and space.

242

00:18:48,300 --> 00:18:53,300

Why would so many of these traditional healers

243

00:18:53,300 --> 00:18:56,300

share this belief that they had been chosen

244

00:18:56,300 --> 00:18:58,300

and physically changed by spirits?

245

00:19:00,300 --> 00:19:02,300

Some ancient astronaut theorists

246

00:19:02,300 --> 00:19:04,300

believe more clues can be found

247

00:19:04,300 --> 00:19:08,300

by examining the similarities between these shamanic experiences

248

00:19:08,300 --> 00:19:13,300

and the stories of modern-day UFO abductions.

249

00:19:13,400 --> 00:19:16,400

People who believe they've been abducted by aliens

250

00:19:16,400 --> 00:19:19,400

will speak of implants being put in their bodies

251

00:19:19,400 --> 00:19:21,400

put there by the aliens.

252

00:19:23,400 --> 00:19:25,400

Exactly the same experiences

253

00:19:25,400 --> 00:19:30,400

are reported in much more traditional cultures, shamanistic cultures.

254

00:19:32,400 --> 00:19:36,400

The construal there is that this is being done by the spirits

255

00:19:36,400 --> 00:19:39,400

and the similarity between the two experiences

256

00:19:39,400 --> 00:19:42,400

are a few of the most common experiences

257

00:19:42,500 --> 00:19:44,500

are very, very, very strong

258

00:19:44,500 --> 00:19:46,500

and very, very powerful.

259

00:19:46,500 --> 00:19:48,500

Perhaps what's happening

260

00:19:48,500 --> 00:19:50,500

is that you're really in contact

261

00:19:50,500 --> 00:19:52,500

with some kind of extraterrestrials

262

00:19:54,500 --> 00:19:57,500

and in a sense in these shamanistic states

263

00:19:57,500 --> 00:20:00,500

you're tapping into what we would almost call

264

00:20:00,500 --> 00:20:02,500

extraterrestrial powers.

265

00:20:04,500 --> 00:20:06,500

Is it possible that shamans

266

00:20:06,500 --> 00:20:08,500

receive their mysterious powers

267

00:20:08,500 --> 00:20:10,500

through alien abductions?

268

00:20:10,600 --> 00:20:14,600

And might this explain why shamans all over the world

269

00:20:14,600 --> 00:20:17,600

claim to have a connection to other realms?

270

00:20:19,600 --> 00:20:21,600

Perhaps the answers can be found

271

00:20:21,600 --> 00:20:23,600

in the strange and powerful visions

272

00:20:23,600 --> 00:20:25,600

experienced by shamans

273

00:20:26,600 --> 00:20:28,600

in the Amazon.

274

00:20:34,600 --> 00:20:36,600

The Amazon jungle, Peru.

275

00:20:36,700 --> 00:20:38,700

Stretching from the Andes mountains

276

00:20:38,700 --> 00:20:40,700

to the eastern shores of Brazil,

277

00:20:41,700 --> 00:20:43,700

this rainforest is home to more than

278

00:20:43,700 --> 00:20:45,700

80,000 species of plants

279

00:20:45,700 --> 00:20:47,700

many of which shamans

280

00:20:47,700 --> 00:20:49,700

and religious healers

281

00:20:49,700 --> 00:20:51,700

have consumed for thousands of years.

282

00:20:53,700 --> 00:20:55,700

As a way to access realms

283

00:20:55,700 --> 00:20:59,700

they say are inhabited by other worldly beings.

284

00:21:01,700 --> 00:21:03,700

In the Amazon

285

00:21:03,700 --> 00:21:05,700

one of the shamans

286

00:21:05,800 --> 00:21:07,800

jobs aside from going to the other world

287

00:21:07,800 --> 00:21:09,800

and speaking with the spirits

288

00:21:09,800 --> 00:21:12,800

is to find the plants right here on earth

289

00:21:12,800 --> 00:21:15,800

that can heal the people of his tribe.

290

00:21:18,800 --> 00:21:20,800

And in the Amazonian belief systems

291

00:21:20,800 --> 00:21:22,800

each plant in the jungle

292

00:21:22,800 --> 00:21:24,800

has its own spirit.

293

00:21:28,800 --> 00:21:30,800

And one of the shamans gift

294

00:21:30,800 --> 00:21:32,800

is that he can communicate

295

00:21:32,800 --> 00:21:34,800

with these plant spirits

296

00:21:34,900 --> 00:21:36,900

originating in the central Andes

297

00:21:36,900 --> 00:21:38,900

of South America

298

00:21:38,900 --> 00:21:39,900

ayahuasca

299

00:21:39,900 --> 00:21:41,900

meaning the vine of the souls

300

00:21:41,900 --> 00:21:43,900

is a psychedelic brew

301

00:21:43,900 --> 00:21:45,900

consisting of two different types

302

00:21:45,900 --> 00:21:47,900

of plants cooked with water.

303

00:21:49,900 --> 00:21:51,900

And this is drunk by the shamans

304

00:21:51,900 --> 00:21:53,900

but in order to enter the spirit world

305

00:21:53,900 --> 00:21:55,900

to gain information about diseases

306

00:21:55,900 --> 00:21:57,900

to force see the future

307

00:21:57,900 --> 00:21:59,900

to carry out a healing for somebody.

308

00:21:59,900 --> 00:22:01,900

We know

309

00:22:01,900 --> 00:22:03,900

some of the shamans

310

00:22:04,000 --> 00:22:06,000

We know some of the history of ayahuasca

311

00:22:06,000 --> 00:22:08,000

because archaeologists have found artifacts

312

00:22:08,000 --> 00:22:10,000

from the rainforest

313

00:22:10,000 --> 00:22:12,000

which date back three and a half thousand

314

00:22:12,000 --> 00:22:14,000

or four thousand years

315

00:22:14,000 --> 00:22:16,000

but those are only the surviving artifacts

316

00:22:16,000 --> 00:22:18,000

that they've found.

317

00:22:18,000 --> 00:22:20,000

Potentially this could go back to the beginning of time.

318

00:22:22,000 --> 00:22:24,000

Ayahuasca contains dimethyltryptamine

319

00:22:24,000 --> 00:22:26,000

or DMT

320

00:22:26,000 --> 00:22:28,000

one of the most powerful hallucinogens

321

00:22:28,000 --> 00:22:30,000

known to man.

