**From “Towards a New Consciousness,” in *Borderlands/La Frontera*,**

**by Gloria Anzaldúa**

Una lucha de fronteras / A Struggle of Borders

Because I, a *mestiza*,

continually walk out of one culture

and into another,

because I am in all cultures at the same time,

*alma entre dos mundos, tres, cuatro,*

*me zumba la cabeza con la contradictorio.*

*Estoy norteada por todas las voces que me hablan*

*simultáneamente.*

 *El choque de un alma atrapado entre el mundo del espíritu y el mundo de la técnica a veces la deja entrullada.* Cradled in one culture, sandwiched between two cultures, straddling all three cultures and their value systems, *la mestiza* undergoes a struggle of flesh, a struggle of borders, an inner war. Like all people, we perceive the version of reality that our culture communicates. Like others having or living in more than one culture, we get multiple, often opposing messages. The coming together of two self-consistent but habitually incompatible frames of reference causes *un choque*, a cultural collision.