

## 'KUKONDA N'CHIYANI'

Kabukhuka ndi gawo limodzi la bukhu lotchedwa **Loving what is**. Limeneri ndi limodzi mwa mabukhu womwe Byron Katie analemba.

Bukhuli lathanthaudziridwa mudzinenero za maiko osiyansiyana. Mwachisanzo, Chichewa, chipwitikizi, chingerezi, Komanso muchi fransa ndizilankhulo zina dzambiri.

Ndikufuna kuthokoza Byron Katie pondilora kuti bukhu litanthaudzilidwe mu chilankhulo cha Chichewa kapena Chinyanja, chomwe chimalankhulidwa ndi anthu achokera mu maiko monga: Malawi, Tanzani, Zimbabwe, Zambia, Mozambique ndi mbali ina ya South Africa.

Atanthaunzira bukhu ndi Kondwani Prince Thindwa. Ndi munthu woyamba mu Malawi kulandila Diploma yapedera kuchokera ku Sukulu yotchedwa "The Work" yomwe inachitikira ku Germany muchaka cha 2006. Sukuliyi imachitika katatu pachaka mu maiko owotsiyanasiyana padziko lonse lapansi.

Ndipo mukafuna kudziwa zambiri zabukhuli lembani kalata ku adiresi ili musiyi:-

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## MALONJE (INTRODUCTION)

Byron Kathleen Reid, Mai wa bisinesi ndiponso ntchembere yemwe amakhala kuchipuluru chakumwera kwa Kalifoniya, ndipo iye anakhala ndi moyo wophinjika kwambiri m'maganizo kwa dzaka makumi atatu.

Kwa nthawi yoposa dzaka khumi kuphinjika maganizo kwake kunakulirakulirabe kwambiri, ndipo Katie (monga momwe adziwikira) anatha pafupifupi dzaka ziwiri akulephera kuthetsa kuvutikako, panthawiyi iye anali kulingalira njira zofuna kudzipha. Ndiyeko mwadzidzi m'mawa wina, akumasuka ku nkhwana, anawona zinthu zaphindu zomwe zingathe kusintha moyo wake.

Pamene Katie anawona kuti atadzikhulupirira zinthuzo kusiyana ndi M'mene zinaliri, "Mwamuna wanga adzindikonda kwambiri," "Ana anga ayenera kundipatsa ulemu," ndipo iye analikuvutika m'maganizo. Koma pamene sanali kudziganzira zimenezi, anali kupeza mtendere m'mtima mwake. Kenako iye anadzindikira kuti chimene chinali ku mupatsa maganizo iye sizochitika za m'dziko ayi koma zikhulupiriro zomwe analinazo poona makhalidwe womuzungulira iye. Mukudzindikira kwake mwachangu, Katie anawona kuti zoyetsetsa zathu zopezera chimwemwe zinali zosanthandiza, m'malo moyetsetsa kusintha zinthu kuti zigwirizane ndi maganizo athu monga momwe "ziyenera kukhalira", titha kuwunikira maganizo athu ndipo, mwakuwona zinthu monnga momwe ziliri, kuwona ufulu ndi chisangalalo chosayerekezedwa. Katie anatulukira njira yophweka koma ya mphavu yofufunzira, yotchedwa " Ntchito", imene inathandiza kusintha kwake kuti kutheke. Zotsatire zake zinali zotere, Mzimayi ameneyu yemwe ankalingalira zofuna kudzipha uja, anadzadzidwa ndi chikondi kamba ka zonse zomwe moyo umabweretsa.

Nkumvetsetsa kwa maganizo a Katie kunali kofanana ndi kafukufuku wa kalingaliridwe ka anthu, ndipo iye anasiyanitsa ndi zolembedwa za Socrat, Ziphunzitsa za chi Buda, ndi malinganizo khumi ndi awiri. Koma Katie anakonza njira yake popanda kudalira nzeru ya chipembedzo kapena maphunziro a pamwamba ofotokoza malingaliro a anthu. Madziko a Ntchito ndi zokumana nazo zenizeni za mzimai amene anadzindikira za mayambidwe a mavuto ndiponso m'mene angawathesere mavutowo. Chodabwitsa nchakuti ndi njira yosavuta kuyitsatira, yopezeka kwa anthu amisinkhu yonse ndi zikhalidwe zosiyanasiyana, ndipo ndi yosavuta yokhumba kumvetsetsa basi.

