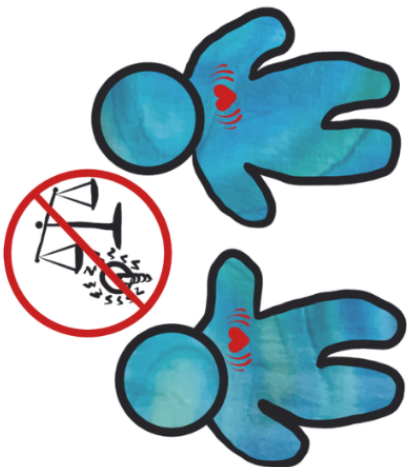


Refrain from asking questions, giving advice.



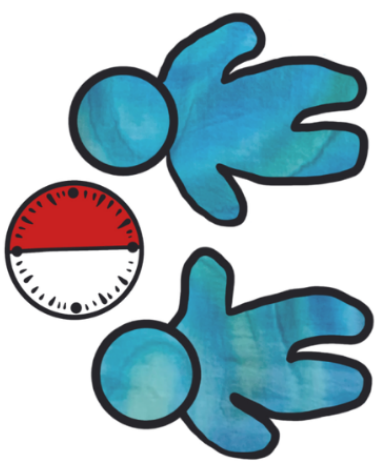
Withhold judgment.



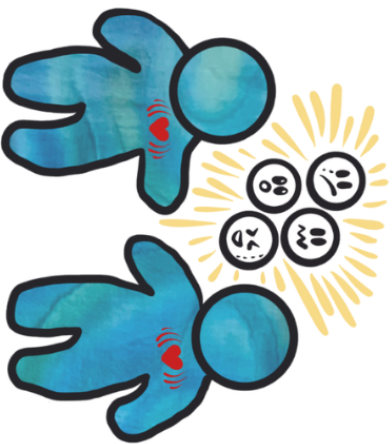
Listen with respect and full attention.



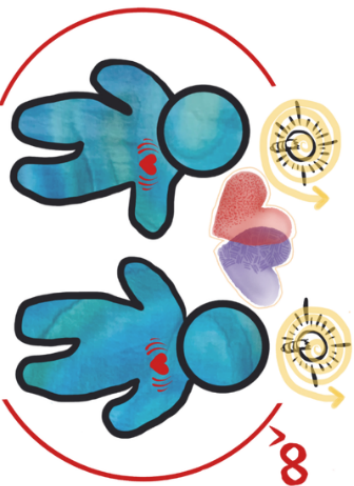
Take turns (equal time) without interruptions.



If feelings come up, welcome and make space for them.



Listening exchanges support us to think, heal, stay connected and act powerfully.

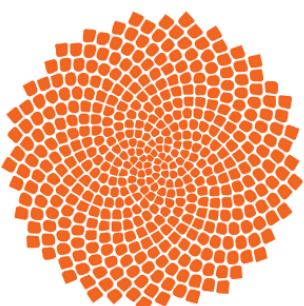


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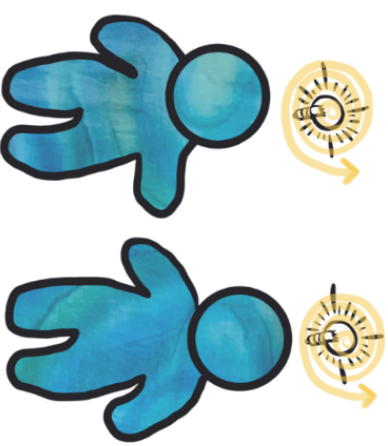
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Listening Exchanges



A Basic Guide to a Powerful Practice



A community for water protectors, artists and activists who are strengthening our climate justice movements.

TUBIG* Artists at the Center

An initiative of Sustaining All Life. *Tubig means water in Tagalog.



connect our stories, art & climate justice

Art is a powerful way we connect, communicate, inspire, mobilize masses of people to end the climate emergency and transform the world.

This project is an opportunity to bring together artists, activists and people who care about water.

We hope to explore our relationship to water, deepen our connections and build our communities.

We invite you to connect, cultivate, create and catalyze shifts in our movements.



create artwork that moves us into action

Artists create possibilities, invent and transform. Many are calling for action, building awareness, organizing and communicating ideas in ways that reach and inspire people. We are a central part of strengthening our climate justice movements.

Art to end the climate emergency communicates the reality of the situation: the heartbreak of loss, devastation, and destruction, and the possibility of repair, recovery, equity, and community, of restoring our connection to ourselves, each other, and the world around us.



cultivate relationships through listening exchanges

How do we work together to end the climate emergency?

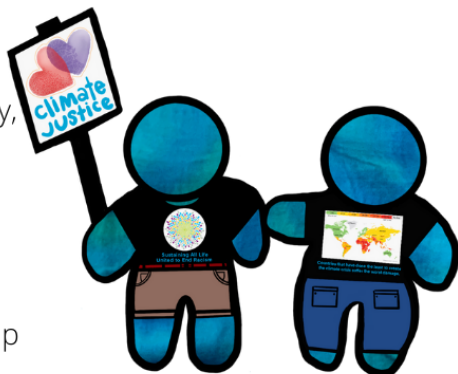
Some of us have limited access to water. Some too much. Some have had our water stolen, privatized, contaminated. Some are permanently losing our water source.

To face and turn around this crisis, we need to build strong relationships.

In Sustaining All Life, we take turns sharing and listening to each other in an intentional way. We call these listening exchanges. Whether we are similar or different, we can connect with each other, human to human.

This process helps us think more clearly, act more powerfully and reduces the divisions caused by oppression of different peoples.

Intentional listening is a tool that can help us create art collaboratively.



catalyze shifts in our climate justice movements

The power of art to organize, connect and inspire has always put artists at the forefront of revolutions and social movements.

We invite you to slow down the urgency of capitalism and engage:

- What is your relationship to water?
- What is your people and/or community's relationship to water?
- How do oppressions and your relationship to water impact how you experience the climate crisis?
- What new perspectives, creative solutions and climate justice actions might you offer?

We invite you to share your stories and artwork!

SustainingAllLife.org/tubig

Sustaining All Life is a global organization that offers tools that assist people to address emotional barriers to effective climate justice organizing and heal from the damage and separation caused by oppression.

