

This youth-empowerment inspired garden gallery offers participatory public art installations for youth and families to connect with the garden to listen and connect with the land, native plants, meditations and participatory art installations that offer practices to maintain balance and harmony to support mental health and community care. YouthRise x EarthRise is intended to bring connections to Earth medicine through art, plants and meditations. Curated by Joy Angela Anderson for the Community Arts and Culture Pop-ups as part of We Rise with the idea that connection and care for the land and our bodies are foundational for mental health. From an Indigenous de-colonial healing perspective; wellness, including mental health, is about balance, harmony and a sense of wholeness. Balance and a harmonious relationship with land, community, our physical and mental health are all interconnected. Caring for the Earth (soil, composting, planting, growing non-GMO food & medicine) is simultaneously caring for our bodies as the Earth nourishes us in reciprocity. Connection to land, to community, to friends and nature are foundational for mental health. This exhibition offers creative connections to the land through garden explorations, art and meditations. Let's continue to rise with our movements, plants and tending to the Earth!

Altar for Divine Mother. By Marcia Lopez of Women's True Healing, Star and Joy

This is an honoring of the beauty of Tongva Land, so called, the City of Nuestra Señora Reina de Los Angeles, and the resiliency of the Mothers of our native and immigrant diaspora. We intend to utilize the fruits and flora that are abundant in the neighborhoods of L.A, the reminders of the magic and utter beauty that make up our city and are a constant reminder of the plentitude of Turtle Island. In doing, so we wish to honor this land as our mother, the mothers of the Turtle Island and the Tongva nation, and also our mothers across the immigrant diaspora. This altar is for Earth mother, the ancient mothers and our mothers who have faced hardships and made sacrifices that we will never understand. Their stories are our stories and how we integrate them, how we honor them holds the key to our healing. IG@womenstruehealing

YOUTH RISE EARTH RISE

A GARDEN GALLERY PUBLIC ART EXHIBITION

CURATED BY JOY ANGELA ANDERSON

May 22-31, 2021



EL SERENO COMMUNITY GARDEN

YOUTHRISE X EARTHRISE MAP



LEGEND

- YOU ARE HERE
- Garden Fairy & Animal Spirit Guides
- Divine Madre Tierra Offering/Prayer Altar by Women's True Healing, Star, & Joy
- "Meditation Sculpture and Sound Experience" Created by Crystal Star
- "Protection Herb Bundles" work with herbs with Jo Iraheta of L.A. Rooted
- "Coping Skills Share" Notes & story shares with Sunshine Anderson
- "Plant Your Intentions" : seedling potting with SOMOS
- "Sharing Tea, Sharing Hope" Sharing tea with Michelle Wong
- "The Silence of Flowers" Youth Artist Fatimah Guajardo Glover

Sharing Tea, Sharing Hope: Michelle Wong for @Inspiration.CafeLA

Live & Online Interactive Performance
 As part of Inspiration.Cafe 's public service, #SharingTeaSharingHope, Michelle will demonstrate gongfu tea and meditation. Participants will sit and witness the tea ceremony, and partake in breathing exercises, visualization, physical awareness, and tea tasting. Mental health resources in 5 different API languages will be available. Participants may also be able to join online on Zoom. <https://us02web.zoom.us/j/89085835704>. www.inspiration.cafe

Earth Rise Loteria to Earn a Free Bike by LA Rooted

Visit all Garden Gallery installations and earthbound skill building activities rooted in environmental stewardship, ancestral knowledge, and community centered leadership and enter to win a free bike. LA Rooted's Earn a Free Bike program will come with a bike and a street smart bicycle safety course for the five winners. Winners must complete a three hour safety course on the bicycle that they receive. The safety course will be held at Plaza de la Raza in June and the date will be determined based upon the best date for the instructors and the five winners.



**The Casimir Harmonic
- Sculpture +
Meditation Experience
+ Sensory Recycled
Art. by Crystal "Star"
Orozco**

Co-Created with 1PlasticLife.org, upon the method of art and meditation as a form of therapy, stress release and happiness inducer. Using color and sound as an encapsulating space elevator that takes you to stillness and observation that brings forth mood elevation and peace. Created with recycled, repurposed and found objects. Star created this temple sculpture in part to emphasize that you can resonate with sound as a tool for therapy and mental health. Color and refraction of light to heighten mood and inspiration.

The Casimir Harmonic was created upon the "Casimir effect" influence, named after Dutch physicist Hendrik Casimir. Two qualities are reflected back and forth and each quality has energy which creates frequency that affects the vacuum (person sitting in between), the vacuum's frequency fluctuates in resonance. By sitting within the elevator, the person or persons achieve a space of completion, new beginning and/or a place of stillness and enjoyment.

