



**Sankofa** is an African word from the Akan tribe in Ghana. The literal translation of the word and the symbol is “it is not taboo to fetch what is at risk of being left behind” or “Go back and get it.”



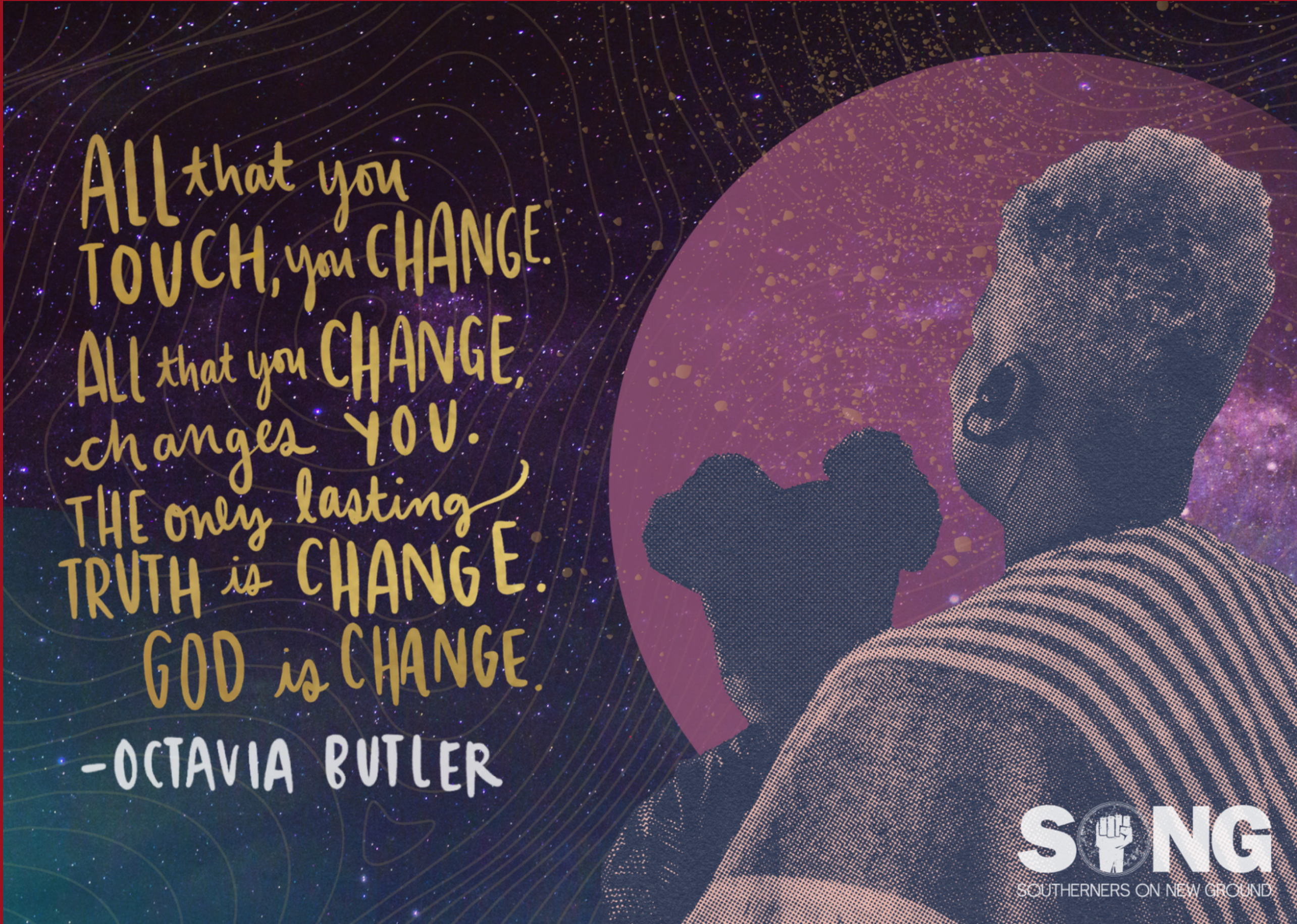
**In Lak'ech:** You are my other me. If I love and respect you, I love and respect myself. If I do harm to you, I do harm to myself. -Mayan Inspired Poem, Luis Valdez



A common Zulu tribe greeting, Sawubona means “I see you, you are important to me and I value you”. It’s a way to make the other person visible and to accept them as they are with their virtues, nuances, and flaws. In response to this greeting, people usually say with “Shiboka”, which means “I exist for you”.



Ubuntu is a Nguni Bantu term meaning "humanity." It is often translated as "I am because we are," or "humanity towards others," or in Xhosa, "umntu ngumntu ngabantu" but is often used in a more philosophical sense to mean "the belief in a universal bond of sharing that connects all humanity."



ALL that you  
TOUCH, you CHANGE.  
ALL that you CHANGE,  
changes YOU.  
THE only lasting  
TRUTH is CHANGE.  
GOD is CHANGE.

-OCTAVIA BUTLER

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SOUTHERNERS ON NEW GROUND