This research examines the complexities of the colonial experience from my subject positions as a Puerto Rican woman, researcher and experienced non-native English teacher. The study illustrates how personal and professional experience may become research, how teachers may combine research practices with other aspects of their lives and how colonized peoples might research their own professional practices. My presentation aims to share a decolonizing perspective to research and teaching and to discuss the possibilities this perspective presents for members of colonized and marginalized communities. Furthermore, it will address how colonized individuals appropriate languages and discourses associated with power to negotiate their own empowerment.