Pakuyamba kwa Ntchito Katie anawona kuti, sibwino kupasa anthu nzeru kapena mayankho ake m'malo mwake, iye anaganiza zopereka ndondomeko imene ingathandize anthu kupeza mayankho paiwo wokha. Anthu woyamba womwe anayesera Ntchito yake anavomereza kuti ndi yosinthisadi. Ndipo mosakhaliitsa Katie anayamba koyitanidwa kumadera wosiyanasiyana kukaphunzitsa njira imeneyi kwa anthu ambiri amitundu yosiyasiyana.

Kuchoka m'chaka cha 1986, Katie waphunzitsa njira yothedwa Ntchito kwa anthu zikwi-zikwi m'mayiko oposa makumi atatu kudzungulira dziko lonse lapansi kuphatikizapo misonkhano yomwe wakhala akupangitsa, Katie anaphunzitsatso ndi kuyambista "Ntchito" mumigwirizano ya za Malonda, m'masukulu, m'mipingo, Kundende, ndi Mudzipatala. Chimwemwe ndi nsangala ya Katie mofulumira yinapatsa anthu mtendere ndi chilimbikitso, ndipo kudzikira mwakuya ndi kupamba pakuganiza mwasanga zomwe otengamo mbali anawona ndizolimbikitsa kulimbana ndi mavuto, zimenezi zinapatsa mphavu anthuwo ndikudzindira kuti palibe bvuto lomwe liribe yankho.

Kuchokera m'chaka cha 1998, Katie wakhala akutsogolera sukulu ya Ntchito, imeneyi ndi sukulu yomwe imachitika kwa masiku asanu ndi anayi, ndipo sukuluyi imaparekedwa munthwawi zosiyanasiyana pa chaka m'madera osiyanasiyana. Ndipo sukuluyi ndi yovomerezedwa kuti azipereka malangizo kwawophunzilira mosalekeza. Ndipo akatswiri azamaphunziro, alangizi ndinso

akatswiri woona za matenda amaganizo anafotokoza kuti Ntchito yayamba kukhala mbali imodzi yofunika kwambiri m'ntchito zawo. Katie anakonzanso njira yothesera kuvutika m'maganizo. Katie chaka ndi chaka amakonzanso mlinganizo wa masiku asanu wosalekeza womwe umachitikira ku mwera kwa Kalifoniya, izi zimachitika kumapeto a Disembara, komanso iye amapangitsa maphunziro kumapeto asabata iliyonse mutimagulu tating'ono-ting'ono. Makaseti anyimbo ndiponso a kanema a Katie wophunzitsa za Ntchito m'madela wosiyanasiyana wokhuza za moyo wamunthu (muzinthu monga za chiwerewere, Ndalama, thupi, ndi Ukholo) zimenezi zimapezeka m'misonkhano yake komanso pa webi saiti yake ya [www.thework.org](http://www.thework.org).

Mumwezi wa Marichi m'chaka cha 2002, Bambo Crown harmony anasindikiza buku loyamba lorembedwa ndi Katie, lotchedwa "*Kukonda nchiyani*", *Mafunso anayi womwe angathe kunsintha moyo wathu*, ndipo linalembedwa mogwirizana ndi katswiri wolembe nkhanu wotchuka komanso womasulira nkhanu wotchedwa Stephen Mitchell. Buku lotchedwa *kukonda nchiyani*, latanthauzidwa muzinenero zokwana makumi awiri, ndipo pakali pano bukuli liri mundanda wa mabuku wotchuka padziko lonse lapansi komanso logulidwa mwachangu monga pa [www.amazon.com](http://www.amazon.com), kumene olarikira a chikhrisitu analemba kuti kunakakhala bwino bukuli linakalembedwa Baibulo lisanalembedwe.

