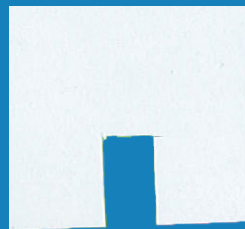
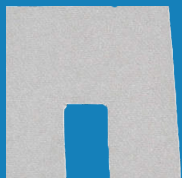
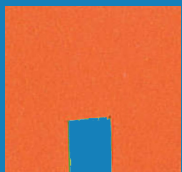
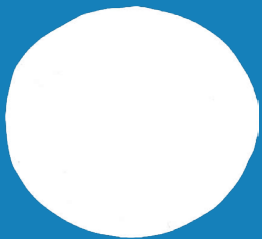


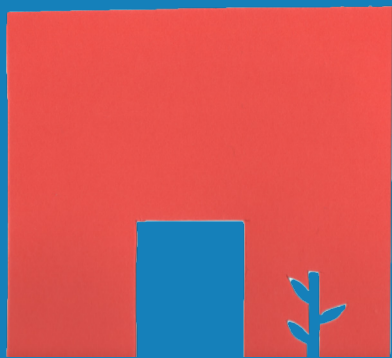
BODY

PLAN DE A

ARTE

CIVICO





PART 1

BODY

This book is for you. It is a starting point.

It is a tool for you to change the world around you. This book is your friend. Your friend from the future. It is here to help you understand better what you bring to the table and how to use it to change the world.

To effectively imagine and build better systems of equity around us, we need engage in a constant cycle of self reflection and awareness. The interaction between the self and the space is a constant feedback loop: the self performs in relation to the space and then based on those performances new ideas are generated about how the space could and should be used. In order to build environments better suited for equity we must become aware of how it is we perform equity in our daily lives. We must reflect with self awareness to access how we could improve or disrupt our own performances in order to better inspire new more equitable usages and assemblies of space.



The book can be referenced and readdressed, each time revealing new information, and being reframed by a new context and circumstance to illuminate a new part of itself. As authors we hope this process will be restorative. You can use this book, like a yerberia, finding particular herbal mixes to aid with self observation and “auto-sanación” (self healing).

Based on what we heard and observed from our year of community engagement, we realize that a key part of working towards equity in our community is simultaneously working on self restoration. In other words you can not successfully work to bring about equity (restoring and redistributing power), without simultaneously working to understand how imbalances in power have impacted you and how your actions may feed into the perpetuation of disequilibrium. This process requires vigilant, kind and constant reflection.



The community asked for tools to better understand themselves, their own wounds, and also for tools that others can use to better understand how their actions may cause harm to others. Can we support ourselves, community members and neighbors, to recover from the divisions of the built environment, instead of perpetuating or reperforming those systems? This book asks us to expand traditional ways of thinking about civic engagement and community development to include restorative community healing and attention to the self. For the individual we think there are three main tasks that you have to influence civic art and public space.

Ground Yourself/Know Yourself:

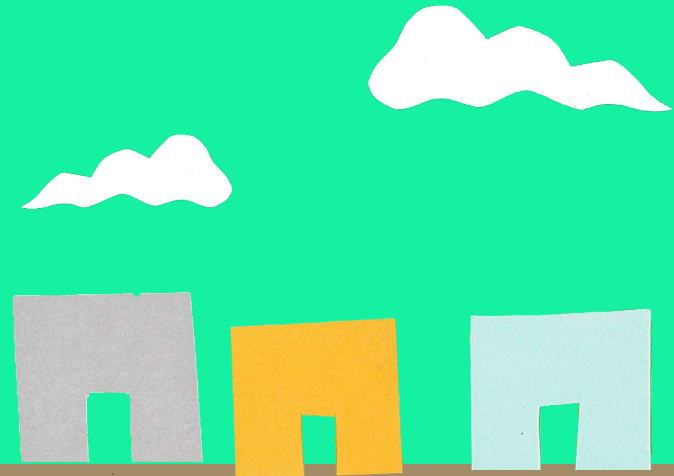
Know who you are, what you are adding to a circumstance and what you need to be fully present.

