

DECODING BAQTUN

Director/Producer: Elisabeth L. Thieriot

Elisabeth Thieriot, the Filmmaker behind "Decoding Baqtun" gives Film The Magazine an exclusive insight into the passion that drives her and why this film is the first in a trilogy of movies.

ET: Others have said to me "follow your passion", and my book, my film and my products are my passion. I think after you raise your children you start to think "what can I leave behind?" And for me after my children, I would like to leave some intellectual property behind. Then you go into it and I felt that it was information that had never been put together and that is essential, throughout my life I always had logical questions that needed answers "why" and "how" and that's what I try to provide in my body of work, but without preaching, with actually going and showing. I think that is something that many documentaries don't do. Many times they just seem to put fear into people or facts without actually breaking them down and my goal is to empower people through very practical or logical information that speaks to them, where they can then sit down, start reflecting and then say "now I know why it affects one another," so we try to show them the domino effect of the "why". The film shows the micro level under which we are affected, and over a period which spans thousands of years you may think "well why does that affect me" and the truth is that it does and this is what I wanted to bring to my film, to make it science based. So the practical explanations of how we are born into cycles of famine or wars or intellectual advancement or dark ages and so on... these are cycles of big epochs that we are both born and die into because we don't live that long.



WHAT IS IT THAT DREW YOU TO THE MAYAN CIVILISATION?

ET: A very simple answer, it is because they are the only true accurate time-keepers, and they are the only ones in the world that created a calendar that was more accurate than any attempt of NASA, and over thousands of years it never needed even one adjustment which tells you that they know something that we don't and we should learn from them! Their society was focused solely on the quality of daily living and they looked to the stars to find ways of improving their daily living. So this is where I ended up going, to the Mayan, to basically support the contents of my book which was created as I needed material for my skincare line that I started to formulate based on what we need to go through cycles of day, night and seasonal, our primary existential cycles. So you have to eat, you have to sleep, you have to repair, you have to learn, you have to assimilate information and when you do eat, you have to eat the right food in order to sustain your life.

SO IS YOUR BOOK, THIS FILM, YOUR SKINCARE RANGE AND INDEED THE PLANNED TRILOGY ALL CONNECTED?

ET: Yes it's all connected, so what I had first was the skincare, so then I understood how complex it was, then I wanted people to comprehend what I was creating so I went into writing it saying why and where and how and trying to educate people, showing how it reconnected with nature. Then I started to be my worst advocate and challenge myself, so then, when I went to work with Mayans, the process I discovered, not only was I right, but their way of life and what I was doing was so closely aligned that what I wanted to do was to go into this deeper and so we created this beautiful alliance because they said that you are going to become our voice.

WAS THERE A "EUREKA" MOMENT WHEN YOU STARTED TO MAKE THIS FILM?

ET: No, that started with me creating the skincare line, I understood that we really needed something honest, something that supports and harmonizes with our body and we have all gone through bad decisions as you go through life, then you start to think "why can't they have knowledge to prevent these things?", most treatments are very extreme almost like if we don't know what to do, why don't we cut it off, that way we won't have to deal with it. So I realised that we lost a connection and how you get to know yourself.



The way it started was to become a better manager of your life, to get to know yourself, to make better decisions, to understand why people are a certain way and so it became a realisation that our world is created by each individual decision. That's why my second film, the second film of the trilogy, is designed to be "Mayan Revelations - Power of Intentions". So now that we know the cycle, now that we know all of the other things and that we are empowered to know all of the other choices - we can change direction! We hold a lot of power, it's a beautiful planet, a green planet and we haven't looked at the Earth as a living creature, the truth is that our water and oil system is equal to our circulatory system. The Earth is fertile, it is female, I

mean it even has crops that hold oestrogen in them. The good news is that we are at the peak of our intelligence, which means we are capable of absorbing and finding solutions and so it gives us the capability to expand as we need. We now have the ability through our inventiveness and that's what I'm trying to do, to connect sciences back together - that's where the solutions are - and this is why the connecting of the sciences is so important. We became disconnected not only with the world but with our own bodies, we don't read the signs and that's how it was when I created the skincare products, people were using these other products without actually realising that their faces were the message board for other parts of the body.



