

# P R A X I S

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R E C O V E R

No. 6

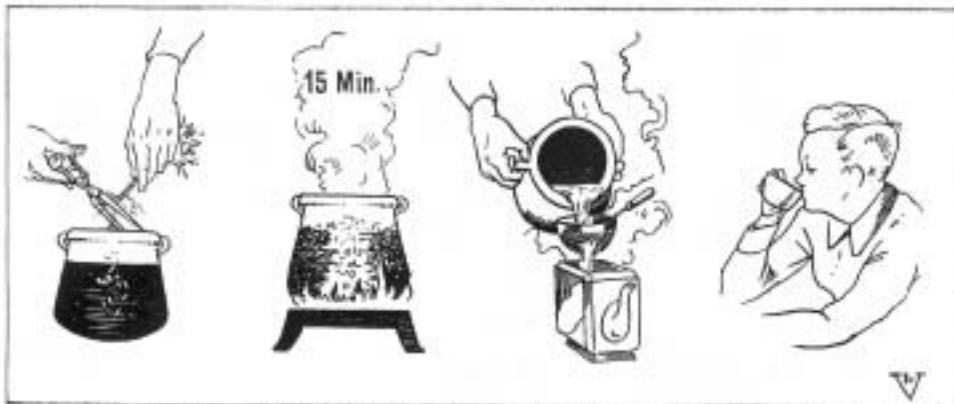
13 JANUARY - 13 MARCH 2011



R O B E R T   W A T E R S

THE ARTIST ROBERT WATERS USES EARTH FROM THE MASS GRAVES OF THE SPANISH CIVIL WAR TO CULTIVATE MEDICINAL HERBS — INCLUDING SOME THAT HELP IMPROVE MEMORY — AND CREATE A HEALING ATMOSPHERE.

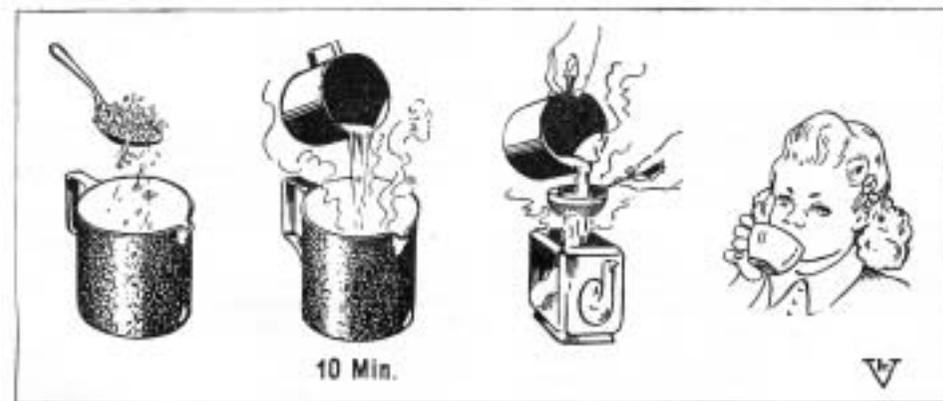




**Cocimiento o decocción.**—Se utiliza generalmente para preparar tisanas a base de las partes duras de las plantas (raíces, cortezas, semillas, etc.) y para ello se procede de la siguiente manera:

En un recipiente adecuado (una olla, un pote, etc.) se pone la cantidad de agua correspondiente a la cantidad de tisana que se desea obtener, y a la misma se echa la planta (raíces, cortezas, etc.) convenientemente desmenuzada. Todo junto se pone en

fuego al fuego y se deja hasta que haya hervido durante unos quince minutos a fuego lento, ya que es mejor que no llegue a hervir muy fuerte; transcurrido este tiempo, se aparta del fuego y se deja tapado para que repose durante otros diez o quince minutos. Luego se pasa por un colador, y ya tenemos la tisana preparada y dispuesta para ser administrada.