322

00:22:30,000 --> 00:22:32,000

But strangely

323

00:22:32,100 --> 00:22:35,100

only works when consumed under precise conditions.

324

00:22:35,100 --> 00:22:37,100

In just DMT

325

00:22:37,100 --> 00:22:39,100

it's inactivated

326

00:22:39,100 --> 00:22:41,100

in the intestine by

327

00:22:41,100 --> 00:22:43,100

by certain enzymes

328

00:22:43,100 --> 00:22:45,100

so in order to get the DMT

329

00:22:45,100 --> 00:22:47,100

to be activated

330

00:22:47,100 --> 00:22:49,100

and to be able to be absorbed

331

00:22:49,100 --> 00:22:51,100

they have to combine it with other plants.

332

00:22:51,100 --> 00:22:53,100

Ayahuasca contains

333

00:22:53,100 --> 00:22:55,100

a mixture of two plants

334

00:22:55,100 --> 00:22:57,100

there's actually quite subtle

335

00:22:57,100 --> 00:22:59,100

and sophisticated

336

00:22:59,100 --> 00:23:01,100

knowledge of plants goes into the preparation

337

00:23:01,200 --> 00:23:03,200

because these two things on separately

338

00:23:03,200 --> 00:23:05,200

will not work.

339

00:23:05,200 --> 00:23:07,200

You have to mix them together

340

00:23:07,200 --> 00:23:09,200

and let's not forget that there's a hundred

341

00:23:09,200 --> 00:23:11,200

and fifty thousand different species of plants

342

00:23:11,200 --> 00:23:13,200

and trees in the Amazon

343

00:23:13,200 --> 00:23:15,200

it's really quite an amazing achievement

344

00:23:15,200 --> 00:23:17,200

of ancient chemistry

345

00:23:17,200 --> 00:23:19,200

to bring these two plants together

346

00:23:19,200 --> 00:23:21,200

to produce a highly psychoactive

347

00:23:21,200 --> 00:23:23,200

visionary brew.

348

00:23:23,200 --> 00:23:25,200

But how did ancient people

349

00:23:25,200 --> 00:23:27,200

living in the jungles of Peru

350

00:23:27,200 --> 00:23:29,200

over three thousand years ago

351

00:23:29,300 --> 00:23:31,300

with tens of thousands of plants

352

00:23:31,300 --> 00:23:33,300

to choose from

353

00:23:33,300 --> 00:23:35,300

figure out that combining these two particular plants

354

00:23:35,300 --> 00:23:37,300

would produce these powerful visions.

355

00:23:37,300 --> 00:23:39,300

According to the mythology

356

00:23:39,300 --> 00:23:41,300

of the Oshware people of the Amazon

357

00:23:41,300 --> 00:23:43,300

their ancestors didn't discover this on their own

358

00:23:43,300 --> 00:23:45,300

but were guided

359

00:23:45,300 --> 00:23:47,300

by extraterrestrial beings.

360

00:23:47,300 --> 00:23:49,300

The shawmas

361

00:23:49,300 --> 00:23:51,300

communicated with their spirits

362

00:23:51,300 --> 00:23:53,300

and would tell them

363

00:23:53,300 --> 00:23:55,300

that they were the ones

364

00:23:55,300 --> 00:23:57,300

who were the ones

365

00:23:57,400 --> 00:23:59,400

who were guided by the shawmas

366

00:23:59,400 --> 00:24:01,400

and were told to go into the jungle

367

00:24:01,400 --> 00:24:03,400

and turn two corners as the myth goes

368

00:24:03,400 --> 00:24:05,400

and then they would find this plant

369

00:24:05,400 --> 00:24:07,400

and they brought that back to the village

370

00:24:07,400 --> 00:24:09,400

and prepared it in the appropriate way.

371

00:24:09,400 --> 00:24:11,400

The oral tradition

372

00:24:11,400 --> 00:24:13,400

says that

373

00:24:13,400 --> 00:24:15,400

ayahuasca is a linkage

374

00:24:15,400 --> 00:24:17,400

to the upper world

375

00:24:17,400 --> 00:24:19,400

and it is entirely possible

376

00:24:19,400 --> 00:24:21,400

that they were given

377

00:24:21,400 --> 00:24:23,400

this gift

378

00:24:23,400 --> 00:24:25,400

by their own gods

379

00:24:25,500 --> 00:24:27,500

which may be

380

00:24:27,500 --> 00:24:29,500

extraterrestrials.

381

00:24:33,500 --> 00:24:35,500

If the Oshware story

382

00:24:35,500 --> 00:24:37,500

of how their ancestors discovered ayahuasca

383

00:24:37,500 --> 00:24:39,500

is true

384

00:24:39,500 --> 00:24:41,500

could they have been guided not by spirits

385

00:24:41,500 --> 00:24:43,500

but by extraterrestrial beings

386

00:24:43,500 --> 00:24:45,500

beings

387

00:24:45,500 --> 00:24:47,500

who communicated with them

388

00:24:47,500 --> 00:24:49,500

on another plane of reality?

389

00:24:49,600 --> 00:24:51,600

Between 1990

390

00:24:51,600 --> 00:24:53,600

and 1995

391

00:24:53,600 --> 00:24:55,600

scientists at the University of New Mexico

392

00:24:55,600 --> 00:24:57,600

administered DMT

393

00:24:57,600 --> 00:24:59,600

the active ingredient in ayahuasca

394

00:24:59,600 --> 00:25:01,600

to 60 volunteers

395

00:25:01,600 --> 00:25:03,600

and discovered

396

00:25:03,600 --> 00:25:05,600

shocking results.

397

00:25:05,600 --> 00:25:07,600

Medical researchers

398

00:25:07,600 --> 00:25:09,600

actually administered DMT

399

00:25:09,600 --> 00:25:11,600

to patients in a controlled medical setting

400

00:25:11,600 --> 00:25:13,600

and they had exactly the same experiences

401

00:25:13,600 --> 00:25:15,600

as those reported in the journal

402

00:25:15,600 --> 00:25:17,600

and they had exactly the same experiences

403

00:25:17,700 --> 00:25:19,700

as those reported in the jungles

404

00:25:19,700 --> 00:25:21,700

of South America and elsewhere

405

00:25:21,700 --> 00:25:23,700

who were experiencing ayahuasca.

