



GRAVA 90 Journey:

Ninety ways to experience the Healing Power of Gratitude, Recognition, Acknowledgement, Validation and Acceptance



RECOGNITION THREE: UBUNTU

I am because you are,
You are because I am.

I am a visionary,
A possibility thinker
And a champion
of the human spirit.
As are you.

Filled with anticipation,
I embrace your gifts
And your promise,
With hope
For a better tomorrow.

You help me step into
what's real,
And go with the flow of it.

It's a feelin',
Lord have mercy!
That will help me get
through...

"Hey Jack,
we've got your back."

My faith is renewed
Because of you.

I now believe in things
When common sense
tells me not to.

"Hold on to what is good,
Even if it's a handful of
earth."

Hold on, change is coming.
Hold on to truth.
We need you to be strong
and hold on.

"I see you...I am here!"
I feel you...I am heard!