**Infusión.**—Al revés del cocimiento, la infusión se emplea para obtener tisanas de aquellas partes de las plantas que por ser blandas y delgadas (hojas, flores, etc.) no exigen una acción de temperatura de tanta duración para extraer de ellas sus principios medicinales.

La manera de proceder es como sigue: En un recipiente adecuado y que no se rompa por la súbita acción del calor, se ponen las plantas de que se desea obtener la tisana. Sobre las mismas se echa agua

hirviendo en cantidad proporcionada, e inmediatamente se tapa bien dejándolo que de esta forma repose durante unos diez o quince minutos. Después, se pasa por un colador y queda lista la infusión. Se puede tomar igualmente en frío que en caliente.

Como se habrá observado, el cocimiento y la infusión se distinguen en que el primero se prepara en el fuego (el vegetal hierve unos 15 minutos), mientras que la segunda se obtiene fuera de él (el vegetal es sólo escaldado y ni hierve ni se pone al fuego).

# ON PRAXIS

BLANCA DE LA TORRE

Komisaritzta - Comisaria - Curator

Praxis is linked to the culture of DIY (do-it-yourself) and stems from the current economic crisis. At the same time, it is a laboratory or experimental workshop that is dynamic and complementary in character and which in itself generates an alternative module to the annual programme.

Founded on the notion of improvisation and underpinned by values such as recycling, process, the relational and above all direct action and DIY, it is intended to ensure that the artist plays a much more active part and puts an end to the prevalence today of the artwork versus the artist-subject. This principal role will be reflected in a number of areas, such as opening up exhibitions to the public from the very start, thereby enabling visitors to witness every step along the way.

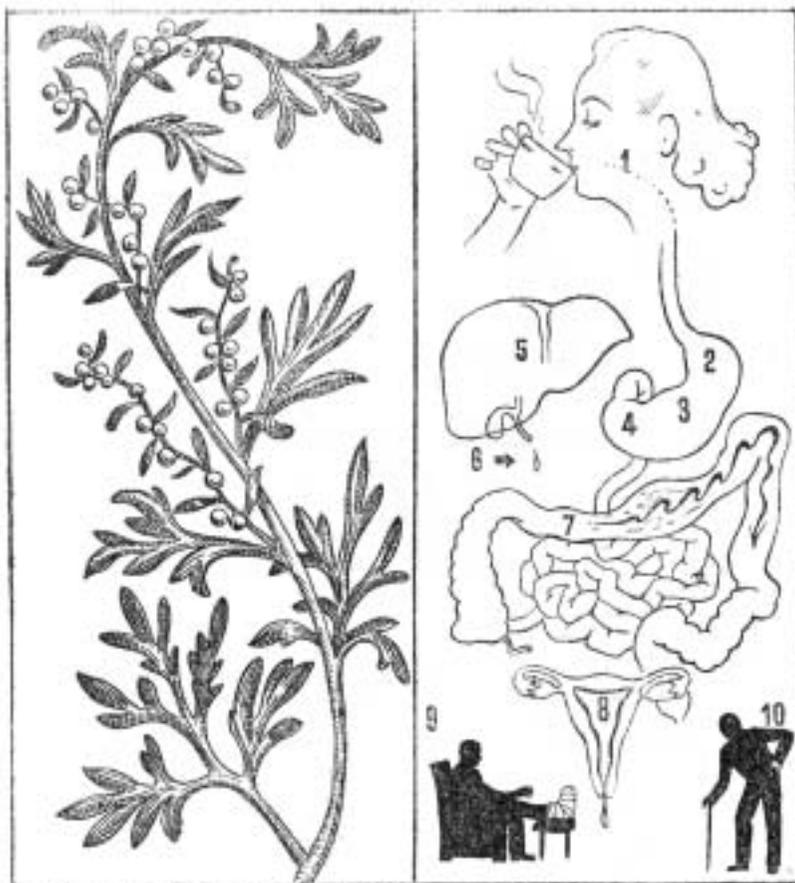
Praxis will consist of a varied selection of projects that embody an attitude, an initiative inspired by the subculture that emerged alongside the punk movement of the 1970s, in which artists managed their own bands and produced their own albums, creating their own labels as well as their own merchandising, t-shirts, caps, etc., along with their own self-promotional material.