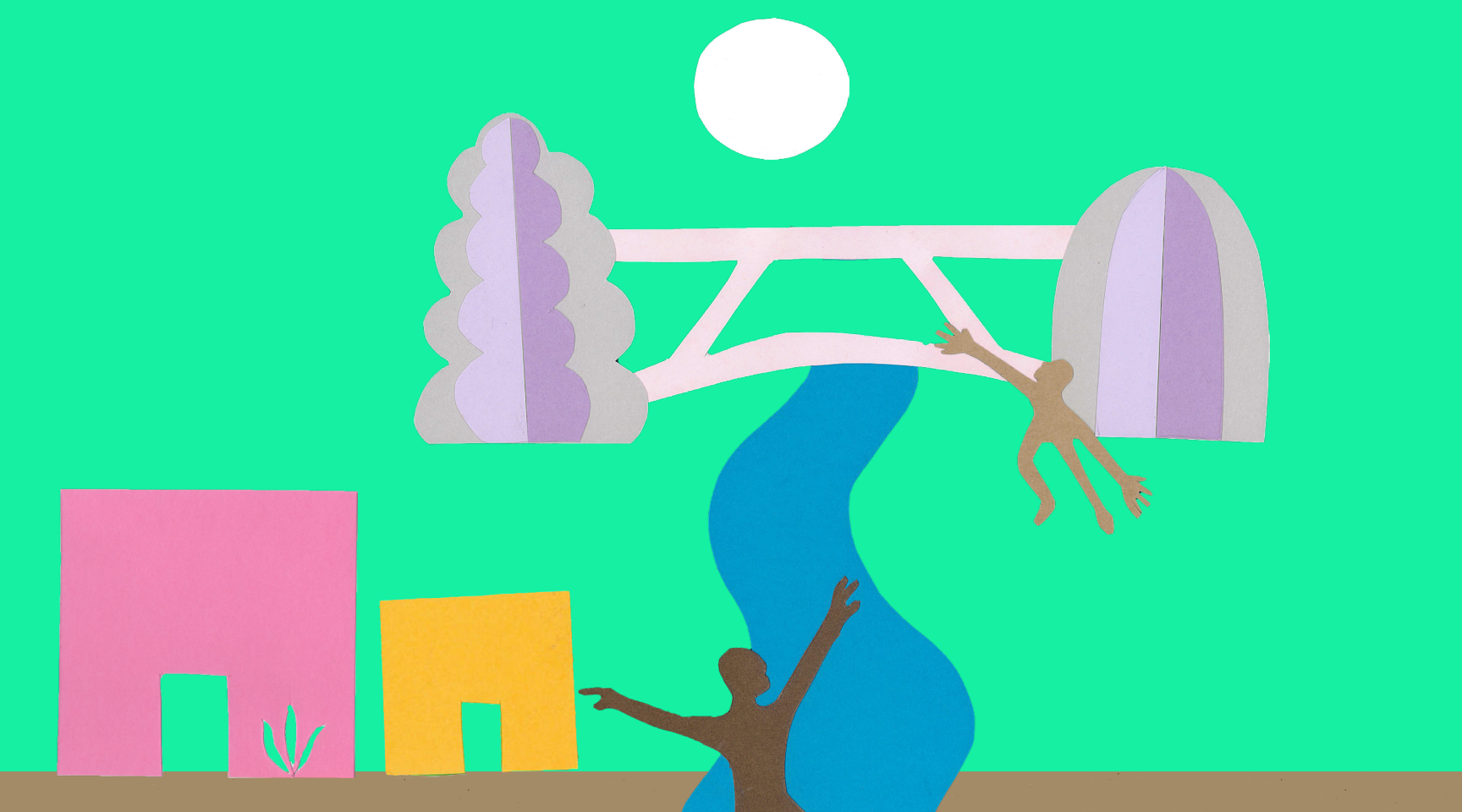
Be in Community:

Get to know them and understand their strengths, skills, needs and dreams.

Be Civically Engaged:

Take action and responsibility for what happens in the spaces you encounter, work for your community. main tasks that you have to influence civic art and public space.





"MOVIMIENTO QUE CERRAMOS NUESTROS OJOS Y EMPEZÓ A DECIR DE QUE SINTIÉRAMOS QUE LOS PIES, LOS HUESOS HACI ADENTRO. Y UNO, CUANDO SE LEVANTA UNO PUES TE ESTIRAS NORMAL, YA. Y NO TE PONES A PENSAR EN UN MOMENTO QUE ES LO QUE SIENTA REALMENTE POR DENTRO, DESDE ADENTRO NO HACIA AFUERA. SI NO QUE, VAS SINTIENDO PORQUE EN ESE MOMENTO, HAZ DE CUENTO DIJO ELLA: "HACES UN CIRCULO EN TU CABEZA Y QUE SIENTES." Y YO SENTÍA HASTA QUE ME TRONABA HACI ADENTRO LOS HUESOS DONDE NUNCA HABÍA NOTADO QUE ME TRONABAN! Y YO DIJE "¿PORQUE SIENTO HACI QUE TRUENAN?" PORQUE NO LES PONE UNO ATENCIÓN A TU CUERPO HACI ADENTRO, SI NO QUE HACI AFUERA SIEMPRE ESTAMOS."

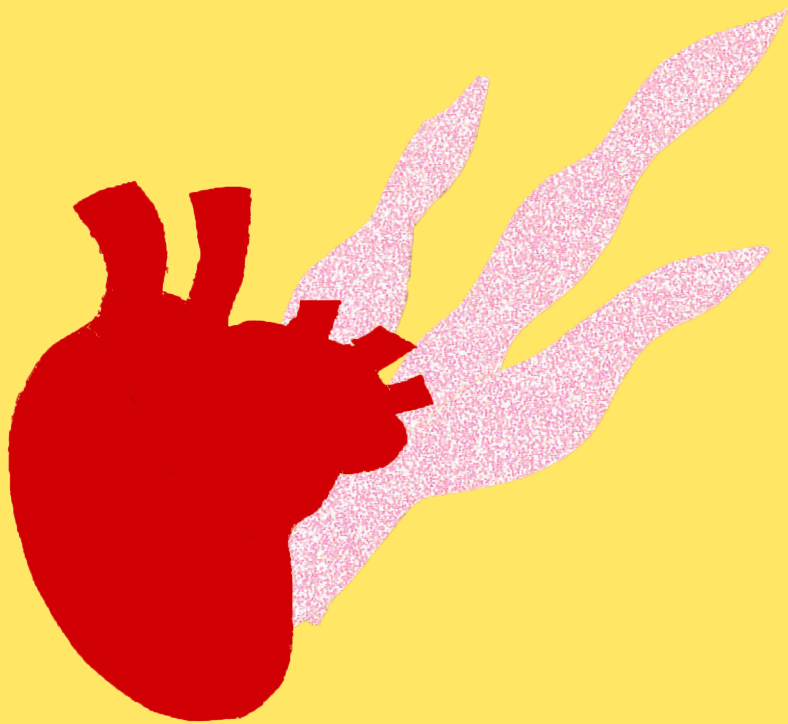
- Socorro Esquivel, participant Movimiento Del Futuro, Hacemos La Ciudad.

