

What is *El Día de Los Muertos*?

LA CUCARACHA

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El Día de Los Muertos or "Day of the Dead" has its roots in two cultures: the ancient pre-Colombian beliefs of México/Central America and the Spanish-Catholic observance of All Saints Day on November 1 and All Souls Day on November 2. According to Aztec legend, during *El Día de Los Muertos*, the spirits of the dead leave the supernatural world and return to the living world to mingle with friends and family. It is not "Mexican Halloween" nor is it a sad or gory day, but rather a celebration of life and acceptance that death is simply a passage into the next chapter of our existence.