The culture of DIY has expanded exponentially with the rise of multinational corporatism and has almost become a political and social ideology, a doctrine of 'non-consumerism' applied to art. Praxis intends to reconcile the underground with the institutional, to fight against its own status quo and, at the same time, to bring together globalism and localism. As a result, it has adopted an expression typical of DIY culture: "think global, act local".

# MASS GRAVES IN SPAIN



The artist, Robert Waters, collecting earth from a mass grave in Oteiza (Navarre).



#### AJENJO

Esp.: Artemisa amarga - Hierba santa - Ajenjo romano - Hierba de los versos. - Cat.: Donzell - Donzell mascle. - Vasc.: Asensica. - Gall.: Axenxos

Usos: Al interior, en infusión a razón de 1 cucharadita de café por taza; 2 ó 3 tazas al día.

Al exterior, en infusión, a la que se añade sal, para gargarismos contra anginas y catarros de la garganta; las hojas contundidas y calentadas, se aplican para calmar los dolores articulares.

Somos la Naturaleza, durante mucho tiempo estuvimos lejos, pero ahora volvemos.

-*Hojas de Hierba* (1969), translation by Jorge Luis Borges of *Leaves of Grass* (1855) by Walt Whitman

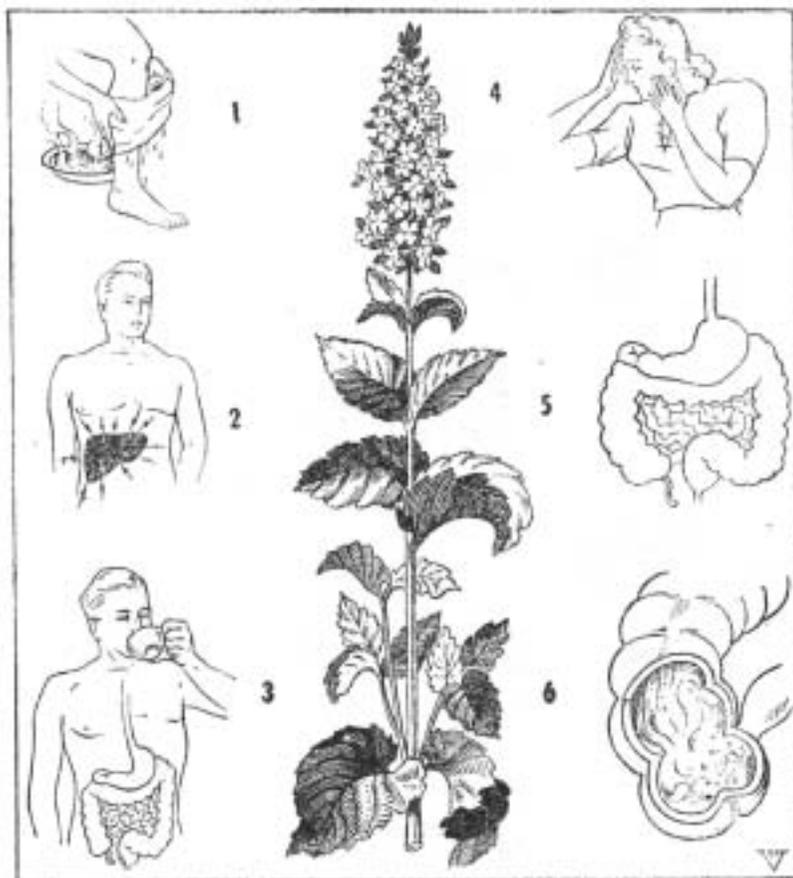
After getting in touch with the scientific society Aranzadi and attending some conferences on the subject, we quickly obtained a permit to remove earth from the mass graves of the Spanish civil-war and post-war period, where the remains of victims were being exhumed.

