

► The Candomblé, Catimbó and Umbanda religions merge African and Brazilian traditions. Their temples were closed during the pandemic but their practices endured. The Umbanda priestess Mãe Sidneia (left) releases corn kernels above Luísa Carvalho's head in a ritual to heal

her spirit and mind. Carvalho felt anxiety about the pandemic, which was aggravated by grief from losing her foster mother from COVID-19. "The ritual helped to make me feel light, in peace, and balanced, like when my foster mother was close to me," Carvalho says.