**GROUND
YOURSELF**

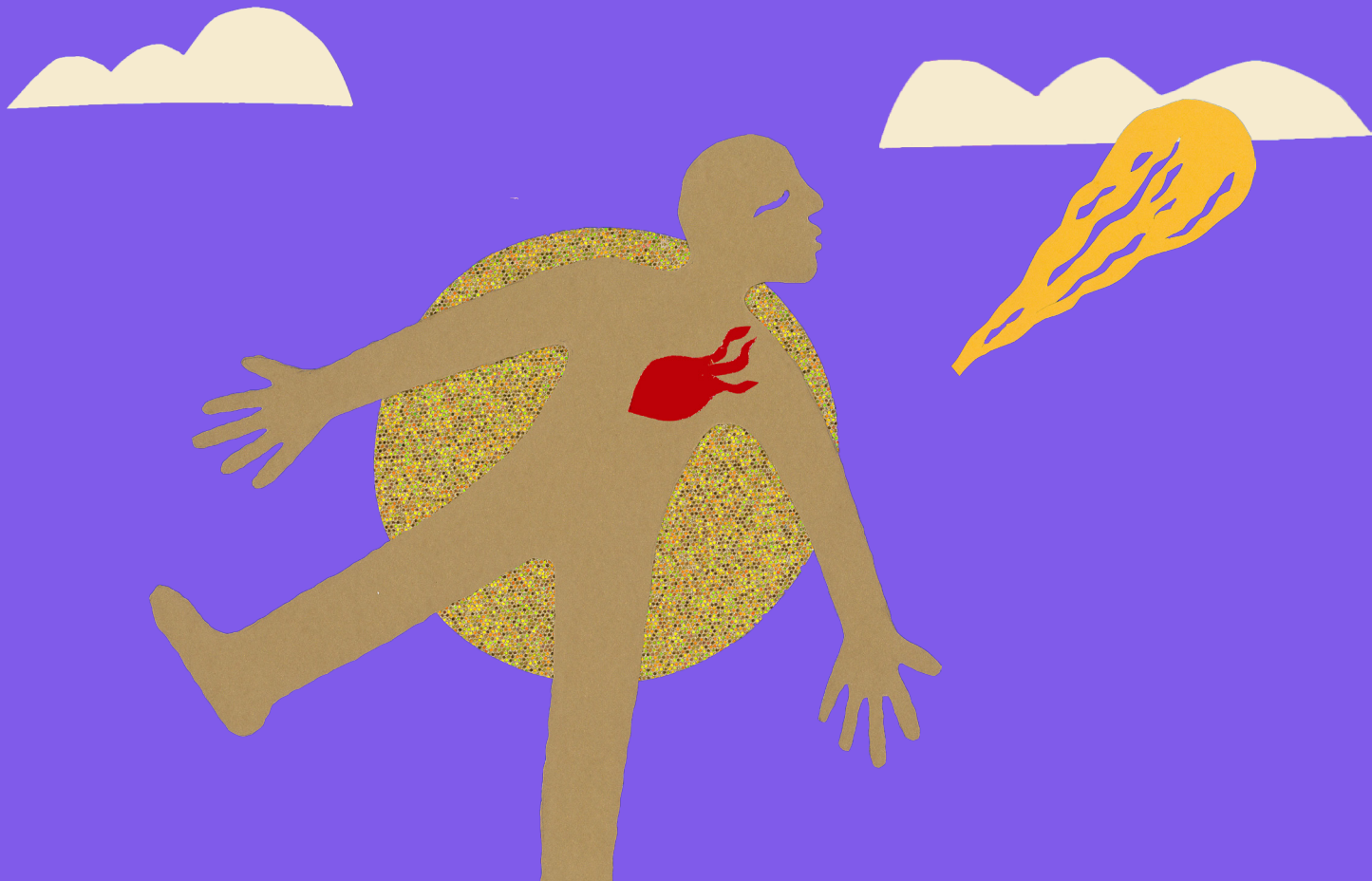


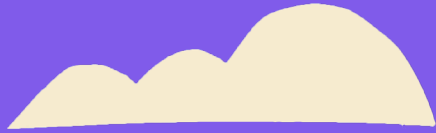
**KNOW
YOUR
BREATH**





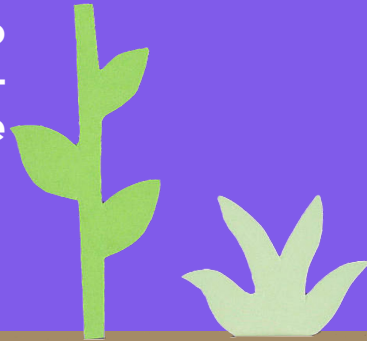
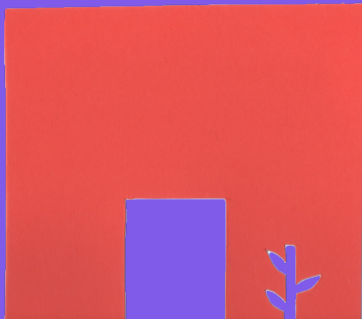
In our meetings, workshops and art engagements with the community we heard that in order to have a more equitable future people need to have awareness of their own emotions and reactions. People need to practice thoughtful self reflection and self awareness. We need to identify our wounds, and be able to see when we