

Sana, sana: The Healing Power of Language



Había una vez a baby named Language.

At first, su madre le alimentó con palabras.

Pero faltaba algo.

Language needed more than words to grow strong.

Necesitaba to be surrounded by the smell of chocolate caliente, chicharrones y yuca.

To dance to the rhythms of los tambores y la guitarra.

To feel el calor del sol y refrescarse con the ocean.

To sense la felicidad, la tristeza, el júbilo, el coraje, la pasión.

Most of all, Language needed freedom, libertad y espacio para crecer, para cambiar, para sanar.

Where we come from may define the languages we first speak, but it is more than words we need –as doctors, as humans, and as communities– to heal and grow, together.