Armed with this permit, Robert Waters set off on the task of visiting the graves—whose history was suppressed by fascism—and collecting earth from them. His aim was to start planting this earth with the seeds of local medicinal herbs, including some that help to recover memory.

Waters' project is to create a therapeutic atmosphere in the Museum. The visitor comes into an area rather like a living room where the soft murmur of water provides a 'soundtrack' for the pieces of the ARTIUM Collection and the project documents. The aim is to play with the curative attributes of art.

One of the literary references chosen by Waters is *Leaves of Grass* by Walt Whitman (1855). In his critical study of the book, Guillermo Nolasco Juárez tries to analyse its philosophical structure. In it, philosophy, religion and science co-exist in an amazing way, although they are traditionally considered to be directly opposed to each other. Juárez also explains how this correlation makes sense in the work of the New York poet because although the three approaches are very different they all share the same final objective: understanding the mystery of life.

Waters proposes an act of transformation that fits in with Whitman's way of formulating change, the process of becoming and the possibility that all things have of transforming themselves into other things.



**MENTA**  
 Hierbabuena - Menta piperita

Uso: Al interior en forma de infusión, a razón de una cucharada de café de hojas por cada taza de tisana; tomar de tres a cuatro tacitas al día.

Al exterior, contra las quemaduras, se emplea la misma infusión batida con otra cantidad igual de aceite de olivas, y esta mezcla se aplica por medio de compresas empapadas, que se renuevan de vez en cuando.

Walt Whitman had a good understanding of the most profound mysteries of existence. He knew that evolution and metamorphosis are both levels of change, and his fine intuition led him to create a philosophy based on change and not on stratification.

This interest in transformation processes is also a constant feature in Waters' work. He places them in the context of the current development of post-industrial society, structural changes in society and epistemological developments in order to examine the process by which human beings have been tamed.

His work first explores the biological world and connects it with what is human—mind and body—and with the human desire for transcendence. The human relation with nature is presented in a conflictive way in Waters' work, especially the connection between human mortality and nature. This point will be reinforced by the cycle proposed by the project, in which plants grow from the earth containing the remains of the victims.

The project's interest in preserving historical memory can also be related to *The secret life of plants* (1973), in which the authors, Peter Tompkins and Christopher Bird, suggest that memory exists in the plant world. This book also contains a summary of the theory Goethe put forward in *Metamorphosis of Plants* and proposes an emotional and even spiritual interrelation between plants and human beings.

For the fanzine that accompanies the project, the artist has created a series of illustrations inspired by Dr. Adrian Vander's book on herbal medicine, establishing a metaphorical connection between plant cycles and human bodies associated with recycling the earth from the mass graves.

The fact that quantitative change leads to qualitative change is now a universal law. It would be impossible to change, to be 'something other', if each thing were not both itself and its opposite.

uncover RECOVER thus constitutes an act of reparation towards the war victims, their families and the public itself and above all, a communal act that serves as a metaphor for the recovery of historical memory.

Blanca de la Torre



**ROMERO**

Rosmarina - Hierba de las coronas. - Cat.: Romer - Romani

Uso: Al interior, en infusión al 3 %, que se toma a razón de tres tazas por día en los casos de debilidad de estómago e inapetencia, bebidas a sorbos antes de las principales comidas. También se recomienda para fortalecer el pelo, usado igualmente en fricciones del cuero cabelludo, una vez al día.

En los demás casos, de dos a cuatro tazas al día.

Al exterior, según hemos dicho, en maceración de alcohol, para fricciones; 100 gramos de planta por litro de alcohol, que se macera durante dos semanas.



IF YOU WOULD LIKE TO ADOPT ONE OF THE PLANTS IN THE EXHIBITION PLEASE LEAVE YOUR NAME ON THE LIST IN THE EXHIBITION HALL. YOU WILL BE ABLE TO COLLECT THE PLANT ON SUNDAY 13 MARCH

FOR MORE INFORMATION PHONE 945 20 90 00



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**Art  
ium**

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Arabako Foru Aldundia  
Diputación Foral de Álava



**ARANZADI**

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