

This Land is Yours

It is not about 1 form of reclamation, historically Caribbean people where stripped of their code, their identity, how they wanted to be perceived, taken away. A snapshot of the Windrush generation captured without consent. Reclamation is and will always be ours, in many different ways the health care system has ignored us in this land. So this reclamation is one which gracefully takes back our code, our space which we are rightful owners of this shared land. A shared heritage created by the ones who first arrived on this soil, we take back time owned to us.

From what I have gathered we have unconsciously found peace of mine by seeing beyond how we may perceived by the healthcare system. We know what we need in order to heal, despite being ignored we look into our light, and outwards into our communities to find peace of mind. Communities forged in the absence given to us. Using old remedies, herbal teas, frequencies and rhythms to heal. Creating our own space.

New generations now part owners of this land, each sacrifice of our parents, parents, parents. We harvest the seeds they hid in 1948.

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How will you reclaim your time?

Vic Moyosola