over react, are defensive or when our intentions don't line up with our actions.

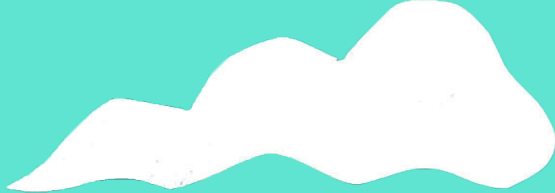




We need to watch ourselves and our breath. We need to become experts in us. What makes us tick, what motivates us, what makes us angry, what makes us excited.

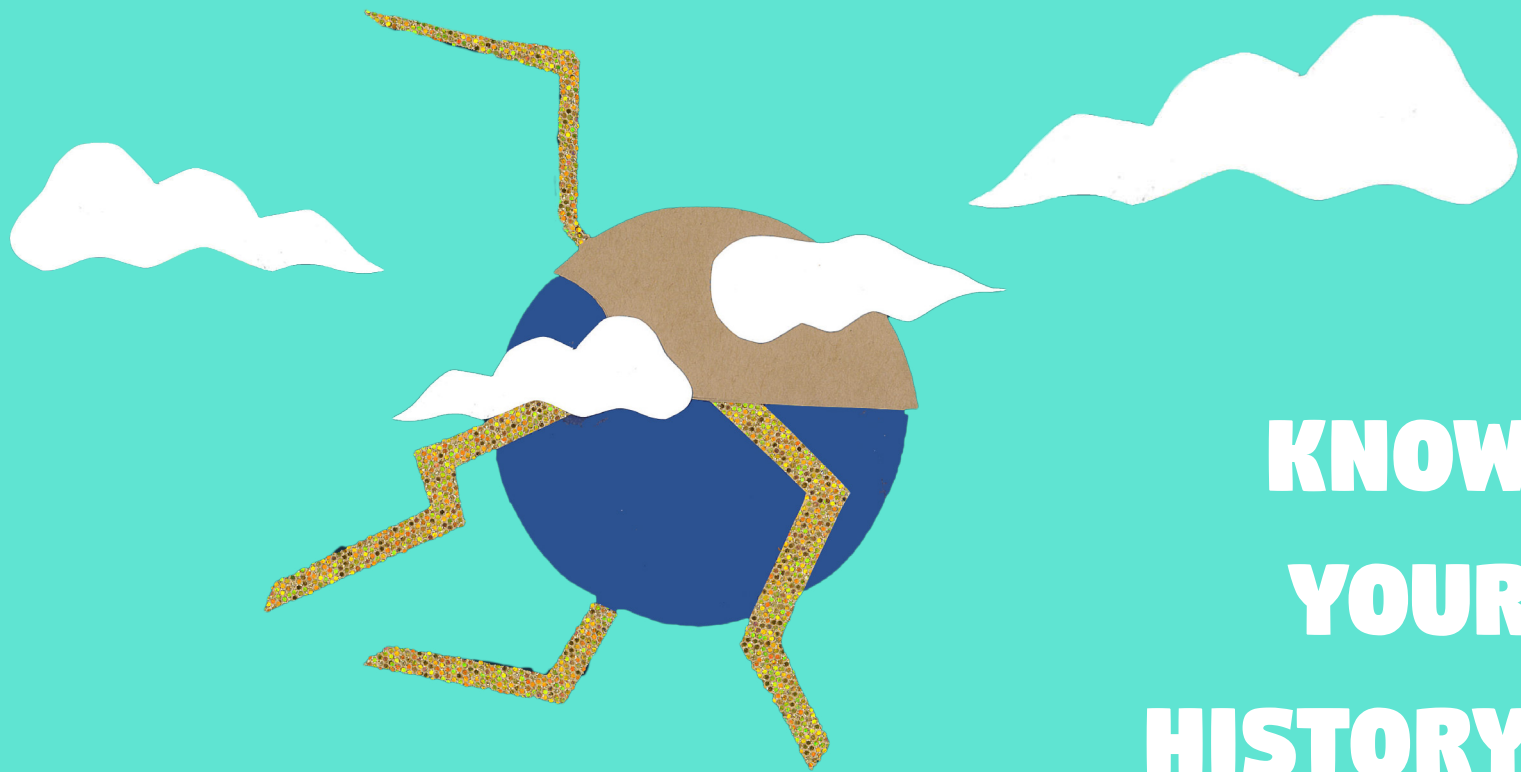
We need to be thoughtful in conversation and practice love and patience with ourselves so that we can be open to learning, be open to being wrong, be open to correcting course and be open to listening.