406

00:25:23,700 --> 00:25:25,700

Ayahuasca users

407

00:25:25,700 --> 00:25:27,700

typically experience

408

00:25:27,700 --> 00:25:29,700

hallucinations in the visual form

409

00:25:29,700 --> 00:25:31,700

and a lot of them say that they see

410

00:25:31,700 --> 00:25:33,700

other beings

411

00:25:33,700 --> 00:25:35,700

and a lot of them say that they get

412

00:25:35,700 --> 00:25:37,700

messages

413

00:25:37,700 --> 00:25:39,700

sent to them from these beings.

414

00:25:39,700 --> 00:25:41,700

In several cases

415

00:25:41,700 --> 00:25:43,700

those intelligent entities

416

00:25:43,700 --> 00:25:45,700

said to them roughly the following

417

00:25:45,800 --> 00:25:48,800

We're so pleased you've discovered this technology

418

00:25:48,800 --> 00:25:50,800

now we can communicate with you

419

00:25:50,800 --> 00:25:52,800

more often

420

00:25:52,800 --> 00:25:54,800

Perhaps what we're dealing with here

421

00:25:54,800 --> 00:25:56,800

is intelligent inhabitants of other dimensions.

422

00:25:57,800 --> 00:25:59,800

Why would so many people

423

00:25:59,800 --> 00:26:01,800

report such similar experiences

424

00:26:01,800 --> 00:26:03,800

while using ayahuasca?

425

00:26:03,800 --> 00:26:05,800

Is it possible

426

00:26:05,800 --> 00:26:07,800

DMT provides access

427

00:26:07,800 --> 00:26:09,800

to another realm?

428

00:26:10,800 --> 00:26:12,800

Some shamans believe

429

00:26:12,800 --> 00:26:14,800

that plants like ayahuasca

430

00:26:14,900 --> 00:26:17,900

have an extraterrestrial origin.

431

00:26:17,900 --> 00:26:19,900

That they drifted here

432

00:26:19,900 --> 00:26:21,900

as space spores perhaps

433

00:26:21,900 --> 00:26:23,900

and then came to earth on comets

434

00:26:23,900 --> 00:26:25,900

starting growing here

435

00:26:25,900 --> 00:26:27,900

and perhaps they even had an agenda

436

00:26:27,900 --> 00:26:29,900

perhaps they are communication

437

00:26:29,900 --> 00:26:31,900

from extraterrestrials.

438

00:26:33,900 --> 00:26:35,900

Is it possible

439

00:26:35,900 --> 00:26:37,900

extraterrestrials gave the ancients

440

00:26:37,900 --> 00:26:39,900

the recipe for this powerful concoction

441

00:26:39,900 --> 00:26:41,900

as a way to communicate healing powers

442

00:26:41,900 --> 00:26:43,900

with shamans?

443

00:26:44,000 --> 00:26:46,000

And if so

444

00:26:46,000 --> 00:26:48,000

might the very core of mankind's knowledge

445

00:26:48,000 --> 00:26:50,000

about medicine

446

00:26:50,000 --> 00:26:52,000

have come from another worldly source?

447

00:26:55,000 --> 00:26:57,000

Hua Shan Mountain, China

448

00:26:59,000 --> 00:27:01,000

This 7,000 foot high peak

449

00:27:01,000 --> 00:27:03,000

in the Shanxi Province

450

00:27:03,000 --> 00:27:05,000

is believed to have been the place

451

00:27:05,000 --> 00:27:07,000

where Shanang, a benevolent emperor

452

00:27:07,000 --> 00:27:09,000

that ruled the area more than 4500 years ago

453

00:27:09,000 --> 00:27:11,000

was conceived.

454

00:27:11,000 --> 00:27:13,000

According to accounts

455

00:27:13,100 --> 00:27:15,100

the Han dynasty

456

00:27:15,100 --> 00:27:17,100

Shanang not only introduced agriculture

457

00:27:17,100 --> 00:27:19,100

to mankind

458

00:27:19,100 --> 00:27:21,100

but also developed a profound knowledge

459

00:27:21,100 --> 00:27:23,100

of Chinese herbs.

460

00:27:25,100 --> 00:27:27,100

Shanang pledged that he would venture out

461

00:27:27,100 --> 00:27:29,100

into the world

462

00:27:29,100 --> 00:27:31,100

and test every plant

463

00:27:31,100 --> 00:27:33,100

on the planet

464

00:27:33,100 --> 00:27:35,100

in order to determine its benefits

465

00:27:35,100 --> 00:27:37,100

for humans and also to catalog

466

00:27:37,100 --> 00:27:39,100

the more toxic

467

00:27:39,100 --> 00:27:41,100

or dangerous effects

468

00:27:41,200 --> 00:27:43,200

of testing these plants.

469

00:27:45,200 --> 00:27:47,200

Sometimes he would ingest of course

470

00:27:47,200 --> 00:27:49,200

poisonous plants

471

00:27:49,200 --> 00:27:51,200

and he would suffer poisonings

472

00:27:51,200 --> 00:27:53,200

up to 70 times

473

00:27:53,200 --> 00:27:55,200

per day.

474

00:27:55,200 --> 00:27:57,200

More than 2000 years later

475

00:27:57,200 --> 00:27:59,200

Shanang's findings were compiled

476

00:27:59,200 --> 00:28:01,200

in the Divine Farmers Erbroot Classic

477

00:28:01,200 --> 00:28:03,200

a medical journal

478

00:28:03,200 --> 00:28:05,200

that became one of the foundations

479

00:28:05,200 --> 00:28:07,200

of Chinese medicine.

480

00:28:07,300 --> 00:28:09,300

But just how could this mysterious being

481

00:28:09,300 --> 00:28:11,300

have tested so many herbs?

482

00:28:11,300 --> 00:28:13,300

Some even

483

00:28:13,300 --> 00:28:15,300

containing deadly poisons.

484

00:28:15,300 --> 00:28:17,300

Shanang was a quite

485

00:28:17,300 --> 00:28:19,300

unusual person.

