

"**Connection** is the energy that exists between people when they feel **seen, heard and valued**; when they can give and receive without judgement; and when they derive sustenance and strength from relationship." Brené Brown

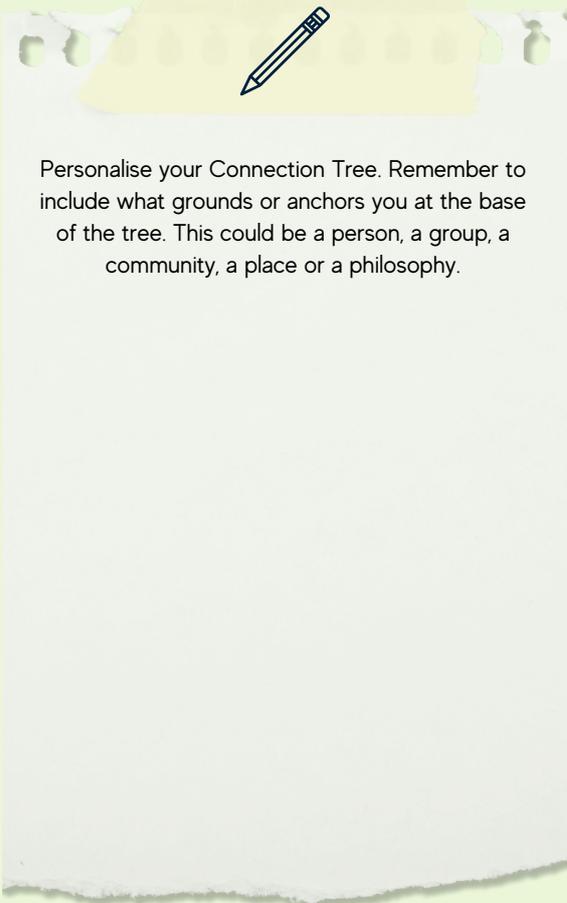
The Nature of Connection is universal. As a species we are hardwired for Connection. Besides our own intuition as to the truth of this, there is a lot of published research that backs this up. I would recommend the work of Brené Brown on the subject.

Our need for Connection goes deeper than to just ourselves and our closest Family. This broader Connection is the focus of our reflection here.

UBUNTU - 'I am because we are'.

Ubuntu is a proverb that comes from Zulu tradition. But it seems to me that many groups of African people have a similar approach in their World view. I love this philosophy - that we share this experience of being human as a collective. Ubuntu comes with a wonderful sense of safety and Connection to others, but it also implies great responsibility for how we treat other people. The foundation of Ubuntu is that all people share this human experience and what affects one affects all.

The Ubuntu way of life is not new. A similar philosophy is shared by countless groups of people all around the World. In some religions and cultures it is referred to as the 'Golden Rule' or 'do as you would be done by'. Treat others as you would want to be treated. Sounds simple enough, but clearly the state of the World proves otherwise.




Consider these
self-reflection
questions on
Connection

- Have you ever heard about 'Ubuntu', or the 'Golden Rule'?
- Do you agree with this CONNECTED philosophy? Why, or why not?
- Do you know of a similar Story about CONNECTION from your cultural heritage?
- What part of this Story about CONNECTION resonated with you the most?
- What would have to change for you to feel a sense of CONNECTION to humanity?
- What could you do in your life to feel more of a sense of CONNECTION?
- Who could you talk to more about this idea of CONNECTION?
- Is there a Place for Nature or the natural World in your idea of Ubuntu? Why, or why not?