

Interview with indigenous environmental advocate Coral Herencia during her Mallorca Fundraising Tour 2026

What does a native forest thousands of kilometres away have to do with life here in Mallorca? According to indigenous environmental advocate Coral Herencia, far more than we might imagine. Through music, ceremony, storytelling and environmental education, Coral is bringing the voice of one of the world's most precious forest ecosystems to Mallorca, raising awareness and funds to help protect the ancient forests and waters of Palguín in southern Chile.

There is something rather beautiful about the idea of a forest having a voice.

Not the rustling of leaves in the wind or the chorus of birdsong that fills the canopy at dawn, but a deeper voice. One that speaks of connection, reciprocity and our relationship with the natural world.

It is a voice that **Coral Herencia** has dedicated her life to listening to.

An indigenous woman from the Andes and Amazon regions of Peru, Coral describes herself as a guardian of the Earth and its waters. Part archaeologist, part environmental educator and part cultural bridge-builder, she is currently travelling across Europe with her project **La Voz del Bosque – The Voice of the Forest** – raising awareness and funds to help protect some of the world's most precious remaining native forests.

At first glance, Chile may seem a long way from Mallorca. After all, what does a forest in South America or southern Chile have to do with life on a Mediterranean island?

According to Coral, everything. "We are part of one great living system," she explains. "Our health and wellbeing depend on the quality of our relationship with nature."

It is a message that feels particularly relevant today. Many of us understand that forests produce oxygen and absorb carbon dioxide. Yet their role goes far beyond that. Scientists now speak of "flying rivers" – vast atmospheric currents of moisture generated by forests that help regulate rainfall and water cycles across entire continents.

As Coral explains, **forests and water are inseparable**. "Ancient stories tell us that it is the forest that calls the water," she says. "The forest sings and the water responds."

While poetic, modern science increasingly supports what indigenous cultures have long understood. Forests play a vital role in regulating rainfall, protecting freshwater reserves, stabilising climate systems and maintaining biodiversity.

In short, the health of forests affects all of us, whether we live beside the Amazon, in the mountains of Chile or on an island in the

by
Amanda J. Butler



The Wellness Column

THE VOICE OF THE FOREST: Why a Woman from the Amazon Wants Mallorca to Listen



Concert & Ceremony Experience in Support of the Palguín Forest, Southern Chile

- Sol de Agatha, Esporles
- Saturday 20th June
- 6pm
- Bookings: via QR Code
- Spotify – Coral Herencia

Mediterranean. Coral's current fundraising efforts focus on the native forests and waters of **Palguín in southern Chile**, where she has lived for the past decade.

The region is home to some of the last remaining **ancient temperate rainforests** on Earth – ecosystems so old and ecologically rich that they are often referred to as living museums of biodiversity.

These forests contain species found nowhere else on the planet and protect significant freshwater reserves that contribute to global water cycles.

"If we understand the Earth as a living body," Coral explains, "then forests are both its lungs and the heart from which water is distributed."

It is a powerful image. Yet beyond the science, what struck me most during our conversation was the way Coral speaks about nature itself. When asked what she sees when she walks through a forest, her answer was not simply trees.

She spoke of living soil, fungi, underground networks, insects, birds, mosses, mammals and an intricate web of relationships that has evolved over thousands of years.

"A forest is a complex ecological intelligence," she says. "**A deeply interdependent community of life.**"

Perhaps this is where modern society has lost its way. Many of us spend our days surrounded by screens, schedules and endless information. We have become incredibly connected digitally, yet increasingly disconnected from the natural systems that sustain us.

Coral believes this separation lies at the heart of many of today's environmental and social challenges. "When we stop feeling part of the Earth, we begin to relate to it solely as a resource," she says.

Yet she is quick to point out that this connection is never completely lost. "It lives within us as an ancestral memory."

As someone who writes regularly about wellness and conscious living, I found this particularly interesting. More and more research now points towards the **benefits of spending time in nature**. Forest bathing, grounding, sea swimming and simply walking outdoors have all been shown to reduce stress, calm the nervous system and improve mental wellbeing.

Coral sees these benefits not as separate from nature, but as evidence of our deep relationship with it. "**Nature heals because it reconnects us with our original state,**" she says.

Her advice for anyone feeling overwhelmed by the pace of modern life is refreshingly simple. "Go to the nearest natural space. Walk slowly. Breathe. Observe. Listen."

No expensive programme. No complicated technique. Just a return to something fundamentally human. Perhaps this is why her

message resonates so strongly.

In a world increasingly dominated by noise and distraction, Coral speaks repeatedly about the **importance of listening**. Listening to nature. Listening to silence. Listening to the wisdom that emerges when we slow down enough to hear it.

Her **European tour** culminates in a series of fundraising concerts and community gatherings that combine music, ceremony, storytelling and environmental education.

More than simply raising funds, they are designed to create an emotional connection between people and the places being protected.

"We want the biological, ecological, cultural and spiritual power of these forests to touch people's hearts," she says.

And perhaps that is the key. Facts and statistics can inform us, but it is connection that inspires action. As Coral points out, the major changes our planet needs will ultimately come from local action. Every ecosystem needs people who know it, love it and care for it.

Whether that means protecting ancient forests in Chile, supporting conservation efforts in the Amazon, preserving Mallorca's Posidonia seagrass meadows or simply taking greater care of the natural spaces on our own doorstep, the principle remains the same.

The wellbeing of the Earth and the wellbeing of humanity are inseparable. As our conversation came to a close, I asked Coral what message she would leave for readers.

Her answer was one of hope. "**The Earth is an extraordinary gift,**" she said. "The best way to show gratitude for this gift is to take care of it."

Perhaps, in the end, listening to the voice of the forest is simply remembering that we are part of the story too.

Be part of helping to save our valuable ecosystems and attend this beautiful **Voice of the Forest concert** and experience, or donate using the site below. QR Code:

Fundación Cuidemos

Paraísos is a non-profit organization dedicated to the biocultural conservation and regeneration of Native Forests and Water. Every €5 contribution helps conserve 1m² of native forest and protect 685,000 liters of water annually.

For further information on the association: www.cuidemosparaissos.cl/en

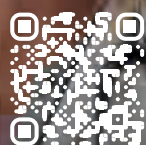


Amanda J Butler is a Mallorca-based writer exploring Mallorca's evolving culture of wellness, lifestyle and conscious living. Discover more at www.mallorcawellnessliving.com or follow IG @amandabmallorca.



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