486

00:28:19,300 --> 00:28:21,300

It said that he had a transparent stomach

487

00:28:21,300 --> 00:28:23,300

and he himself

488

00:28:23,300 --> 00:28:25,300

after ingesting these poisons

489

00:28:25,300 --> 00:28:27,300

would look into his own stomach

490

00:28:27,300 --> 00:28:29,300

and see how

491

00:28:29,300 --> 00:28:31,300

these poisons were interacting

492

00:28:31,300 --> 00:28:33,300

with himself

493

00:28:33,300 --> 00:28:35,300

and then he would take the antidotes

494

00:28:35,400 --> 00:28:37,400

for it.

495

00:28:37,400 --> 00:28:39,400

So you have to wonder

496

00:28:39,400 --> 00:28:41,400

if he's not some kind

497

00:28:41,400 --> 00:28:43,400

of extraterrestrial.

498

00:28:43,400 --> 00:28:45,400

Shanang could in fact

499

00:28:45,400 --> 00:28:47,400

have been an astral

500

00:28:47,400 --> 00:28:49,400

or star being

501

00:28:49,400 --> 00:28:51,400

who came to Earth

502

00:28:51,400 --> 00:28:53,400

to teach the secrets of healing.

503

00:28:53,400 --> 00:28:55,400

This idea would explain

504

00:28:55,400 --> 00:28:57,400

his strange appearance

505

00:28:57,400 --> 00:28:59,400

and also his ability

506

00:28:59,400 --> 00:29:01,400

to withstand ingesting

507

00:29:01,400 --> 00:29:03,400

poisonous plants

508

00:29:03,500 --> 00:29:05,500

and harm.

509

00:29:07,500 --> 00:29:09,500

Might Shanang have been

510

00:29:09,500 --> 00:29:11,500

an alien visitor

511

00:29:11,500 --> 00:29:13,500

one who traveled to Earth

512

00:29:13,500 --> 00:29:15,500

in order to educate mankind

513

00:29:15,500 --> 00:29:17,500

about medicine

514

00:29:17,500 --> 00:29:19,500

and the healing nature of plants.

515

00:29:19,500 --> 00:29:21,500

And is this proof

516

00:29:21,500 --> 00:29:23,500

that ingesting DMT

517

00:29:23,500 --> 00:29:25,500

a practice that dates back

518

00:29:25,500 --> 00:29:27,500

thousands of years

519

00:29:27,500 --> 00:29:29,500

actually connects shamans

520

00:29:29,500 --> 00:29:31,500

with extraterrestrial beings?

521

00:29:31,600 --> 00:29:33,600

The scientists say yes

522

00:29:33,600 --> 00:29:35,600

and claim further evidence lies

523

00:29:35,600 --> 00:29:37,600

with the supernatural healing rituals

524

00:29:37,600 --> 00:29:39,600

of the San Bushmen.

525

00:29:45,600 --> 00:29:47,600

The Kalahari Desert

526

00:29:47,600 --> 00:29:49,600

South Africa

527

00:29:49,600 --> 00:29:51,600

Here

528

00:29:51,600 --> 00:29:53,600

the native San Bushmen

529

00:29:53,600 --> 00:29:55,600

hold elaborate fireside rituals

530

00:29:55,600 --> 00:29:57,600

lasting for hours into the night.

531

00:29:57,600 --> 00:29:59,600

During these ceremonies

532

00:29:59,700 --> 00:30:01,700

the transdances perform what's known

533

00:30:01,700 --> 00:30:03,700

as a trance dance

534

00:30:03,700 --> 00:30:05,700

through which they reach

535

00:30:05,700 --> 00:30:07,700

an altered state of being

536

00:30:07,700 --> 00:30:09,700

and access other dimensions.

537

00:30:09,700 --> 00:30:11,700

The trance dance

538

00:30:11,700 --> 00:30:13,700

is thought to activate

539

00:30:13,700 --> 00:30:15,700

an energy in their body called noon.

540

00:30:15,700 --> 00:30:17,700

And this energy

541

00:30:17,700 --> 00:30:19,700

opens a portal of sorts

542

00:30:19,700 --> 00:30:21,700

that enables them to travel

543

00:30:21,700 --> 00:30:23,700

into the spirit world.

544

00:30:23,700 --> 00:30:25,700

And when the Bushmen

545

00:30:25,700 --> 00:30:27,700

activate this energy

546

00:30:27,800 --> 00:30:29,800

to put their hands in the fire

547

00:30:29,800 --> 00:30:31,800

without being burned

548

00:30:31,800 --> 00:30:33,800

they can see vast distances

549

00:30:33,800 --> 00:30:35,800

and it's as if in every way shape and form

550

00:30:35,800 --> 00:30:37,800

they're transformed into super powerful beings.

551

00:30:37,800 --> 00:30:39,800

By accessing

552

00:30:39,800 --> 00:30:41,800

the power of noon energy

553

00:30:41,800 --> 00:30:43,800

it is believed

554

00:30:43,800 --> 00:30:45,800

that a shaman who can extract illness

555

00:30:45,800 --> 00:30:47,800

see the insides

556

00:30:47,800 --> 00:30:49,800

of the sick

557

00:30:49,800 --> 00:30:51,800

and travel out of their own body

558

00:30:51,800 --> 00:30:53,800

to the land of the gods.

559

00:30:53,800 --> 00:30:55,800

This noon

560

00:30:55,900 --> 00:30:57,900

the shaman goes up the body

561

00:30:57,900 --> 00:30:59,900

and then often it goes out of the crown of the head

562

00:30:59,900 --> 00:31:01,900

and that's usually when the other body experience occurs

563

00:31:01,900 --> 00:31:03,900

and they travel to the spirit world.

564

00:31:03,900 --> 00:31:05,900

I've seen a bushman

565

00:31:05,900 --> 00:31:07,900

put a coal in his mouth

566

00:31:07,900 --> 00:31:09,900

and he wasn't burnt.

567

00:31:09,900 --> 00:31:11,900

They put their heads in the fire

568

00:31:11,900 --> 00:31:13,900

and although their hair might singe

569

00:31:13,900 --> 00:31:15,900

and even catch fire

570

00:31:15,900 --> 00:31:17,900

their face won't be burnt.

571

00:31:17,900 --> 00:31:19,900

So something is happening with this noon energy.

572

00:31:19,900 --> 00:31:21,900

They call it boiling energy.

