AFROSYMBIOCITY: UNITY IN DIVERSITY DISSOLVES CONFLICT

In the heart of Africa's land,
Wisdom walked with gentle hand.
Moshoeshoe spoke with love so wide,
Turning foes to friends beside.

Conflict came with storm and flame,
Yet peace was born, not war or blame.
Through sharing bread, through open door,
He built a world worth fighting for.

Love that asks for nothing back,
Healed the wounds, repaired the crack.
Timeless truths in simple ways,
Guide us still in modern days.

In a world of shifting sand,
Volatile, complex, hard to stand,
We learn anew what elders knew:
Unity makes strength shine through.
Adult hearts can still be free,
Learning through eternity.
Fluid minds, not bound by age,
Write new peace on history's page.

From Africa's bright symphony,
A lesson sings for all to see:
Diversity dissolves the strife,
And harmony gives birth to life.

Dr Ilongo Fritz Ngale is a Cameroonian psychologist and counsellor by profession, and a creative writer by passion. He is currently a Senior Lecturer at the University of Eswatini, Kwaluseni Campus. His research interests include philosophies of education, workplace bullying, dispute management and conflict resolution, gender-based violence, mental health, and African counselling approaches.

Dr Ngale formulated the concept of **AfroSymbiocity** as a psychological and cultural framework for understanding conflict and conflict resolution. The framework is exemplified by King Moshoeshoe I, whose use of authentic African conflict resolution strategies enabled him to forge peace and harmony among diverse communities in Southern Africa.