We heard over and over again that we need to take responsibility for our understanding of our own history and the history of those around us. We need to know where we came from, how we got here and how we may have been impacted along the way. We also need to dig deeper than accepting the stories that are told to us and about us. We need to be responsible for not just knowing it but questioning it. We need to be proactive in understanding and seeking out narratives that are lesser known, especially as they relate to how the stories of the region are told.





**KNOW
YOUR
HISTORY**



We need to know these stories and we need to share them with others. Just because we are not taught these things in school does not excuse us from being responsible for actively seeking these learnings. If you want a more equitable future you need to constantly be seeking out these stories and permanently situated as a learner in understanding these stories.

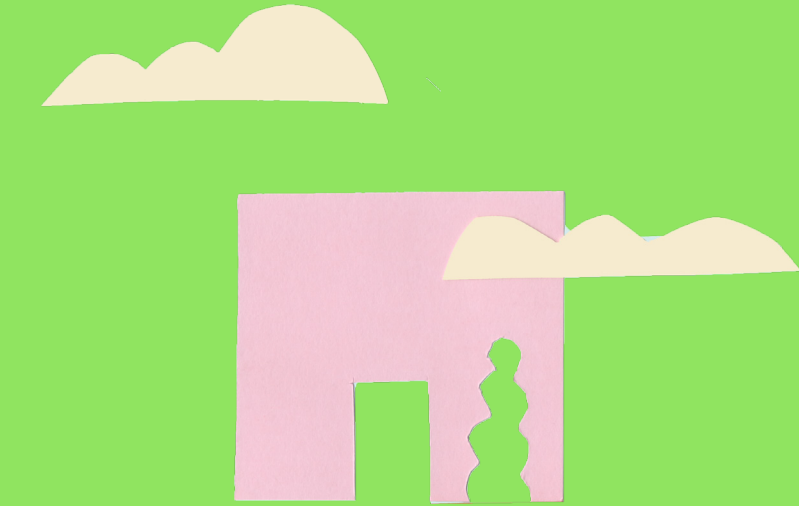




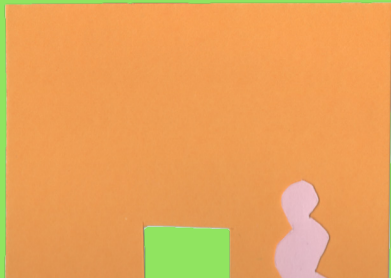
KNOW YOUR CULTURE

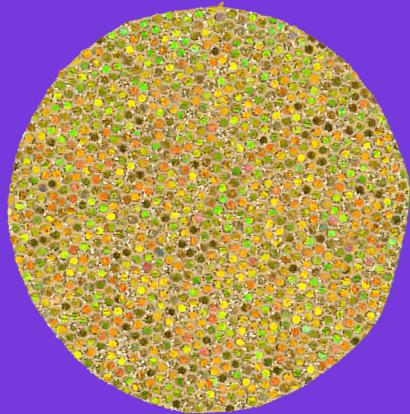


What are the cultural roots of your biological or chosen family? How far back can you trace your ancestors? What are some of the rituals and celebrations that have been passed down to you? Where do these come from? What are the traditions that come from all of your different ancestors? What are some of the cultural resources that your family has? Are there ones that are normally overlooked by other cultures that you can find? Avoid placing hierarchy on some traditions over others.



Know the cultural legacy of the place where we live. Investigate how the legacies of that history may or may not continue to perpetuate inequity in the region. Understand how culture can be a tool of politicizing or liberating consciousness. Consider how you use culture in your own life. Consider the legacy of the design of your clothing, furniture and house. Consider how it does or does not reinforce power inequities. Consider who benefits from the way you use culture in your own life. Consider if you are perpetuating or disrupting inequity with your choices.





KNOW YOUR POSITIONALITY

Privilege is not a dirty word. Find a way to be curious about it. Investigate it with openness and wonder. Build a relationship with it as a question. Is it possible that I benefit or my ancestors benefited from the structural or systemic oppression of others?

Know the traits that you have that allow you to function in the normative world. Understand how they read to others so that you can question and disrupt those patterns.

Take responsibility to understand your privilege and how it positions you. Investigate it with enthusiasm. Be rigorous, diligent and make your inquiry robust.

Be kind to yourself as you investigate these questions. Have compassion for yourself and your ancestors while also considering how you can take action to disrupt those systems of inequity. Practice being a good listener to those who do not benefit from the same types of privilege. Take extra care to seek out their opinions and use your power to lift up their voices.