573

00:31:21,900 --> 00:31:23,900

It's almost like there's a vibrational change

574

00:31:24,000 --> 00:31:26,000

in the DNA in some way.

575

00:31:28,000 --> 00:31:30,000

Could the so-called noon energy

576

00:31:30,000 --> 00:31:32,000

really be inherent in shamans

577

00:31:32,000 --> 00:31:34,000

accessed only while in a sort of dream state?

578

00:31:36,000 --> 00:31:38,000

And is it possible

579

00:31:38,000 --> 00:31:40,000

that the genetic makeup of these medicine men

580

00:31:40,000 --> 00:31:42,000

is what allows them to access

581

00:31:42,000 --> 00:31:44,000

other dimensions?

582

00:31:48,000 --> 00:31:50,000

The San Bush people

583

00:31:50,000 --> 00:31:52,000

have a tradition

584

00:31:52,100 --> 00:31:54,100

that the first tribe

585

00:31:54,100 --> 00:31:56,100

ever created

586

00:31:56,100 --> 00:31:58,100

they're the oldest people in the world.

587

00:31:58,100 --> 00:32:00,100

DNA tests

588

00:32:00,100 --> 00:32:02,100

have shown that they probably are

589

00:32:02,100 --> 00:32:04,100

that all other

590

00:32:04,100 --> 00:32:06,100

cultures

591

00:32:06,100 --> 00:32:08,100

and all other peoples that spread throughout the world

592

00:32:08,100 --> 00:32:10,100

came originally

593

00:32:10,100 --> 00:32:12,100

from where

594

00:32:12,100 --> 00:32:14,100

the San people

595

00:32:14,100 --> 00:32:16,100

are now.

596

00:32:18,100 --> 00:32:20,100

When we look at the San Bushman

597

00:32:20,200 --> 00:32:22,200

and we see the clear genetic evidence

598

00:32:22,200 --> 00:32:24,200

that they are the primordial seed

599

00:32:24,200 --> 00:32:26,200

of human civilization

600

00:32:26,200 --> 00:32:28,200

and life on Earth

601

00:32:28,200 --> 00:32:30,200

it is possible

602

00:32:30,200 --> 00:32:32,200

that their DNA

603

00:32:32,200 --> 00:32:34,200

is especially well equipped

604

00:32:34,200 --> 00:32:36,200

to have this potential

605

00:32:36,200 --> 00:32:38,200

to access these non-ordinary states of consciousness

606

00:32:38,200 --> 00:32:40,200

which may in fact

607

00:32:40,200 --> 00:32:42,200

be a key

608

00:32:42,200 --> 00:32:44,200

physically journeying into them.

609

00:32:44,200 --> 00:32:46,200

Giving these people the ability

610

00:32:46,200 --> 00:32:48,200

to do things that most of us

611

00:32:48,300 --> 00:32:50,300

seemingly cannot.

612

00:32:51,300 --> 00:32:53,300

Is it possible

613

00:32:53,300 --> 00:32:55,300

that the San Bushman

614

00:32:55,300 --> 00:32:57,300

have special knowledge of how to alter their genetic makeup

615

00:32:57,300 --> 00:32:59,300

in order to access

616

00:32:59,300 --> 00:33:01,300

other realms?

617

00:33:01,300 --> 00:33:03,300

A knowledge that is shared by shamans

618

00:33:03,300 --> 00:33:05,300

around the world

619

00:33:05,300 --> 00:33:07,300

and might this knowledge or power

620

00:33:07,300 --> 00:33:09,300

have been given to them by alien beings?

621

00:33:11,300 --> 00:33:13,300

Ancient astronaut theorists

622

00:33:13,300 --> 00:33:15,300

believe an undeniable connection

623

00:33:15,300 --> 00:33:17,300

between shamans and extraterrestrials

624

00:33:17,400 --> 00:33:19,400

is found in cave paintings

625

00:33:19,400 --> 00:33:21,400

that date back thousands of years.

626

00:33:25,400 --> 00:33:27,400

Alaska caves

627

00:33:27,400 --> 00:33:29,400

southwestern France

628

00:33:29,400 --> 00:33:31,400

discovered in 1940

629

00:33:31,400 --> 00:33:33,400

near the village of Montagnac

630

00:33:33,400 --> 00:33:35,400

This cave complex

631

00:33:35,400 --> 00:33:37,400

is covered in paleolithic paintings

632

00:33:37,400 --> 00:33:39,400

dating back more than

633

00:33:39,400 --> 00:33:41,400

17,000 years.

634

00:33:41,400 --> 00:33:43,400

Anthropologists believe

635

00:33:43,400 --> 00:33:45,400

ancient shamans

636

00:33:45,500 --> 00:33:47,500

use these subterranean chambers

637

00:33:47,500 --> 00:33:49,500

to perform sacred rituals.

638

00:33:51,500 --> 00:33:53,500

And curiously

639

00:33:53,500 --> 00:33:55,500

among the many ice age animals

640

00:33:55,500 --> 00:33:57,500

that are depicted on the walls

641

00:33:57,500 --> 00:33:59,500

there is a strange creature

642

00:33:59,500 --> 00:34:01,500

that has the body of a man

643

00:34:01,500 --> 00:34:03,500

and the head of a bird.

644

00:34:03,500 --> 00:34:05,500

The technical term for such a creature

645

00:34:05,500 --> 00:34:07,500

is a therianthrope

646

00:34:07,500 --> 00:34:09,500

and that's from the Greek therion

647

00:34:09,500 --> 00:34:11,500

which means wild beast

648

00:34:11,500 --> 00:34:13,500

and anthropos which means man.

649

00:34:13,600 --> 00:34:15,600

Clearly these are not things

650

00:34:15,600 --> 00:34:17,600

that one encounters

651

00:34:17,600 --> 00:34:19,600

in everyday life.

652

00:34:19,600 --> 00:34:21,600

The imagery of cave art

653

00:34:21,600 --> 00:34:23,600

is best explained

654

00:34:23,600 --> 00:34:25,600

as the experiences

655

00:34:25,600 --> 00:34:27,600

that shamans undergo

656

00:34:27,600 --> 00:34:29,600

in a deep state of trance.

