

Caribbean Women Healers Decolonizing Knowledge Within Afro-Indigenous Traditions

Clip of Interview Tuwaliri, Equilibrium (Translation)

Recorded by Dr. Ana-Maurine Lara and Dr. Alafí Reyes-Santos

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In epidemiology, they teach you that in periods where there is a plague or an epidemic, pandemics, it's as if

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cosmic forces were unleashed that the human being can't control. If I assume that this is historic and that by era, you would have to start from the beginning of humanity, and how the human being

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was connected to cosmic forces because there are changes that impact your body like the moon and everything we know and how that person lives, therefore, that symbiosis, that binominal will tell you how that person is.

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Let's say there's a biological agent that is causing cholera, for example, but there's a greater force that science doesn't know is operating. I believe in that. There have been

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decimated populations product of— of pandemics, but in essence, I believe that if the person has an ethical approach to life, respect for themselves and for others and for nature and tries to

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to know themselves so well that they can know whether they are not in harmony, they can reestablish their health and that's where I draw from the oldest current and I ground myself in that. They said 'if you get sick, go to your temple'. Which one is

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the temple? The body, and our tradition embraces the temazcal. If you go to your temple and from there you look at yourself, you can walk out of there healthy because you can see why you're getting sick or the answer comes afterwards

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and you haven't used an external agent, a chemical or maybe it's fasting because your spirit tells you: 'don't eat today, drink water, have some honey, make a tea'.

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There are things that guide you and then you go back to being healthy and even so, you caught an amoeba and if you're in harmony, that won't hurt you because everything depends on the quantity, the microbiological agent and your

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vulnerability. If you're vulnerable, it's easy for you to get sick.

[END]

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

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