Body

race

body
ability

sexuality

Skin
tone

gender

income
background

religion

gender
expression

language

immigration
status

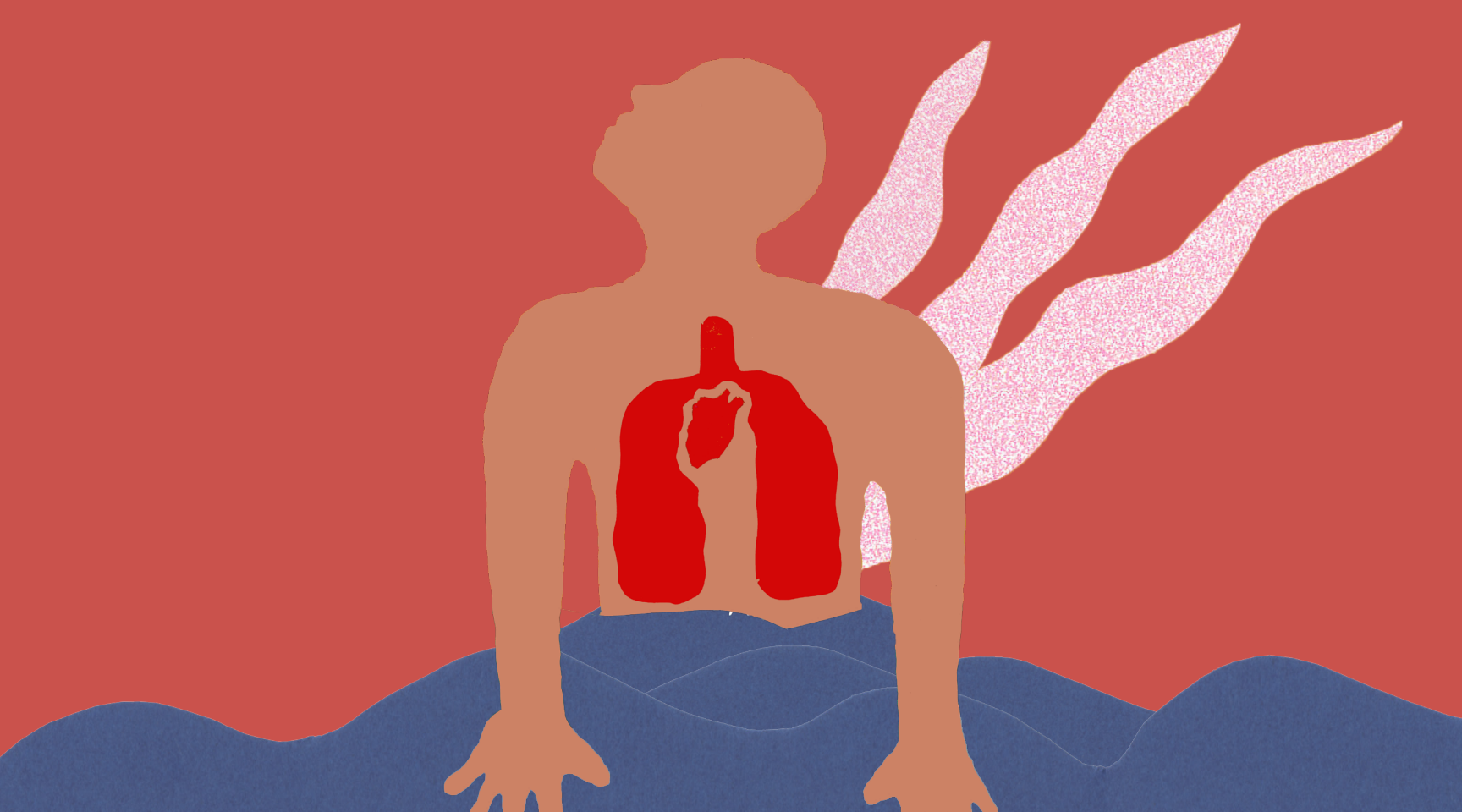
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KNOW YOUR WOUNDS

We all have wounds, some are ancient, ancestral, others are generational or familial and others still are newly active. Understand your own pain. Understand when you are hurt and when someone has hurt you. Identify that pain and take care of yourself to heal.

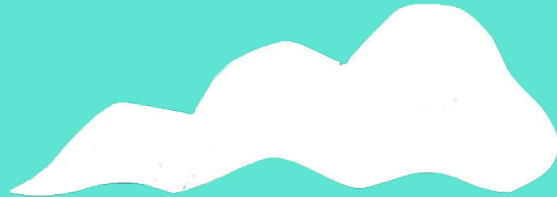
Give yourself space and time for self restoration. Take special care to listen to what your body and soul need to be balanced and grounded. Constantly check in with yourself and your community. What is it that those around you tell you that they need to heal and how could help connect them to those resources or help facilitate that process?