657

00:34:29,600 --> 00:34:31,600

When they return

658

00:34:31,600 --> 00:34:33,600

from the trance state

659

00:34:33,600 --> 00:34:35,600

they then depict

660

00:34:35,600 --> 00:34:37,600

on the cave walls the visions

661

00:34:37,600 --> 00:34:39,600

that they have seen in this

662

00:34:39,600 --> 00:34:41,600

deeply altered state of consciousness.

663

00:34:43,600 --> 00:34:45,600

The bird man found in Lasco

664

00:34:45,600 --> 00:34:47,600

is reminiscent

665

00:34:47,600 --> 00:34:49,600

of one of the Egyptians

666

00:34:49,600 --> 00:34:51,600

most important gods,

667

00:34:51,600 --> 00:34:53,600

Thoth.

668

00:34:53,600 --> 00:34:55,600

It is also consistent

669

00:34:55,600 --> 00:34:57,600

with the depiction of the Sumerian sky gods

670

00:34:57,600 --> 00:34:59,600

the Anunnaki.

671

00:34:59,600 --> 00:35:01,600

But is it mere coincidence

672

00:35:01,600 --> 00:35:03,600

that these shamans

673

00:35:03,600 --> 00:35:05,600

are encountering the same types of beings

674

00:35:05,600 --> 00:35:07,600

while in a trance

675

00:35:07,600 --> 00:35:09,600

that the world's earliest civilizations

676

00:35:09,600 --> 00:35:11,600

depict it as their gods?

677

00:35:11,700 --> 00:35:14,700

In all of these different indigenous cultures

678

00:35:14,700 --> 00:35:16,700

around the world

679

00:35:16,700 --> 00:35:18,700

there are remarkable similarities

680

00:35:18,700 --> 00:35:20,700

of what types of beings

681

00:35:20,700 --> 00:35:22,700

people claim to be meeting

682

00:35:22,700 --> 00:35:24,700

when they go out of body.

683

00:35:24,700 --> 00:35:26,700

This suggests that in the dream plane

684

00:35:26,700 --> 00:35:28,700

and in the shamanic state

685

00:35:28,700 --> 00:35:30,700

there is in fact a real place

686

00:35:30,700 --> 00:35:32,700

that we are going

687

00:35:32,700 --> 00:35:34,700

and real beings that we are encountering

688

00:35:34,700 --> 00:35:36,700

when we get there.

689

00:35:36,700 --> 00:35:38,700

This is where the ancient

690

00:35:38,700 --> 00:35:40,700

asnot theory suggests

691

00:35:40,800 --> 00:35:42,800

that they were the same teachers

692

00:35:42,800 --> 00:35:44,800

the teachers

693

00:35:44,800 --> 00:35:46,800

that went to all

694

00:35:46,800 --> 00:35:48,800

the ancient cultures

695

00:35:48,800 --> 00:35:50,800

and brought them the basics

696

00:35:50,800 --> 00:35:52,800

for what we've accomplished today.

697

00:35:56,800 --> 00:35:58,800

But there was

698

00:35:58,800 --> 00:36:00,800

a big noticeable change

699

00:36:00,800 --> 00:36:02,800

in human behavior

700

00:36:02,800 --> 00:36:04,800

around 40,000 years ago

701

00:36:04,800 --> 00:36:06,800

exactly at the time that our ancestors

702

00:36:06,800 --> 00:36:08,800

begin to manifest the first

703

00:36:08,900 --> 00:36:10,900

amazing cave art.

704

00:36:10,900 --> 00:36:12,900

But what is clear

705

00:36:12,900 --> 00:36:14,900

is that it's not a coincidence

706

00:36:14,900 --> 00:36:16,900

that at the moment that

707

00:36:16,900 --> 00:36:18,900

the cave art begins

708

00:36:18,900 --> 00:36:20,900

we also witness

709

00:36:20,900 --> 00:36:22,900

in the archaeological record

710

00:36:22,900 --> 00:36:24,900

a radical change

711

00:36:24,900 --> 00:36:26,900

in human behavior.

712

00:36:26,900 --> 00:36:28,900

Could the Lascaux cave paintings

713

00:36:28,900 --> 00:36:30,900

be proof that shamans

714

00:36:30,900 --> 00:36:32,900

really do communicate

715

00:36:32,900 --> 00:36:34,900

with extraterrestrial beings?

716

00:36:34,900 --> 00:36:36,900

As ancient astronaut theorists suggest

717

00:36:37,000 --> 00:36:39,000

and if shamans

718

00:36:39,000 --> 00:36:41,000

like those of the San Bushman

719

00:36:41,000 --> 00:36:43,000

undergo a physiological change

720

00:36:43,000 --> 00:36:45,000

in order to make this connection

721

00:36:45,000 --> 00:36:47,000

what might that change be?

722

00:36:47,000 --> 00:36:49,000

Perhaps the answer can be found

723

00:36:49,000 --> 00:36:51,000

inside

724

00:36:51,000 --> 00:36:53,000

the human brain.

725

00:36:59,000 --> 00:37:01,000

Tepozlan, Mexico

726

00:37:01,000 --> 00:37:03,000

October 2011

727

00:37:03,100 --> 00:37:05,100

Here

728

00:37:05,100 --> 00:37:07,100

just 50 miles

729

00:37:07,100 --> 00:37:09,100

from Mexico City

730

00:37:09,100 --> 00:37:11,100

shamans from all over

731

00:37:11,100 --> 00:37:13,100

North and South America

732

00:37:13,100 --> 00:37:15,100

gathered to commemorate

733

00:37:15,100 --> 00:37:17,100

the region's long tradition

734

00:37:17,100 --> 00:37:19,100

of shamanic healing.

735

00:37:19,100 --> 00:37:21,100

Throughout the three day celebration

736

00:37:21,100 --> 00:37:23,100

these modern day

737

00:37:23,100 --> 00:37:25,100

medicine men engage in

738

00:37:25,100 --> 00:37:27,100

sacred dances,

739

00:37:27,100 --> 00:37:29,100

rhythmic chanting

740

00:37:29,100 --> 00:37:31,100

and drumming

741

00:37:31,200 --> 00:37:33,200

to the shamans that shamans use

742

00:37:33,200 --> 00:37:35,200

to connect with other realms.

743

00:37:35,200 --> 00:37:37,200

But why?

