



## **UBUNTU .... RHYTHMS AND CHANTS**

**Umuntu Ngumuntu Ngabantu. I am because we are, and because we are, I am. We Are All One**

**Ubuntu... One with God/Universe/ Life, and One-another**

**Ubuntu... Interconnected, inter-related, and inter-dependent; Inextricably bound together**

**Ubuntu... Do unto others as you would wish them do unto you. *Li naka li tshi hoha linwe didingwe. Li tshi hohwa li ri mavhala anga***

**Ubuntu... BE the change you see to see in the world**

**Ubuntu... Togetherness**

**Ubuntu... For the greater good of all**

**Ubuntu... Self and other**

**Ubuntu... Love, respect, caring, and sharing**

**Ubuntu... To be is to participate**

**Ubuntu... needing each other**

**Ubuntu... We are in this together**

**Ubuntu... a sense of belonging and identity**

**Ubuntu...is about family and relationship... we all belong to someone**

**Ubuntu... Brotherhood/sisterhood of man**

**Ubuntu is about community**

**Ubuntu... Respect for life**

**Ubuntu... our cosmic connection**

**Ubuntu... living life as an expression of one's highest values**

**Ubuntu... Spirit/Love in action**

**Ubuntu... an holistic approach**

**Ubuntu... discipline and instruction through our connection with nature, ritual, sacred space, storytelling, humour, singing, and dancing**

**Ubuntu... a collective approach**

**Ubuntu... back to our roots**

**Ubuntu... respect for those who have come before and mindfulness of what I leave behind**