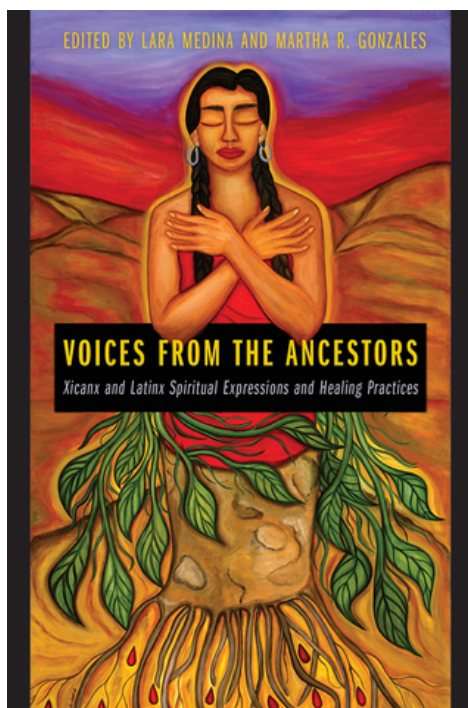


# Obtenir des livres électroniques *Voices from the Ancestors: Xicanx and Latinx Spiritual Expressions and Healing Practices*

By Lara Medina

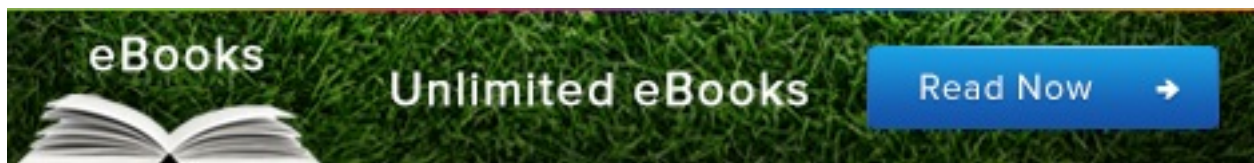
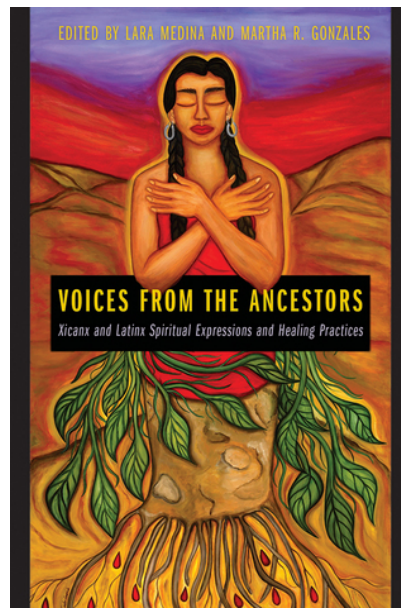


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*Voices from the Ancestors* brings together the reflective writings and spiritual practices of Xicanx, Latinx, and Afro-Latinx womxn and male allies in the United States who seek to heal from the historical traumas of colonization by returning to ancestral traditions and knowledge. This wisdom is based on the authors' oral traditions, research, intuitions, and lived experiences?wisdom inspired by, and created from, personal trajectories on the path to spiritual conocimiento, or inner spiritual inquiry. This conocimiento has reemerged over the last fifty years as efforts to decolonize lives, minds, spirits, and bodies have advanced. Yet this knowledge goes back many generations to the time when the ancestors understood their interconnectedness with each other, with nature, and with the sacred cosmic ?forces?a time when the human body was a microcosm of the universe. Reclaiming and reconstructing spirituality based on non-Western epistemologies is central to the process of



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