

La Nahuala

The Nahuala is a legend that originates in the town of Puebla, Mexico, right before Mexico's fight for independence (so when it was still Nueva España). The legend is about a spirit called "la nahuaha" that possesses a woman so that it can become all-powerful and immortal. It uses the souls of innocents (children) to grant itself these powers. The only time she can do this is on the night of el Día de los Muertos. This is why it is a legend specifically for Día de los Muertos.