



UBUNTU..... RHYTHMS AND CHANTS

UBUNTU DECLARATION *I declare...*

1. Oneness

I declare my consciousness that life forms an inter-related, inter-connected and inter-dependant whole. What is done to the one is done to the other.

My life has meaning through my fellow human beings and all of life - I am considerate of all and the other.

2. Community

I declare that I am part of a global community that is anchored in love for myself, a loving and supporting family life, and healthy relationships.

I embrace 'loving an-other', not because we should, but because we are parts of each other; part of a big global family.

3. Potential

I declare that humanity is good and has unlimited potential. I therefore recognize the importance of connecting with my godly essence and inner wisdom throughout my life's journey; allowing my finest and highest levels of human potential and excellence to flourish for the benefit of all.

I have unlimited potential and my life has purpose.

4. Beingness

I declare that the world does not have to be the way it is, and that I am capable and have the power to change things and to show the way through my beingness. I realise that that social transformation starts with personal transformation.

I am the change I wish to see in the world.

5. Unity through diversity

I declare that my life reflects my consciousness of cultural diversity. This consciousness includes respect for differences such as language, dress and traditions, the ways societies organize themselves, their values and religions, and the ways they interact with the environment. This supports the desire of every person/idea/perception to be acknowledged and respected for its uniqueness, whilst realizing that this uniqueness forms part of a greater whole.

My unique and individual expression of who I am serves life for the greater good of all and I revel in the wonder and beauty of our diversities.

6. Values

I declare my aspirations to support ubuntu principles, global ethics, and universal values such as compassion, gratitude, honesty and truthfulness, forgiveness, respect, courage, responsibility, and kindness that underlie this declaration.

My life is an expression of the values that I am and that I cherish.

7. Togetherness

I declare that human beings need each other to survive on this planet. I recognize that we are all in this together and that community flourishes as we learn about each other and work together toward our common goals. I declare that I am playing my part to help to bring about a culture in which we, the peoples of the world address our common global concerns in holistic, positive, and transforming ways, and live together in peace with one another; thus realizing this declaration.

We make it... together.

8. Cosmic connection

I declare that I value my place in my family, community, and the natural environment, and that I realise the part I play in securing its future.

I am inextricably part of my family, the community, and the environment. My healthy relationship with myself and them ensures our wholeness and wellness.

9. Ongoingness

I declare my respect for those who and that which has come before and I take responsibility for my impact on life and for what I leave behind.

I respect those who and that which has come before and I am mindful of what I leave behind.

10. Action

I declare my intention to do my bit and to be an active citizen. I realise that I have a civil duty and responsibility to participate, to be accountable, and to stand up for what I believe in and for what works. I declare the importance of a day set aside for all of humanity to come together as one human family; to discuss, celebrate, and experience our ubuntu/eness.

Ubuntu is Spirit/Love in action.

PILLARS OF UBUNTU

1. Umuntu Ngumuntu Ngabantu - I am because we are. We are all one.

Through Ubuntu, everything hangs together in an inter-related, inter-dependent, and inter-connected whole. Nothing stands alone and everything exists because of something else. What is done to one is done to the other. **Ubuntu calls for the consideration of 'the other' through an open and expansive view on life.**

2. Ubuntu is the cornerstone of community where the needs of the one are the needs of many, and where the expression and enjoyment of unique individual gifts and talents is nurtured always in the interest of the flourishing of the whole community. **Ubuntu affirms the family as the nucleus of society**, and reminds us that its wellness and wholeness has an effect on the entire community.

3. Ubuntu refers to the ongoingness and depth of life which calls for the respect of those who have come before, and for taking responsibility for what we leave behind. It speaks to our human potential; where we come from and where we are going, how we define ourselves and what our purpose in life is. **This cosmic experience is referred to as Umthetho (The Law); reaching heights of excellence and one's full potential.**

4. Ubuntu has a deep spiritual component. The root-word 'ntu' refers to the nameless beingness, godliness and oneness; to that which goes beyond. **Umuntu stands for "God-man", with god and man belonging together and every man an expression of godliness. It is about treating one-another as such. It is in this sense that the Gandhian slogan; *Be the change you wish to see in the world*, comes into play. Through this idea we come to realise that it only takes ONE person, thought, and act to make a change. You are the ONE.**

5. Ubuntu is a practical tool; applied in every-day life in all spheres of society. How we view our self, how we treat and what we teach our children, how we treat our parents and the elderly, how we do business, how we govern and lead, how we treat the environment and our own bodies, etc. etc. **Ubuntu is spirit in action.**

6. Ubuntu refers to our cosmic connection and calls for the respect for nature and all of its elements; earth, air, fire, water, and spirit (energy). It reminds us of the rhythm and cycles of life and the value of ritual.

7. Ubuntu is rooted in the ancient Egyptian Ma'at principles that support indigenous basic values of humanness, compassion, fellow-feeling, caring and sharing, and others. These values are who we are at the core of our being and are waiting to be expressed through us for the greater good of all. **Ubuntu reminds us of our innate values and calls us to take pride in our interesting and rich history.**