744

00:37:37,200 --> 00:37:39,200

Do these practices

745

00:37:39,200 --> 00:37:41,200

really affect a change

746

00:37:41,200 --> 00:37:43,200

within the shamans

747

00:37:43,200 --> 00:37:45,200

that allows them to communicate

748

00:37:45,200 --> 00:37:47,200

with beings that are otherwise

749

00:37:47,200 --> 00:37:49,200

beyond our perception?

750

00:37:49,200 --> 00:37:51,200

In many shamanic traditions

751

00:37:51,200 --> 00:37:53,200

shamans have special tools

752

00:37:53,200 --> 00:37:55,200

that allow them to access the spirit world.

753

00:37:55,200 --> 00:37:57,200

Among the most important

754

00:37:57,200 --> 00:37:59,200

of these tools

755

00:37:59,300 --> 00:38:01,300

and or the shamans' rabble

756

00:38:03,300 --> 00:38:05,300

these are rhythm instruments

757

00:38:05,300 --> 00:38:07,300

that beat out a particular rhythm

758

00:38:07,300 --> 00:38:09,300

that allow the shaman to enter into

759

00:38:09,300 --> 00:38:11,300

trance and to journey

760

00:38:11,300 --> 00:38:13,300

to the world of spirits.

761

00:38:13,300 --> 00:38:15,300

We see

762

00:38:15,300 --> 00:38:17,300

this rapid

763

00:38:17,300 --> 00:38:19,300

very steady rhythm on the drum

764

00:38:19,300 --> 00:38:21,300

as being a central tool

765

00:38:21,300 --> 00:38:23,300

shamans being able to open up

766

00:38:23,300 --> 00:38:25,300

the doors of the mind

767

00:38:25,300 --> 00:38:27,300

giving voice

768

00:38:27,400 --> 00:38:29,400

to the unseen realms of the cosmos.

769

00:38:33,400 --> 00:38:35,400

Is it merely coincidence

770

00:38:35,400 --> 00:38:37,400

that shamans all over the world

771

00:38:37,400 --> 00:38:39,400

share the belief that by repeating

772

00:38:39,400 --> 00:38:41,400

certain rhythmic movements and sounds

773

00:38:41,400 --> 00:38:43,400

they can communicate with other realms?

774

00:38:46,400 --> 00:38:48,400

Or might this ancient practice

775

00:38:48,400 --> 00:38:50,400

produce a real physiological change

776

00:38:50,400 --> 00:38:52,400

in the shamans themselves?

777

00:38:52,400 --> 00:38:54,400

There's a neurological explanation for this.

778

00:38:54,400 --> 00:38:56,400

One of the ways that we can alter

779

00:38:56,500 --> 00:38:58,500

our consciousness is through

780

00:38:58,500 --> 00:39:00,500

rhythmic movement.

781

00:39:00,500 --> 00:39:02,500

So throughout the world you see many traditions

782

00:39:02,500 --> 00:39:04,500

in which people communicate with the gods

783

00:39:04,500 --> 00:39:06,500

by spinning

784

00:39:06,500 --> 00:39:08,500

by dancing

785

00:39:08,500 --> 00:39:10,500

by doing something rhythmic.

786

00:39:15,500 --> 00:39:17,500

At the University of California

787

00:39:17,500 --> 00:39:19,500

in San Francisco

788

00:39:19,500 --> 00:39:21,500

neuroscientist Dr. Adam Ghazali

789

00:39:21,500 --> 00:39:23,500

is performing experiments

790

00:39:23,500 --> 00:39:25,500

using 3D gaming technology

791

00:39:25,600 --> 00:39:27,600

that actually track

792

00:39:27,600 --> 00:39:29,600

how drumming affects

793

00:39:29,600 --> 00:39:31,600

the human brain.

794

00:39:31,600 --> 00:39:33,600

Participants

795

00:39:33,600 --> 00:39:35,600

wear virtual reality goggles

796

00:39:35,600 --> 00:39:37,600

and experience both visual

797

00:39:37,600 --> 00:39:39,600

and auditory rhythms.

798

00:39:39,600 --> 00:39:41,600

We feel that if we have

799

00:39:41,600 --> 00:39:43,600

a participant

800

00:39:43,600 --> 00:39:45,600

and learn how to entrain with different rhythms

801

00:39:45,600 --> 00:39:47,600

through game mechanics

802

00:39:47,600 --> 00:39:49,600

we could strengthen the rhythms of the brain

803

00:39:49,600 --> 00:39:51,600

and lead to better performance, better cognition,

804

00:39:51,600 --> 00:39:53,600

better memory, better attention.

805

00:39:53,700 --> 00:39:55,700

And so we're recording

806

00:39:55,700 --> 00:39:57,700

in real time

807

00:39:57,700 --> 00:39:59,700

what's going on in her brain.

808

00:39:59,700 --> 00:40:01,700

You can have a rhythm going on that you're listening to

809

00:40:01,700 --> 00:40:03,700

and your brain has its own natural rhythms.

810

00:40:03,700 --> 00:40:05,700

The entrainment would be that

811

00:40:05,700 --> 00:40:07,700

they become locked in time

812

00:40:07,700 --> 00:40:09,700

such that they follow each other.

813

00:40:09,700 --> 00:40:11,700

We're sort of at like the gateway

814

00:40:11,700 --> 00:40:13,700

of this frontier now.

815

00:40:15,700 --> 00:40:17,700

Could rhythm and repetition

816

00:40:17,700 --> 00:40:19,700

hold the key

817

00:40:19,700 --> 00:40:21,700

to discovering untapped potential

818

00:40:21,800 --> 00:40:23,800

within the human brain?

819

00:40:23,800 --> 00:40:25,800

Might shamans

820

00:40:25,800 --> 00:40:27,800

have been aware of this connection

821

00:40:27,800 --> 00:40:29,800

for thousands of years

822

00:40:29,800 --> 00:40:31,800

and is the practice

823

00:40:31,800 --> 00:40:33,800

of entering a trance state

824

00:40:33,800 --> 00:40:35,800

still used to access this power

825

00:40:35,800 --> 00:40:37,800

in other spiritual ceremonies

826

00:40:37,800 --> 00:40:39,800

across the world?

827

00:40:39,800 --> 00:40:41,800

Pentecostal faith healers

828

00:40:41,800 --> 00:40:43,800

incorporate music

829

00:40:43,800 --> 00:40:45,800

that mirrors the rhythm of the heart.

