

The HARMONY Framework for Healing with Ubuntu

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H – Honoring Our Ancestors & Elders

Recognizing the wisdom, resilience, and guidance of those who came before us.



A – Ancestral & Natural Healing

Embracing holistic healing methods that center ancestral practices and nature.



R – Relational Accountability

Understanding that healing is relational. We hold ourselves and each other accountable.



M – Mind-Body-Spirit Integration

Acknowledging that true healing involves the alignment of mind, body, and spirit.



O – Openness to Learning & Unlearning

Healing requires both reclaiming indigenous ways of knowing and critically unlearning harmful narratives.



N – Nurturing Communal Solidarity

Prioritizing collective care, mutual aid, and the well-being of the community.



Y – Yielding to Ubuntu

Surrendering to the truth that our existence is deeply interconnected.