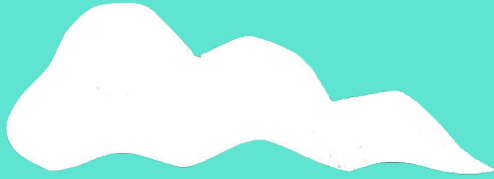
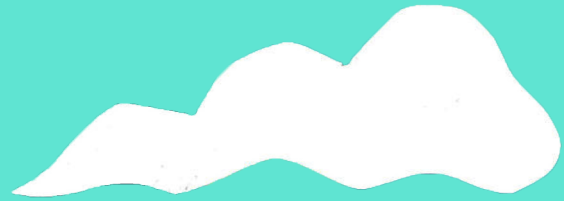
Make sure you believe the world you want is possible. Maintain hope. When your flame weakens attend to it. Ask it what it needs to grow stronger. Strive to be brave in what you hope for as an ambassador for equity. When something stops you, work to dismantle it.



**"I WANT TO CONNECT MORE ABOUT
THE LAND, THE PEOPLE AND THE
RIVER."**

- Anonymous participants, history of the land, hacemos la ciudad.





**BE
IN
COMMUNITY**



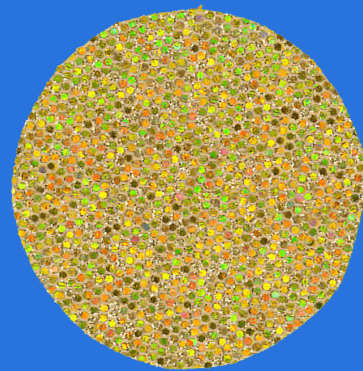
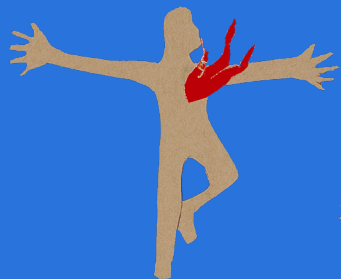
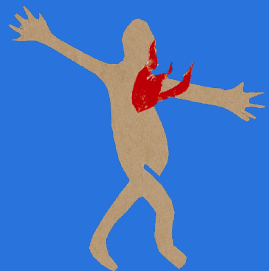
Be in conversation with your community. Consider how you can be open to conflict and how the experience can deepen your understanding of others. Practice deep listening especially with those you disagree with. Focus on the spirit of someone's words and interests before analyzing the particulars of their position. When in conflict disagree with the idea, don't shame the person.



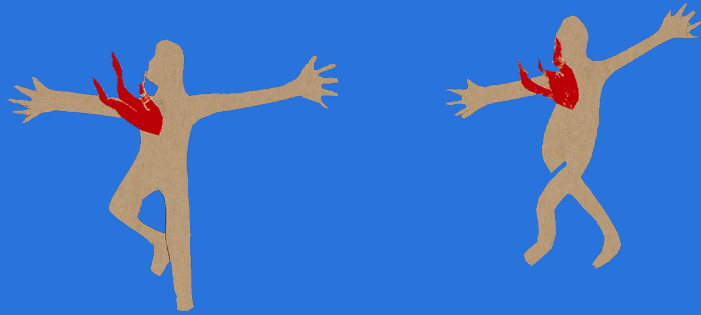
**MAKE
BUILDING
RELATIONSHIPS
A PRIORITY**

When you have an opinion that is different from someone else consider if you want to observe that difference or engage it. Know that you always have the choice and the power to determine how you want to respond. If you choose to observe your difference notice how it makes you feel. Is it uncomfortable that someone else's opinion is different? Do you feel you have to convince the other person to your way of logic or is now not the time?





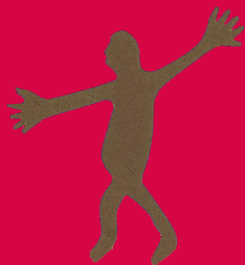
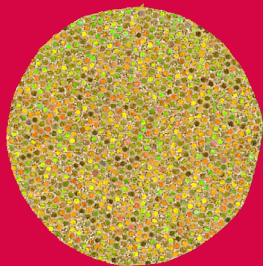
Be responsible for your words even when others are not. Excuse yourself when you disconnect from your compassion. Be your own caretaker. Check in on yourself. Notice when you slip into deficit thinking about others. Instead of thinking something is wrong with the person, the community, or you consider what structural systems and experiences may be impacting the outcomes.



Notice your environment and understand how your actions contribute to it. How do your words and positionality impact group dynamics? How do your consumption habits impact sustainability? Investigate your carbon footprint. Know what plants are native to the region. Understand who lived in the region and their relationship to the land before it was colonized. Listen to the land and its inhabitants to understand what they want and what they offer.

Analyze the built environment (architecture, public art, infrastructure) and report what you find. Take note of distribution. Are resources evenly distributed? Notice what spaces you feel welcome in and what spaces you feel discomfort in, what is the difference? Do some spaces indicate who is welcome or not? Take note of aesthetic decisions. What values do they reflect? What narratives do they affirm? What stories do they deny?





