

(T) - written by Tyler

(L) - written by lisa

Sunday, 08 December 2019 - Bike Ride through the Franklin Mountains, El Paso, TX.

(T) We began by orienting to surrounding geology; acquainting ourselves with the landscapes that prevailed through deep-time; that were here before us, before borders, before divide, and that retain ecological sovereignty. We paused at the overlook and saw the city of El Paso, Juárez just beyond it, the river contained within a concrete basin under the freeway, stagnant. We read a plaque that demonized the constantly shifting path of the water, to learn the narratives of this place.

Visiting Marcos at a U.S. detention center in El Paso, TX.

(L) Accompanied by Honora Spicer, I met Marcos and had the opportunity to listen and learn about his story of coming to the U.S. in search of safety and the opportunity to take care of his little girl and loved ones. Listening to Marcos speak about the bureaucracy of paperwork, how he and his fellow detained mates passed the time, and his homeland and family gave way to frustration, laughter and deep listening. Before we parted ways, I asked Marcos if he knew any lullabies or songs that had been passed on to him or if he sang to his daughter. We sang lullabies to one another and professed our deep care for each other before saying farewell.

(T) We sat together in the waiting area with families and lovers and strangers, and then were called in two-by-two. We walked past 'contact rooms' where visitors hugged and kissed their friends inside of the prison. They were visible to us as we passed and entered the booth with a telephone and a large pane of glass. We spoke with Marcos, alternating who held the phone. He had a comb in his pocket, clipped nails, and a small tattoo on his thumb. He described where in Cuba he was from by tracing the shape of the country with his hands on the pane of glass, and pointing. I took in his features. We talked about what kinds of dances we like to do, and how he has never felt snow. Our time was up and we both retreated into an enforced distance.

Monday, 09 December 2019 – Authentic Movement Session

(T) We began in the courtyard behind the house; two with eyes closed preparing to move, two witnessing in alert, receptive attention. The two movers began, feeling the ground beneath them, responding to the listening of their bodies. We witnessed one another's dances, then switched. In this practice, we build empathic connections as we see without judgement, and commit to employing the body as a vessel, a tool; receptive and giving and sensing.

La Union Ecospirit Center – breathwork and dinner with Robert Leal in Anthony, NM.

(L) After a full day of much appreciated desert rain and dramatic clouds, we ventured to La Union Ecospirit Center to meet the land and Robert Leal. Robert walked us through the land that he and others have been working with to restore vital nutrients to the soil and maintain sustainable practices. After meeting the land, we moved indoors for a breathwork practice led by Robert. We entered and moved through the practice as separate entities. We landed on the other side as a community ready to listen and learn from El Paso/Juarez and the humans who are sustaining supportive communities.

Tuesday, 10 December 2019 – walk along the Rio Grande and 'moving moments with mama earth' score between El Paso, TX. and Anthony, NM.

(L) We made our way to the Rio Grande and walked along the dry riverbed. Surrounded by cottonwoods, mountains and a puffy cloud sky, we embarked on a meditation and movement score by lisa called *moving moments with mama earth (mmme)*. lisa moved folks through the score with the intent of embodying the land, healing our environment, and listening deeply to our surroundings.

Community Dinner at Valerie Rivas' House in El Paso, TX.

(T) We connected with local artists/healers and shared a home-cooked meal. We met each other in nourishment and listened to stories about the solidarity efforts that have come and gone, and the efforts that continue to be made manifest through the generosity of the immediate community. We listened to stories and thoughts people had about this moment in the borderlands. We sang together. We enjoyed laughter, and planned for ways to show up for each other in the future. In our witnessing, we re-illuminated the vibrancy and resiliency of the community already here, contributing to efforts of care for one another.

Wednesday, 11 December 2019 -- One Grub Community Garden -- volunteer planting and community lunch in El Paso, TX.

(T) We volunteered at a community garden day in which we planted radish seeds in the raised-box beds. We learned about recycle-gardens and spent time in the dirt alongside local community members. We attended a mini-workshop on composting, and enjoyed a community-made lunch. We each had numerous engaging conversations as people shared their El Paso stories with us and asked us where we were from. We sang happy birthday together and shared cake.

