

ARCHETYPES



CECILIA NADAL

An interview with Cecilia Nadal, producer, activist, writer and executive director of Gitana Productions, a not-for-profit arts and education group that nurtures global healing in the St. Louis community through music, dance and drama.

What is your current state of mind?

Rejoicing in the wonder of life.

What makes you happy?

Music, serving others, travel, learning about different cultures and nature.

What is your idea of misery?

Not being able to see the possibility of change.

What did you eat for breakfast today?

Banana, French croquette (from friends of mine from the Congo) and green tea.

What's one word that describes you?

Energetic.

What trait do you value most in others?

Sincerity.

What's your favorite occupation?

A producer who is in the role of service.

Who would you most like to be?

Ella Fitzgerald singing a song in a red dress.

What's your favorite color?

White.

What is your favorite food?

Pasteles, a traditional Puerto Rican dish.

What food do you like the least?

Liver and onions.

If you could have dinner with anyone (dead or alive), who would that be?

It would have to be a dinner party: Mohatma Gandhi, Abbess Hildegard Von Bingen, Abraham, Harriet Tubman, Confucius, The Delphi, Plato, Martin Luther King, Standing Bear and Barbara Jordan.

What vice do you most tolerate in others?

I've got mostly good company, but some people don't listen.

What talent do you wish you had?

Being able to compose music.

Who is your favorite artist?

The harpist Andreas Vollenweider.

Who is your favorite author?

Paulo Coelho who wrote "The Alchemist."

What excites you?

Synergy in thinking, learning, philosophy and religion.

What do you consider a turn off?

People who are judgmental.

What do you love?

I love people and their many cultures and differences.

What do you hate?

Prejudices.

What are you most looking forward to?

My next life!

What is one thing you wish would happen?

People would recognize their choices affect us all.

What's something interesting that you just learned?

The power of participating versus just observing. A family from Burma taught me this first hand.

What's something you want to learn?

I want to write a book on cross-cultural engagement.

What is your personal motto?

Enthusiasm is a vehicle for Universal Purpose.

In another life, you'd be:

A spiritual activist.

What is your current obsession?

My work over at Amherst Park where we are bringing African Americans and immigrants together in a wonderful way and hopefully creating a model to use moving forward that will allow these communities to heal each other.

What is your favorite word?

Synchronicity.

What is your least favorite word?

Can't.

Your hidden talent:

Connecting the dots through writing.

Personal hero:

My father, Jose Adolfo Nadal.

Interview by Elizabeth Tucker

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'Archetypes' are off-the-cuff interviews with St. Louis' most inspiring, well-known personalities based on the 19th century parisian parlor game known as the Proust Questionnaire.