

# The Healers Project Decolonizing Knowledge Within Afro-Indigenous Traditions

## Clip of Interview Joe Scott, Inquiry as Healing (Transcript)

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

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Well there's something missing when you're dependent on outsiders for your food.

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You know? There's something missing when you're separated from an ecology that your ancestors understood, and that has only been removed from you for, what, three generations? Four generations? So there's something missing

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from a healthy indigenous person who's been separated from those things. So any kind of work I think that someone would do to connect people in that physical sense is

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healing, because your body's important allegedly, you know? Like those foods sustain us in ways that Cheetos do not, you know? Like government cheese, not so good. Like we didn't eat so much cheese.

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Not so much with the cows, not so much with the rotted milk. So anyway. And just the act of being able to understand your place, or developing--just

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having your hands in the earth and just seeing yourself there, seeing yourself as part of that larger--that community, that being, you know? That's everything, that's all the living things, and the things that aren't living. Just

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the whole community. And I think of it as like a circle that goes under the ground sometimes, because it captures all of the things that you can't see. Because it's all there and it's all part of the community, and when you just maintain that,

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there's healing in there. Somewhere in there and all kinds of different places are where the healing is. And being able to put yourself in there and see yourself in that, you know,

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heals your heart. It connects you, it grounds you. If you're feeling cast, like a castaway, it can anchor you, a whole

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nautical metaphor. It just rejoins you, um, when you connect with ecology again, when you connect with first foods, when you connect with fire. It just brings it all

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around, and makes it whole. It makes it whole.

[ END ]

You can find this healer interview and others on [The Healers Project website](#).

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