

**Transcript: Tabita Rezaire, *Amakaba: A Vision for Collective Healing*, 2021**

**00:00:05**

Tabita Razaire: Welcome to the Amazonian forest of French Guiana. My name is Tabita Razaire. I'm an artist, yogi, doula, but essentially, I am a spiritual seeker longing to experience the depths of existence. And it is from this ancestral land that I'd like to share with you my vision, Amakaba.

**00:00:34**

Tabita Razaire: Amakaba is a healing centre. It's a place for the transmission of the wisdom of the Earth, the body, and the sky. It's a space of gathering, of experimentation, collaboration, of celebration in the middle of the forest through art, science, and spirituality.

The ambition is to contribute to a more conscious and responsible way of living and being and to respond creatively to the many challenges we face ecologically, socially, politically, and to heal from the, the trauma. The trauma of the land, of our bodies, our wombs, our communities.

Above all, it's about establishing a spiritual anchor. A place to celebrate our ancestors, the river, the forest, its spirit, and to nurture our intimacy with each other, ourselves, the land, and the whole of creation.

For this, Amakaba is building an agroecological farm. Right now, I'm studying agriculture and planning to grow cacao. I've been called by this plant and being initiated by its wisdom.

So, we are setting up an agroforestry system because agriculture should not be synonymous with deforestation, especially in the Amazonian context.

We are planning to design an autonomous system in terms of energy and waste management, considering the whole infrastructure as an organism and architecture as medicine.

Amakaba is also home to a yoga centre. I've been teaching kundalini yoga for six years and the science of yoga has been transformational in my healing journey. To understand the power of the body, its memory, its wisdom, and the need to align body, mind, and spirit, always guided by the wisdom of the womb.

Womb healing is central to Amakaba's vision. Through doula work and advocacy, our mission is also here to support mothers and the next generation in the transition to Earth. Amakaba is about birth on so many levels. From the birth of a plant, of a child, of another dimension of existence.

From seeds to planets, the exploration of the celestial realms is also part of the vision. We'll build an observatory above the canopy for astronomical observations, stargazing, full moon meditation. A place to experience the infinity of the sky.

Amakaba is also holding ceremonies and celebration for the ancestors. For the spirit of the forest. The spirit of the water. For the harvest, births, deaths, and all great transitions of existence. In alignment with the rhythm of the sky, the equinox, the solstice, and the moon cycles.

In a sense, Amakaba is an offering in reverence of the ancestors, like a place of initiation. A place to be transformed, to grow, to bloom like in a womb to be rebirthed, guided by the Amazonian forest.

If this vision finds resonance within you, Amakaba needs you. Your support, your talent, your prayers, to find the land that will receive this vision and all my seedlings growing in the nursery. I hope to receive you here one day. Thank you to the land, the ancestors, and to you all.