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thokozani. i understand that consulting with isangoma is still an act that is shrouded in secrecy and is a source of shame for many. it is this shame and secrecy that makes people ripe for exploitation and harm.

i am not here to perpetuate already existing boogeyman narratives about my job but i beg you all to never, ever go to a sangoma without alerting at least one person of your whereabouts.

unless you know you are up to no good wena self, it should be an easy location pin drop and "friend, this is where i am should you not hear from me in x hours." no further explanation necessary.

we must admit without taking it with our chests that certain generalisations exist because there are certain individuals that perpetuate them. that's life. i will give personal anecdotes:

there is a client that came asking for help some months back. her life was at a standstill and she didn't understand why until, together, we connected the dots. her secret trips to isangoma sakhe were not what i would call normal.

there were rituals where she was asked to have sex* with the "healer" ■ in order for the muthi to work (????). this went on for months. she'd come in, akhanyise ngemali, he would take advantage of her, ahlanjwe after. things would be great for a week then back to square one.

*i do not consider this sex. it is closer to sexual assault.

this "sangoma" was siphoning her mndau energy for his own personal gain. it continued for as long as it did because the shame compounded. the act of consultation plus the sex rituals plus going back for help each time

this can also easily happen (and has happened) in a religious institutions. church. mosque. temple. none are without blemish. people are strange & dangerous. ask questions often. talk to the rational elders in your family about izinto.

or a client goes into indumba engaxelelanga mntu & never comes home. there are people who use amafutha omntu for izigubhu zokuthwala nokuthwalisa. human trafficking doesn't only happen amongst drug dealers & boogeymen from faraway places.

we are really all just strangers to each other. treat any healer with a healthy amount of suspicion and question everything until umoya wakho axole. until idlozi lakhe shows you that you will find healing there. do nothing blindly. and please use your common sense nawe.

niberight though. sharp ■■