Kabuku aka ndi mbali imodzi ya buku lotchedwa "kukonda nchiyani". Mukafuna kudziwa zambiri za ndondomeko ya Ntchito, yang'anani buku lotchedwa kukonda nchiyani mumalo wonse wogulitsiramo mabuku womwe mwayandikana nawo, kapena yang'anani pa webi saiti iyi: [www.thework.org](http://www.thework.org).

## **Takulandirani Ku Ntchito.**

### **Kodi ichi ndi nchiyani?**

Nthawi yomwe timakhala tikuvutika ndi pamene tikulingalira ndi kulimbana ndi mau woti kodi ichi nchiyani. Pamene nzeru zathu zamasukako, kodi ichi nchiyani ndi chimene timafuna titadziwa. Ngati mukufuna kuti muziwedi chowonadi chenicheni yetsani nthawi ina kuphunzitsa Mphaka kuti ayambe kukuwa ngati galu, izitu mukhoza kuyetsetsa chotani umu ndi umo ndipo mapeto ake Mphakayo azango lira kuti "Miyawo" ukutu nkufuna kukuwonetsani kuti chowonadi chikhale chowonadi ndipo ndi zotsiyana ndi zomwe mumakhulupilirazo kapena kaganizazo.

Mutakhala phee nokha, ndipo muzazindikira kuti zomwe m'maganiza ndi zambiri patsiku limodzi, "Anthu ayenera kukhala a chisoni," "Ana ayenera kukhala a ulemu," "Mwamuna (kaya mkazi) ayenera kukhala wokongola kapena wotsarara thupi, kaya ndi wochita bwino" Maganizo wonsewa ndi njira yofunirafunira chowonadi kuti chichitike. Ngati mukuganiza kuti zimenezi zitha kuwonga kapena kusokoneza maganizo a moyo wanu, inde ndizowonadi zitha kutheka. Nkhawa zathu zomwe timakhala nazo zimachitika pomwe tikulimbana ndi mau woti kodi ichi nchiyani.

Kwa anthu amene ali a chilendo ku bungwe langa la Ntchito nthawi zambiri amandiuza ine, "Koma zimenezi sizingachepetse mphavu zanga zolimbana ndi chowonadi, ngati ndivomerareza chowonadi ndi zakhala ngati wakale. Ndipo chidwe changa chogwirira Ntchito chizachepa" Ndipo ndimawayankha anthuwo powafunsa funso; "Kodi m'madziwa kuti ichi ndi chowana?" Kodi chilimbikitso ndi chiyani? "Zikanakhala kuti ntchito yanga sinathe" nanga pamene ntchito yanga yatha, kodi tsono ndipange chiyani?"

Ndondomeko ya Ntchito imaunikira pazithu zomwe timaganiza wosati zomwe timachita, komanso ndi zomwe zinachitikapo. Zimenezi ziyenera kuchitika popeza zachitika, ndipo dziko silingathe kusintha zimenezi. Izi sizikutanthauza kuti muyenera kuzinyoza kapena kuzivomereza zimenezi ayi, izi zikutathandauza kuti, mukhoza kuwona zinthu zosiyanasiyana popanda bvuto lina lililonsero ndiso wosasokonezekera maganizo anu. Komatu palibe munthu yemwe amafuna kuti mwana wake adwale, kapena kupanga ngozi ya galimoto, nanga izi zikachitika, kodi zingatithandize bwanji kulimbana ndi maganizo amoyo wathu? Timadziwa bwino koposa kuipa kwa chithucho, koma chikhalirenicho timapangabe chinthucho, chifukwa sitimadziwa kuti tingasiye bwanji. Inetu ndimakonda mau amenewa woti kodi ichi nchiyani, sichifukwa choti ndine wopephera ayi, koma chifukwa choti zimandipweteka pamene ndilimbana ndi chowonadi. Timadziwatu kuti chilungamo ndi chabwino nthawi zonse, nchifukwa chache pamene tilimbana ndi chilungamo timakhala ndi mantha komanso kukhumudwitsidwa. Nthawi zambiri pamene tasiya kulimbana ndi chilungamo timasiyanitsa pakati pa chabwino ndi chopi, zochitika zathu zimakhala zophweka, monga, Maganizo athu, makhalidwe athu amakhala wopanda mantha.

