

Background paper:

In addressing the poly crises, we must address not only the acute “palliative” care symptoms of the most endangered but also pro-actively commit to the chronic ailment of how we define and discuss “health” in our variegated contexts.

A global, harmonized culture for health must find itself in integrating holistic, societal languages & principles for health: healthy water and soil, local and accessible food, a financial equity in rest and work. As the local shaman or grandmother goes: water earth, air fire.

There are hidden biases in health policies and governing bodies, it was created by the west and during the industrial age, with a love for empiricism and “conventional” medicine, these markers being the default assumption and goals of a healthy society. As we make sincere our efforts for decolonization, and equitable voices in our global conversations: we must also make room for the immeasurable, the intangibles. Has Love or Meaning impacted your health or your life? Does one measure or daresay “feel into” the wisdom of our hearts? It might sound too sentimental and yet this is the ancestral knowledge, and indigenous practices that are often found missing from our acting and political bodies, that can really transcend, translate, transmit the crises of our tomorrows.

I am a practicing folk healer, my grandmother is someone who received via her faith gifts on how to heal others, receiving messages and communications via dreams. The same capacities flows through me, and in some ways I may come off as simply an intense expressive arts therapist or maybe, just very deep in jungian psychotherapy. I learned these via initiations, and was not trained as much, in these western psychological frameworks of healing. I won't focus on my private practice, what we're here to discuss is our collective practices, discussions even investigation of the true meaning of health.

What I see is a great opportunity for us to be attuned to each other, and fall into practices that actualize community rather than theorizes and measures it. An opportunity for us to decouple top-down power structures to turn around and ask: How can we make healthy food accessible to this locality? How is the water and the soil? Do the people have dignity in their rest, joy and in their jobs? We have the opportunity to really be present with where our communities are so that our governing health bodies do not feel like imperialists, but stewards that feel integrated within the community.

The call to decolonize is the call to actualize a wholeness, that is accessible by giving equitable acknowledgement and integration of indigenous, integrated and holistic models of health. In this way, we can approach any crisis from an actual fullness, and realization that our natural state in spirit, was always health.