Crystal "Star" Orozco is Los Angeles Native Tongva land residing, multi-disciplinary Energetic Healer & Artist. She is motivated and inspired to create by closing the loop on waste. She lives life built on the foundation of purpose and commitment to the wellness, betterment, and sustainability of our local communities. She is inspired to create safe spaces and hubs of empowerment. She is a Certified Feng Shui, Sustainability Consultant and Initiated Mesa Carrier of the Quechua Andean Lineage of Peru. IG @The_Resourceful_Fashionista & @The_Joy_Path

1plasticlife is a nonprofit organisation focused on reducing plastic pollution in low income communities by providing job training opportunities to homeless and unemployed people. **1plasticlife** is the world's first leading environmental organization in Los Angeles working in low income communities to collect, wash, shred, and recycle plastic waste to support and create a path of sustainability and human responsibility. www.1plasticlife.org

Wishing Tree of Coping Skills:

Tune Into Your Superpowers, Around the Magic of the Ceiba Tree By Sunshine Maria

A single Mom of two, artist and survivor of many traumas, and on my own journey of healing and reminding myself to use coping skills in difficult times. I grew up in El Sereno and I'm glad to return and share an idea that will be a new part of the garden space. This is a Mixed Media, interactive installation using various paper, writing materials, a writing desk and area to learn and share. This interactive installation utilizes the tradition of a wishing tree but centered around coping skills and mental health with an opportunity to share any experiences or ideas through writing. Review instructions from the zine provided on site and enjoy your time in the garden. Choose your hanging tag and write: Share a coping skill that you have used, that you learned about, one that you will try and work on or a time that you wish you used a coping skill. On another tag or the other side share your wishes for yourself now or in the future. Spring time is when things flourish and grow now is the perfect time to share your intentions, wishes and new skills to help cope with life and feelings of anxiety, sadness or stress. When you put your wishes out into the universe it starts to be set in motion to be truth!

The Silence of the Flowers by Fatimah Guajardo-Glover

A Tryptic based on archetypes from the Hero's Journey. The panels explore aspects of our personal life journeys that we travel multiple times in our lives and find ourselves in at different moments. The artist has created illustrations that encompass these stages with illustrations that draw from powerful Tarot Cards as well as the game The Legend of Zelda which is a popular hero's journey in our culture. The panels explore three stages of the hero's journey, first is "the calling" to set forth on journeys, push ourselves to grow and change, create something new, travel to uncharted places physically, spiritually and emotionally, sometimes by choice sometimes not. The second panel is "the abyss" which speaks to the triumphs and tribulations we often phase when we are in the midst of change. Finally, "transformation" is where we find ourselves after difficult changes, often a space where the sun shines again and we gain confidence to continue to expand, like wings on a monarch butterfly we take flights to new heights. The final panel in this installation is one where we ask visitors to the garden to reflect on where they currently find themselves in the hero's journey. Heroes are all around us, you are the hero, tell us your story.

Prayer/Protection Bundles with L.A. Rooted. by Jo Iraheta

LA Rooted is transformative education that cultivates health and resilience rooted in ancestral knowledge. Our Community Organization utilizes bike mobility, outdoor connections and environmental stewardship to build confidence and community leadership. Prayer/Protection bundles have been a powerful medicinal practice that has been used by many native and indigenous tribes. LA Rooted stems from Olivia Chumacero's *Everything is Medicine* practices, utilizes this exercise to engage community members to connect with the plants and their medicine. For this exercise, we will be introducing ourselves to four different native plants. We will learn how to use them and how to create our own protection and prayer bundles. You will learn how to calm your nerves, protect your space, seek guidance, listen and learn how to offer gifts.



SOMOS Kit:

- Coco coir soil pellet
- Mini pot
- Non-GMO heirloom organic herb seeds (lavender, parsley, cilantro, mint, basil)

Instructions:

Soak your soil inside the mini pot with two tablespoons of water and watch it grow.

~ We Are grateful to the ancestors of this land, the Tongva and the El Sereno Community Garden. We thank them for speaking through this garden, bringing beauty and healing to this neighborhood. We are grateful to all who tend to this sacred land.~

Community Pop-Ups take place across all Los Angeles County neighborhoods, **in partnership with over 50 community groups, artists, grassroots leaders, healers and other LA County Departments.** WE RISE highlights and supports the vital community-centered and civic work taking place in these neighborhoods. These projects and collaborations include mural making, ancestral healing workshops, a Countywide public literary art project and more to celebrate the remarkable resources and communities in LA County and use arts-based strategies for healing and wellbeing. For more info please visit, wewise.la.