### **Kukhazikika pa zinthu zainu nokha.**

Palitu mitundu itatu ya malonda pa dziko lonse lapansi yomwe ine ndi napeza, malonda a ine mwini, malonda a anthu ena, komanso malonda a mulungu. (Kwaine mau woti Mulungu amatanthauza “chowanadi,” ndipo chowanadi ndi mulungu, chifukwa iye ndi wolamulira zinthu zones. Zimenezi ziri mugulu la malonda a mulungu.)

Mavuto ambiri womwe timapezana nawo wokhuza moyo wathu pa zinthu zimene timapanga kapena kuziganizira “ Pofuna kupeza ntchito”, Mumafuna kuti mudzikhala wosangalala, mumayetsetsa kugwira nthawi, mumayetsetsa kusamala moyo wanu” amenewa ndi malonda a inu mwini wake. Pamene ndi maganiza za zibvomerezi, kusefukira kwa madzi, nkhondo, kapena kumwalira, amenewa ndi malonda a mulungu. Pamene maganizo ali pa malonda anu kapena a mulungu zosatira zake zimakhala zosiyanana-siyanana, ndinadzindikira zimenezi m’chaka cha 1986. Nkuti panthawiyi maganizo anga anali pa malonda amayi anga, Mwachisanzo, ndinali ndi maganizo monga, “Mayi anga ayenera kundimvetsetsa ine” Panthawi yomwe ndinadzindikira kuti ndinali wozisankha komanso wopanda anzanga wochezanawo. Komanso ndinadzindikira kuti panthawi zambiri ndimakhala wokhumudwa komanso wosakondwa, amenewatu anali malonda a anthu ena.

Pamene mukuganiza za moyo wanu ndiponso inenso maganizo anga ndikuganiza za moyo wanu. Kodi adzasamala za moyo wanga ndani? Tonse tikuganiza zofanana. Pamene mukuganiza za Malonda anu zimapangitsa inenso kuganiza zanganso. Apatu ndiye kuti ndazisiyanitsa ndekha, kukhala wodabwa kuti chifukwa chiayani moyo wanga sukuyenda bwino.?

Pamenepa tayamba kuganiza zimenezi ndibwino kuti wina aliyetse achoke mumalonda anga, ngakhale dzina lachikondi litchulidwe, izi ndizokhumudwitsa, ndipo zosatira zake zimakhala kusowa mtendere, kukhumudwa ndi mantha.

Kodi ndikudziwa cholondola cheni cheni? Amanewa ndi malonda a ine mwini, ndiyenera kuyetsetsa kulimbana ndi mavuto anga ndisanayambe kuthetsa mavuto a anthu ena.

Ngati mwamvetsetsa za mitundu itatu imeniya ya malonda, ndipo kuti muyenera kukhala mumalonda a inu nokha, zimenezi zizakuthandizani inu kukhala ndi moyo wopanda bvuto lina lililonsero pa moyo wanu wonse. Pamene takhumudwitsidwa kapena pamene tikusowa mtendere pa moyo wathu, tiyeni tizifuse tokha mumalonda womwe tili, mumaganizo anu. Ndipo phwete ndi chikhakhali chidzakudzadzani inu! Ndipo funso limeneri likokhaza kukubwezerani inu mukuganiza kwanu kwabwino kwanthawi zonse. Ndipo inu mudzadziwa kuti simunalinso inuyo ayi, koma munalitu mumalonda anthu ena pa moyo wanu. Pamene mwadzindikira kuti inu muli mumalonda ayeni ake

nthawi yomweyo mudzadzibweza nokha mwachangu changu kumoyo wanu wa tsiku ndi tsiku. Ndipo mutaphunzira zimenezi kwa ka nthawi kochepa mudzazindikira kuti mulibetu malonda ena ali wonsewo ndipo, moyo wanu uzayamba kuyenda bwinobwinonso.

