

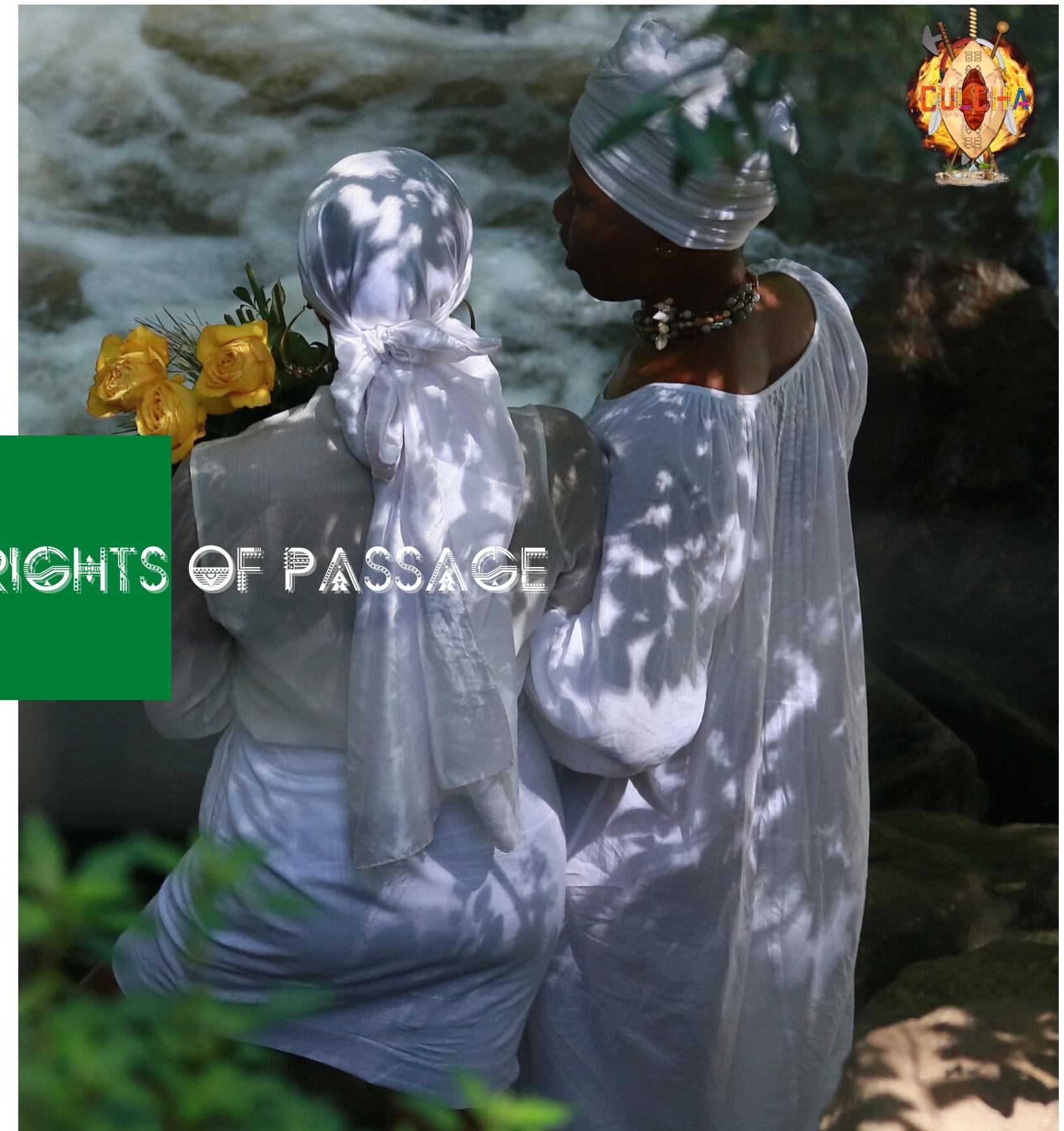


Medicine Maker / Root worker

"one of de group of people (Fo) who makes
(Qye) medicine (Oduru) from Ndua (plants)



***As Afro-Guyanese it is common in Guyanese Creole to repeat adjectives, adverbs and replace "-er" and its corresponding sound with "-a" for emphasis as well as "-the" with "-de".



RIGHTS OF PASSAGE



#RoyallySpeaking : In 2010 while beginning my plant-based journey, as if it is encoded in me I started to experiment with herbs on a nutritional as well as spiritual level. Observing de* true potential of huru* or herbal concoctions, I began supplementing to enhance my mind, body & spirit. It wasn't until my peers began to ask about my strength, tranquility and my regiments that I started to distribute herbs from Guyana across de Atlantic at their Request*.

Growing UP as a youth in Guyana, my "Gran Gran" was de healer who had supa* powa in my world. She was a nurse by profession but at home she was my spiritual guide, Grandmudda*, nourisher, de ansa* to every question, cut, bruise & beyond. Her instinctive remedies, from what medicine to use and when to use it is indicative of a traditional healer. In retrospect, living in an environment such as Guyana most people can attest to experiencing some sort of traditional healing by an elder or family member.



My Gran Gran*, who actively owns a pharmacy at home, noticed de direction I was going in and provided some much needed gems. Soon after, during a visit to my Aunty she also noticed my new yet familiar path and Reminded* me that I am on de journey of a healer and I should stay focus & go deeper.

Later, my father introduced me to an elder Healer, Mr. Frank, who would make homemade wine tonics from tree barks he gathered from de Amazon Rainforest & herbs growing nearby in de yard or road side. Thankful*, for a short span he became a teacher to me before he transitioned.

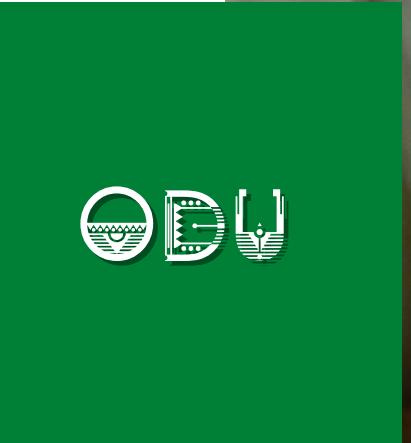
Living in such an environment, it's no secret that OduYeFo*

(Medicine Maker / Root worker) was something inevitable to our Culcha* whether conscious of it or not.

OduYeFo translate to "one of de group of people (Fo) who makes (Ye) medicine (Oduru) from Ndua (plants). Connecting with plants, de spiritual aspect of medicine making struck such fear in de religious institutions and so relying upon spiritual medicine as a chemical and biological warfare component to protect & heal ourselves was neutralized and corrupted into witchcraft.

NDUA





After R^Aturning home to Guyana to trade in my city life and live in de rainforest, within 18 months among many things, at de R^Aquest of a member of our Tribe I practiced de Traditional role of a Midwifery & a Doula. I was also granted Land to establish Umana YeFo (Meeting Place of de* Makers).*

Throughout this journey I've discovered de wisdom of a once condemned tradition ; de key to unlock, channel and reawaken de OduYeFo in us all. To heal ourselves beyond mental, physical & spiritual blockages is a powa not exclusive to anyone.*

In fact that's de 1 gift all humans are guaranteed from de breath of life. Healing thyself starts with de breath, and being able to control de breath gives us de ability to purify de mind, body & spirit in order to create our reality. This process is a potion both spiritual and physical and is de only way for true salvation.

An OduYefo is a :



SPIRITUAL WARRIOR



ENVIRONMENTALIST



NATURE LOVER



HEALER