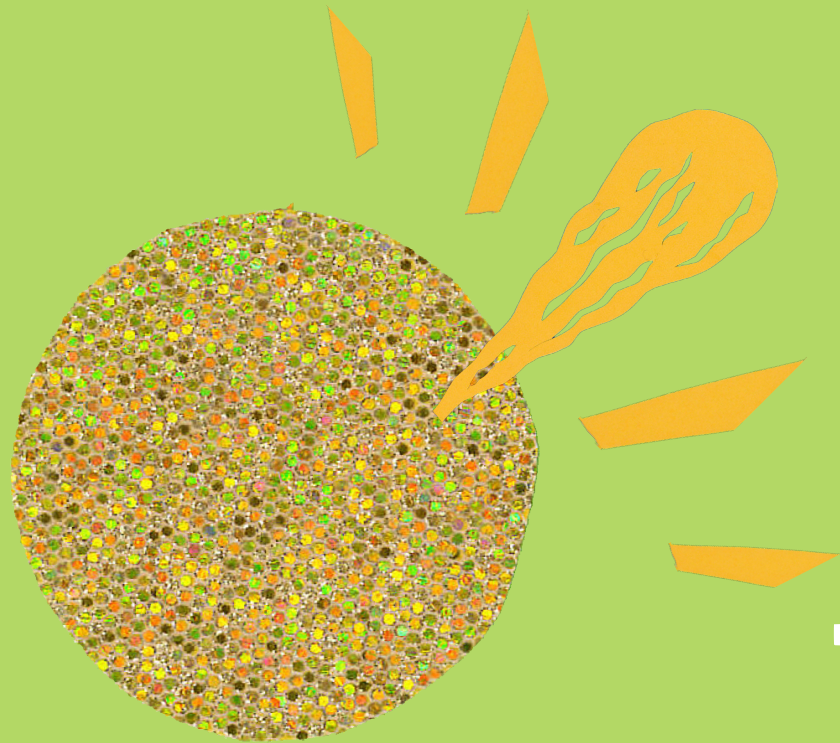
Question how the environment around you came to look the way it did and who is benefiting from the existing systems. Can you see the river? Why or why not? Is there a barrier? Who is benefiting from it? Who suffers as a result?

What stories does the space tell you about who is valued and who is not? Who belongs and who does not? What stories can the space reveal about which cultures are elevated and which ones are ignored? What is the impact on a community to be denied existence? Is there a bathroom for everyone? Why or why not?

Wonder if the collective or the individual is benefiting from design choices. Wonder what changes would better reflect the interests of the whole instead of the few.

"NOSOTROS SOMOS LA COMUNIDAD, NOSOTROS SOMOS EL PUEBLO...TRABAJAMOS CON LA COMUNIDAD Y SABEMOS LAS NECESIDADES DE LA COMUNIDAD Y SABEMOS LO QUE SUENAN, SABEMOS LO QUE ANHELAN... EL SONAR NO QUIERE DECIR QUE AHÍ SE VA QUEDAR ES QUE COMO NOSOTROS TUVIMOS LA IDEA VAMOS A ECHAR ADELANTE Y VAMOS A PONER NUESTRO GRANITO DE ARENA PARA QUE NO SEA UN SUEÑO, SE LLEVE A REALIDAD."

- Rosa San Luis, Festival de Construcción, Hacemos la Ciudad.



**TAKE
ACTION**

Consider how you can contribute to your community. Consider your unique skill sets, interests and perspective and wonder how that you can play a direct role in advancing equity and justice in your neighborhood and city.



If you are not already civically involved make it your responsibility to learn how to be involved. Identify an issue you feel passionately about and begin asking yourself how you can take action towards addressing it. Make a commitment to show up regularly and consistently. Civic engagement can take a wide range of forms including volunteering, activism, community gardening, PTA, church involvement, showing up to city commission meetings or making art projects about community development issues. Find the right way of being engaged that matches your interests and lifestyle. Choose where and how you want to make a difference.

Vote in every single election you can. Do research, ask your friends about candidates you do not know. Organize groups of friends to go with you to the polls. Make sure your friends vote.

Be mindful of power dynamics. Notice if the positionality of those in power reflects the positionality of those being represented. If you notice an imbalance, seek out and support new voices.

GROUND

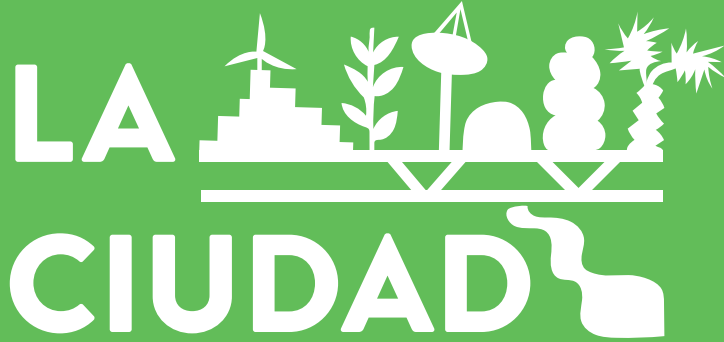
BE IN COMMUNITY

BE CIVICALLY ENGAGED

This book is a tool you can return to again and again. It is not meant to be a path towards an end but instead a regular practice that unfolds with new connections with each reading. It is a resource and a way for you to check in with yourself as your own identity and the identity of the space around you continues to shift. Ask yourself, am I grounded? Am I engaged? This is now your mantle. You can no longer say you do not know what to do or how to help. Your community has told you how to help and what to do. And the first step is to take the responsibility to heal yourself.



HACEMOS



LA

CIUDAD

BROWNSVILLE, TEXAS