### **Za Maganizo ndi kumvetsetsa kwanu.**

Maganizo sichinthu choopsa ayi, pokha-pokha pamene tiyikapo chikhulupiliro, simaganizo athu, koma zomwe timaphatikiza kumaganizowo ndizomwe zimatipatsa mavuto. Zophatikiza ku maganizo zimatanthandauza zinthu zimene timazikhulupilira ndikumawona ngati ndi zowonadi, tisanachite kafukufuku. Zikhulupiliro ndi maganizo womwe takhala tikuphatikiza kwa nthawi zambiri komanso kwa dzaka-dzaka.

Koma anthu ambiri amaganiza kuti, iwo alinchonchi chifukwa cha maganizo amene amaganiza. Tsiku lina ndili chikhalire, ndinadzindikira kuti sindinali kupuma mwaine ndekha ayi koma ndinali kupumitsidwa. Komanso ndinadzindikiranso m'maganizo anga kuti sindinali kuganiza konse koma ndinali ndi maganizo-ndipo zomwe ndinali kuganizazo sindinali kudziwa konse. Kodi munadzukapo tsiku lina ndi kudziwa nokha kuti, “*Lero sindiganiza*”? Komatu kungotero ndiye kuti mwadzitsutsa kale nokha, mukatero ndiye kuti mwaganiza kale! Maganizo amangotulukira balamanthu, amafika wopanda kanthu ndipo amapitanso wopanda kanthu. Maganizotu alingati mitambo yomwe imayenda mlengalenga, ndipo sikhazikika pamalo amodzi, Palibetu choopsa china chilichonse pamene tikuganiza, koma maganizo amakhala woopsa pamene taphatikiza ndi zina- ndi kudziwona ngati zowona ndi kudzikhulupilira.

Palibetu munthu ndi m'modzi yemwe amene amatha kudziletsa pazomwe akuganiza, ngakhale pali anthu ena womwe amafotokoza momwe iwo amadziletsera. Sindimafuna kuyenda m'maganizo amene ndimapezana nawo- ndikuwamvetsetsa bwino, kenako amanmditsiya wokha. Nthawi zina maganizo amakhala ngati mphepo, amakhalanso ngati masamba amtengo kapena ngati miyendo ya mvula chifukwa amabwera kenako ndi kusowa kapena kuthawa, umutu ndi momwe zimakhala zinthuzi. Kudzera mukufufuza tikhoza kupanga chibale ndi azathu. Kodi ndi ndani mwainu amene angalimbane ndi mvula? Pajatu mvula sipangidwa ndi munthu ndipo simungaitche kuti ndi mvula yanu. Chimodzimodzinso ndi maganizo. Pamene maganizo woipa apezana ndi kumvetsetsa kwabwino, zotsatira zake zimakhala zotsangalatsa ndipo zimenezi zimakhala ngati maloto, ndipo tsiku lina zikazachitikanso – mudzawona ngati chinthu chotseketsa. Nthawi zina simuzatha ndikuzindikira konse, imeneyitu ndi mphavu komanso chikondi cha “Kodi ichi nchiyani.”