830

00:40:45,800 --> 00:40:47,800

Hypnosis

831

00:40:47,800 --> 00:40:49,800

is often known

832

00:40:49,900 --> 00:40:51,900

Hypnosis

833

00:40:51,900 --> 00:40:53,900

is often achieved

834

00:40:53,900 --> 00:40:55,900

through the use of a pendulum.

835

00:40:55,900 --> 00:40:57,900

Preach

836

00:40:57,900 --> 00:40:59,900

performing exorcisms

837

00:40:59,900 --> 00:41:01,900

repeat phrases over and over.

838

00:41:01,900 --> 00:41:03,900

Even the Catholic rosary

839

00:41:03,900 --> 00:41:05,900

involves repeating a sequence

840

00:41:05,900 --> 00:41:07,900

of prayers

841

00:41:07,900 --> 00:41:09,900

counted out on a string of beads

842

00:41:09,900 --> 00:41:11,900

to communicate

843

00:41:11,900 --> 00:41:13,900

with Almighty God.

844

00:41:13,900 --> 00:41:15,900

It seems possible

845

00:41:15,900 --> 00:41:17,900

that the shamans

846

00:41:18,000 --> 00:41:20,000

must have understood something about the brain

847

00:41:20,000 --> 00:41:22,000

that we're only rediscovering today

848

00:41:24,000 --> 00:41:26,000

and how the drum in particular

849

00:41:26,000 --> 00:41:28,000

can affect the brain.

850

00:41:28,000 --> 00:41:30,000

It's the brain

851

00:41:30,000 --> 00:41:32,000

who works different with the shamans

852

00:41:32,000 --> 00:41:34,000

than with normal people.

853

00:41:34,000 --> 00:41:36,000

I always suggested

854

00:41:36,000 --> 00:41:38,000

look at our brain

855

00:41:38,000 --> 00:41:40,000

like a gigantic hole

856

00:41:40,000 --> 00:41:42,000

with big machines in there.

857

00:41:42,000 --> 00:41:44,000

Some of the machines are running

858

00:41:44,000 --> 00:41:46,000

and others are dead.

859

00:41:46,100 --> 00:41:48,100

Some of the shamans

860

00:41:48,100 --> 00:41:50,100

are running

861

00:41:50,100 --> 00:41:52,100

which in other brains they are not working.

862

00:41:52,100 --> 00:41:54,100

That makes the difference between the brain

863

00:41:54,100 --> 00:41:56,100

of a shamans

864

00:41:56,100 --> 00:41:58,100

and the normal, the average people.

865

00:41:58,100 --> 00:42:00,100

Half shamans discovered the means

866

00:42:00,100 --> 00:42:02,100

to communicate with extraterrestrials

867

00:42:02,100 --> 00:42:04,100

within the human brain.

868

00:42:04,100 --> 00:42:06,100

And does this suggest

869

00:42:06,100 --> 00:42:08,100

that similar powers might exist

870

00:42:08,100 --> 00:42:10,100

within all of humanity?

871

00:42:10,100 --> 00:42:12,100

Powers that we have yet

872

00:42:12,100 --> 00:42:14,100

to fully realize.

873

00:42:16,100 --> 00:42:18,100

As we settle into the 21st century

874

00:42:18,100 --> 00:42:20,100

are craving to be connected

875

00:42:20,100 --> 00:42:22,100

with what we used to know,

876

00:42:22,100 --> 00:42:24,100

what we can know again

877

00:42:24,100 --> 00:42:26,100

and how unlimited we are as human beings

878

00:42:26,100 --> 00:42:28,100

is something that we're all seeking

879

00:42:28,100 --> 00:42:30,100

and it is through the power of shamanism

880

00:42:30,100 --> 00:42:32,100

it is with the help of these intermediaries

881

00:42:32,100 --> 00:42:34,100

that we can begin to experience this again.

882

00:42:37,100 --> 00:42:39,100

The shamans were always bringing

883

00:42:39,100 --> 00:42:41,100

advanced knowledge

884

00:42:41,100 --> 00:42:43,100

and leading humanity forward.

885

00:42:43,100 --> 00:42:45,100

They represented healing

886

00:42:45,200 --> 00:42:47,200

and they presented expansion of our consciousness.

887

00:42:49,200 --> 00:42:51,200

If the shamans are really in contact

888

00:42:51,200 --> 00:42:53,200

with some kind of extraterrestrial gods

889

00:42:53,200 --> 00:42:55,200

then we can see

890

00:42:55,200 --> 00:42:57,200

how these ETs

891

00:42:57,200 --> 00:42:59,200

have been purposely guiding us

892

00:42:59,200 --> 00:43:01,200

throughout our history.

893

00:43:01,200 --> 00:43:03,200

In many ways they created us

894

00:43:03,200 --> 00:43:05,200

and even today

895

00:43:05,200 --> 00:43:07,200

they are still manipulating

896

00:43:07,200 --> 00:43:09,200

and guiding us

897

00:43:09,200 --> 00:43:11,200

into the future.

898

00:43:15,200 --> 00:43:17,200

Did shamans really communicate

899

00:43:17,200 --> 00:43:19,200

with other worldly beings

900

00:43:19,200 --> 00:43:21,200

in the distant past?

901

00:43:21,200 --> 00:43:23,200

Is it possible

902

00:43:23,200 --> 00:43:25,200

that through these spiritual mediators

903

00:43:25,200 --> 00:43:27,200

extraterrestrials

904

00:43:27,200 --> 00:43:29,200

were able to influence mankind?

905

00:43:31,200 --> 00:43:33,200

And might such celestial command

906

00:43:33,200 --> 00:43:35,200

continue even today?

907

00:43:35,200 --> 00:43:37,200

Perhaps one day

908

00:43:37,200 --> 00:43:39,200

we will realize

909

00:43:39,200 --> 00:43:41,200

that the key to contact with our alien ancestors

910

00:43:41,200 --> 00:43:43,200

does not lie in technology

911

00:43:43,300 --> 00:43:45,300

that propels us to the stars.

912

00:43:45,300 --> 00:43:47,300

But in rediscovering abilities

913

00:43:47,300 --> 00:43:49,300

that already exist

914

00:43:49,300 --> 00:43:51,300

deep within ourselves.