Full Moon Hike in the Franklin Mountains, El Paso, TX.

(T) Our group drove the mountains in the evening just as the sun was setting. We hiked into the Franklin Mountains to an area that used to be a copper mine. We hiked and watched the moon rise. The city of El Paso was bright with lights further down into the valley. We spent this time navigating through the darkness, feeling the contrasts between the mountain trail and the city below; finding magic amongst the leftover decay of a site of extraction.

Thursday, 12 December 2019 – lullaby offering for Casa Centro 16 (CX16) in Ciudad Juárez, MX.

(L) Invited by the organizers and residents of casa centro 16, lisa shared her current offering of sound and movement *lullaby: an offering/ a cleansing/ a blessing*. The offering for CX16 was given with the intent to shift the energy of the home, to open and cleanse the space so that it could receive the blessings it needed most. *lullaby* landed on the feast day of La Virgen de Guadalupe in México. The celebration of La Virgen made the offering especially potent with love and care.

Thursday, 12 December 2019 – tea offering at Casa del Refugiado, El Paso, TX.

(L) After dinner, we gathered what was necessary to help serve tea with our sister Valerie at Casa del Refugiado in El Paso. We arrived at a large warehouse-type building and mazed our way through the sprawling, cavernous container that led one to believe we were entering a cold, inhospitable zone. As we turned the corner and ducked through the hanging plastic insulation, we were greeted to a warm bright space full of joyful children and young families who had only just arrived hours prior or were anxiously awaiting to move on to the next place - a sponsored home in the States or to relatives. We took turns heating the water and added it to the healing loose leaf tea Valerie made specially for the folks at the center. We said goodnight and before departing the space, Tyler offered warmth and healing through an impromptu movement score, filling the dark space with love and light.

Saturday, 14 December 2019 -- workshop at Casa Centro 16 (CX16) in Ciudad Juárez, MX.

(T) We crossed the border by foot around 10am and walked to Panadería Rezizte to pick up pastries to bring to the workshop. Once we entered Casa Centro, Valerie began cleansing the space and setting up a bar for her teas and herbs to give to workshop participants. People began cooking food, and a fire was made in the fireplace. Outside the sounds of cars and city chaos prevailed. One by one, our group gathered as local artists and activists made their way into the space. We had two pairs of mothers and daughters. We began giving people tea and food. We gathered for a meditation and from there moved into authentic movement in pairs. Each person exchanged with their partner what they saw and experienced, then shared with the group. Some danced near the fire with their eyes closed. Some were partners with their mothers. Some were partners with elders. We shared qi gong practices and moved into improvisational games as a group. One by one, people shared their dances, their expression, their laughter. The light in the space was waning and the sounds of traffic got louder. The contrasts between the streets and the space we had co-created together was stark. All of the participants were women and non-binary. Each took a risk in coming to the workshop in a city where 7 out of 10 women go missing a day. Our workshop ended by the fire, as each dancer entered a circle, and whose movement was supported by sounds being made from the group. I saw release, catharsis, joy. People lingered, and continued to eat. Valerie shared her knowledge of the teas

and tinctures she brought, and people walked home with medicine. This day was an embodied collaboration of creating a temporary autonomous zone that fostered support and connection amongst this community. It was dark by the time we left the house, walking to the Santa Fe bridge to cross back in the United States. We shared tamales on the bridge. And the river was still stagnant. And the border still existed. And we knew our work was not finished. What we had created was a momentary seed of the world we wish to see -- and that seed stays there, it grows, it leads to other worlds and other beginnings. We continue.

Images



Bike ride to Franklin Mountains, El Paso, TX Photograph: Hannah Ennis



Serving Valerie's teas at Casa del Refugiado migrant shelter, El Paso, TX.
Photograph: Nora Spicer



Valerie Rivas with her healing teas and herbs for casa centro 16 (CX16), Ciudad Juárez, MX.
Photograph: Hannah Ennis



Book delivery - en route to cross the Santa Fe bridge from El Paso, TX. to Ciudad Juárez, MX.
Photograph: Hannah Ennis



Full Moon Hike in the Franklin Mountains, El Paso, TX. Photograph: lisa nevada