### **Kulemba zinthu zomwe timaganiza.**

Chinthu choyamba pa ndondomeko ya Ntchito ndi kulemba mfundo zomwe zimakusowetsani mtendere pa moyo wanu, monga; kwa nthawi ya m'mbuyo, nthawi ya tsopano, komanso nthawi ya mtsogolo, lemabani za munthu amene inu mumadana naye kapena yemwe amakuwophyezani kapena amene amakukwiwitsani inu (gwiritsani ntchito pepala losalembedwapo), kapena pitani pa webi saiti yathu ya [www.thework.org](http://www.thework.org) ndikuyang'a mau woti Ntchito, “Tsatirani ndondomekoyo” kumenekutu madzapeza malo ena wotchedwa Kuweluzwa woyandikana athu nawo. Mukatero tengani ndimeyo ndikuyiika papepalapo, gwiritsa ntchito makina a komputa a intaneti ngati kuli otheke.

Kwazaka zikwi zinayi zapitazo tinaudzidwa ndi kuphunzitsidwa kuti tisaweruze azathu- koma tiyeni lero tiyetse kukhala ngati oweludza, popeza izi timazichita kumbali nthawi zambiri. Chowona chake ndi choti, timakhala tikuweruza nthawi zambiri m'maganizo athu, komanso m'mitima yathu. Mukudzera mundondomeko imeneyi yotchedwa Ntchito tapatsidwa ufulu woti, zomwe timaweluzwa

m'mitima yathu kuti zitulukire. Komanso mukhoza kudziwonetsera pakulemba maganizo anuwo. Mukatero mudzazindikira kuti ngakhale timakhala ndi maganizo woipa nthawi yina tidzapezana ndi chikondi.

Ndikukulimbikitsani inu kuti mulembe za munthu yemwe sinamukhulukirepo. Pamenepo ndiye poyambira, komatu ngakhale munamukhulukirapo munthuyo kokwana makumi asunu ndi anayi kudza mphambu zisanu ndi zinayi, kwa dzana limodzi 99 pa 100, kapenatu titi 99 peresenti, Pamenepatu inu simuli amtendere konse, mpaka kukhululuka kwanu kutafika kumapeto kwenikweni. 1 peresenti ndiye komwe kwasala kuti chibale chanu chilongotsoke. (Kuphatikizapo chibale cha iwe-mwini)

Ngati mwayamba kulodza chala anthu azanu simudzakhala ndi chidwi konse ndipo simuzatha kusiyantsa zinthu, tili ndi chikhulupiliro kuti anthu amafuna kupanga zinthu zawo monga mwa makhalidwe awo, pajatu tili ndi masomphenya a 2020 kwa ana athu wosati kwaife.

Pamene mukupanga Ntchito kodi mumadziwona nokha ngati ndani nanga anzanu m'mawawona ngati ndani, mukatero mudzawona kuti chilichonse kwainu chikugwirizana ndi zomwe mumaganiza. Inutu muli ngati munthu wofotokozera nkhani, komanso muli ngati munthu wounikira nkhaniyo.

Kuyamba kale, anthu akhala akuyetsetsa kufuna kusintha dziko, kuti akhale pa moyo wosangalala. Zimenezi sizinathandiza konse, chifukwa njira yomwe timagwiritsira ntchito pofuna kuthetsa bvutolo timayambira kumapeto. Kudzera mu ndondomeko ya Ntchito imatipatsa ife nzeru momwe tingasinthire kwakukulu pogwiritsa ntchito maganizo athu pakuganiza osati kutiganizitsa. Zimenezitu zilingati momwe timakulitsira malembo pogwiritsa ntchito chipangizo chokulitsira malembowo, ndipo chipangizochochi chimakhala chowala bwino ngati galasi, koma powona timawona ngati pali bvuto ndipo timayetsa kutembenuza-tembenuza kuti mwina tiwone bwino, komatu zimenezi mukhoza kuyetsa kwa anthu angapo kuti nawonso ayetseko.

Komatu zimenezi sizimatheka chifukwa vutolo limakhala pazilembozo, mwasoka sizimatheka kusintha mwanthawi yomweyo. Komatu izi zikhoza kutheka pokhapokha ngati tadzindikira komwe kukuchokera bvutolo ndipo tikhodza kusintha kawonekedwe ka zolembedwazo. Tikaterotu ndiye kmuti vutulo tathana nalo. Chimenechi chimakhala chiyambi cha chimwemwe m'mtima komanso kupaladinso.