I mean what is science? Science is the ability to record the same event with accuracy, again and again. So that's what the Mayans did, they recorded not experimented, so they actually recorded real-life events with much greater accuracy because how much of laboratory created events actually happen in real life? That's why so many drugs have so many side effects, we're not a petri dish, so that's why drug companies are maybe good for two or three years but after that have so many deaths, lawsuits, so they leave it and move on to something else. So the trilogy and book is about what creates our lives, with the film speaking to the macro cycles and the book to the micro cycles.

PLEASE CAN YOU TELL US ABOUT YOUR FOLLOW UP FILMS?

So the next film in the series is "The Power of Intention". As the most intelligent beings on the Planet we have choices, choices that sometimes determine the outcome and we are not "sheep for slaughter". So it's like setting the GPS, which road are you going to go on to get to your destination and guess what, you're not in charge at all! So I'm going to try and teach people that think they will go in one direction, so for instance a child might say "I don't care what the cost is I want to go to medical school or be a lawyer" and then they find out that the only way that they can do

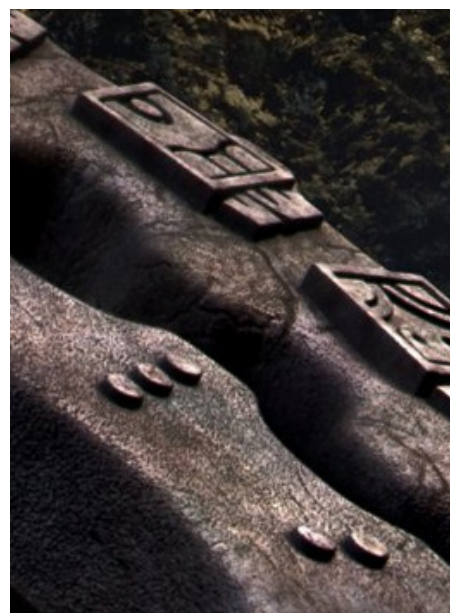


BE FABULOUS AT ANY AGE



CREATING AGELESS SKIN THROUGH SEASONAL LIVING
ELISABETH L. THIERIOT

Photo by Shankha Goswami



this is with the death of a parent through inheritance. If the child is told the cost before he makes that decision do you think he would still want to be a lawyer or doctor – probably not? So when we set intentions of desire, when it comes from consideration, love, there is a different way of wishing. So I have all of the footage of the second film and if I'm lucky it will be finished by February, but I would have to work like hell and I don't know if I'm going to be able to but that's my goal! So right now I'm in the process of polishing the script and a lot of the third part of the trilogy is done as well, what that shows is what happened when I went on the journey to film it and it shows just how much control we have.

WHY WAS IT IMPORTANT TO GET "DECODING BAQTUN" OFF THE GROUND?

So the idea was, when I started to work with the Mayans, I felt that part of my job was to protect the Maya, I mean so little was known about them and I stepped in and thought "Oh my God" these are amazing timekeepers, I wanted to find information about them straight away because there was nothing about them and that's where the intention started to come from. I went there with good intentions and I had Mayan federations from three countries behind me, I started the project in the fall of 2011, started filming in April 2012, then I finished filming at the end of 2013 and it took me into 2014/15 to finish all of the voice-overs, edits, languages and so on. It was actually very hard to have so much science presented in a cohesive way of laymen terms, so for instance a person that was never exposed to astrology, bio-chemistry, technology, time-keeping, health, I mean literally we are talking Quantum physics so we had all of the disciplines truly combined to show how they cross over and how they are connected.

repleteskincare.com

decodingbaqtun.com

Run Time: 90 Mins.

BOTTOM LEFT: THE BOOK "BE FABULOUS AT ANY AGE" BY ELISABETH L. THIERIOT.