

Caribbean Women Healers Decolonizing Knowledge Within Afro-Indigenous Traditions

Clip of Interview with Abebbe, Plants and Light (Translation)

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I'm one of the people who needs to understand. When you work with a spiritual element it doesn't mean that you have to be oblivious to the factors that are moving. Technically scientifically the elements you are using,

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for example, if I have to do a healing with an herb, with a piñón de botija, I have to know what the active principles of piñón de botija are, because it can have that effect.

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I'm not so mystical as to do something without knowing why, or how that works. Effect of light, the first thing is to establish is that my work is with light

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With the effects of light through a spiritual axis. And if you analyze how nature behaves. In ancient times, a woman was told - about her children - "put them in the morning sun, at ten o'clock in the morning.

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Give them ten minutes of sunshine, for a little while." These are teachings that are not in any book, but your grandmother, your mother, told you that.

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But when you analyze, for example the effects of an incubator that put a child in a lamp, stop, they are working with the light. Before this was done, before children were put at ten o'clock in the morning to catch the sunlight. That is to say, it is the same process, the same conception, but,

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now there's a technical element that's a lamp they put on the child, however, they used to put the child when he was a little yellow, all the children were sent to take ten minutes of the sun, in the morning.

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A scar, it can be subjected to sunlight, and you see how it decreases, the keloid decreases, diminishes.

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And if you use a laser, which is an effect of the light, the keloid comes down. It can take more time, but it's direct. It is the balance between light and the body.

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I don't think I know everything about light work. But, I remember, being in the United States, <eh> giving a lecture at a university, on the work of light healing.

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This process that we develop of healing through the light, it's a concept that's not validated, let's say, by any academic body. It is validated in a spiritual body that every time someone leaves the house, comes out better,

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You see the transformation, you see the handling of that light. Healing is the balance of body and spirit.

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That's why a person who has been operated on can still have an ailment. "No, I had surgery but my back still hurts." There is a problem of balance between body and spirit.

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Spiritually your body, your organicity, your brain, the integration of your body, is not healed. Notice that, in ancient times what people did to start the spiritual process, when the person was in very bad conditions [inaudible] they brought the priest to pray.

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So that they could go away in a better spiritual condition. But it's the same in life. In everyday life. But it's the same in life. In everyday life. When a person was sick people went to church, they would pray. A lady, a teacher, a doctor from the university

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came up to me and said, "Could you get rid of what I have?" I asked her, "What are you suffering from?" She said, "No, they don't know what disease I have. I don't have a precise diagnosis."

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"But every month they treat me, they take my blood, they subject that blood to a process of light. "And then they reinject it again." "[It seems that it is] a parasite that I have inside my blood, but it doesn't resolve the problem."

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I think she has a spiritual problem. That's why it can't be resolved. Which is what I explain and I tell her about what healing is, and what treatment through medical techniques is. That is to say, she is not going to resolve it,

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she is going through a technical procedure, super-interesting, super-modern, but the parasite continues. But you have to see, for example, if it was a disorder generated by a,

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a bacterium that comes from deer, it's a physical element. Absolutely physical, a bacterium took hold of her, but she did not have the immune capacity, And it installed itself, so how can we remove the bacterium?

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Is there some spirit that can work with the bacteria? There isn't. Ah, can you use your spirit and with few prayers take out a bacterium that a medical team can't? It's just not like that. One process doesn't compete with another. The medical process is the medical process.

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And the spiritual process makes it clear that you have a spiritual negativity, and nothing they do to you is going to solve that because you've got the negativity. That's why the bacteria have more effect. It can't be said that alternative medicine is the management of medicinal herbs.

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Using a glass of water as part of a process of taking off negative spirituality, you can't say it's going to replace medicine. But with everything together –

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– the light, the glass of water, the prayer. And other mythical procedures --can contribute to your spiritual state being in better conditions. So that healing can come.

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They are concepts that have a point of convergence in the spiritual element of each individual. It's very difficult to compete with that.

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You can find this healer interview and others on the [Caribbean Women Healers Website](#).

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