### **Tingalembe bwanji ndondomeko ya Ntchito.**

Ndikukupemphani inu kuti mukhale ngati Oweluza, ankhaza, achibwana, ndiponso wosalabadira. Lembani ngati akulembayo ndi mwana, yemwe wakhumudwitsidwa, wapsa mtima, kusowa mtendere kapena mantha. Lemabani koma musawonetse nzeru zanu zonse. Mukhale ngati wosapemphera, kapena wopanda chisoni, wonetsani chilungamo chanu chonse, ndipo musazivetserere ayi. Ziloreni zikhumba zanu kuti ziwonekere, Popanda chokuwophyezani inu kapena kukhala ndi mantha wolandila chilango.

Patsamba lotsatitari, muzapezatu zitsanzo za momwe mungalembera ndondomeko yotchedwa "Kuwerunza woyandikana nawo". Inetu ndalembe za mwamuna wanga wachiwiri, dzina lake Paulo. Muchisanzo chimenechi (Ndalemba chilorezo chochokera kwa iye mwini), Amenewa ndi Maganizo ena womwe ndinali nawo pa iyeyo, moyo wanga usanatsinthe. Pamene muzakhala mukuwerenga zomwe ndinalembazo, inutu muli woloredwa kusintha dzina la Paulo ndi kuyikapo dzina lomwe inu mulinalo ku khosi kwanu.

1. Kodi amakupasyasani mtima, kukukhumudwitsani kapena kukusokonezani inuyo ndani nanga ndi chifukwa ninji? Kodi chimene inu simumakonda kwa iwo nchiyani?

Ine ndi mapsya mtima ndi Paulo chifukwa iye samandimvera, Iye samayamika zomwe ndimamuchitira, sindimamukonda Paulo chifukwa iye amakongotsutsa chinthu china chiri chonse chomwe ine ndanena.

2. Kodi m'mafuna kuti asinthe bwanji? Kodi m'mafuna kuti achite chiyani?

Ndimafuna Paulo adzikhala nane pafupi, ndimafuna kuti adzindikonda kwambiri, ndimafuna kuti Paulo adzivomereza zomwe ndamuwudza, ndimafuna Paulo kuti adzichita masewero olimbitsa thupi.

3. Kodi ndi zinthu ziti zomwe mumafuna kuti achite komanso asachite, pakuganiza, kapena kugwira? Nanga inuyo mungapereke uphungu watani kwaiye?

Paulo asamawonere/aziwonera kanema wa televisioni kwambiri, Paulo ayenera kusiya kusuta fodya, Paulo ayenera kundiuzza kuti amandikonda, Iye ayenera kundikhulupirira ndipo asamandindikanire zithu ine.

4. Kodi mumafuna chinthu china chache chochokera kwa iwo? Nanga mumafuna atakuchitirani chiyani kuti inu musangalare?.

Ndimafuna kuti Paulo adzindimvera, Paulo ayenera kundiudza zabwino kapena zoipa zomwe amapezana nazo. Ndimafuna Paulo, kuti akhale waulemu, komanso woleza mtima.

5. Kodi iwo mumawaganizira zotani?

Lemabani zinthu zingapo. (Kumbukirani kukhala ngati wosalabadira komanso khalani ngati woweludza)

Paulo ndiwopanda chilungamo, Paulo ndi wosasamala, Paulo ndi wachibwana, iye samawopa malamulo ndipo samatsatira konse. Paulo alibe chikondi ndipo iye sakonda kukhala malo amodzi, iye samapedzeka pedzeka, Paulo salabadira zaudindo wake ngati bambo.

6. Kodi ndi zinthu ziti zomwe inu simumafuna mutapezana nazo muli pamodzi ndi munthu ameneyu.

Sindimafunanso kukhala ndi Paulo ngati iye sasintha, sindifunanso kudzakangana nayenso Paulo, sindimafunanso kuti Paulo adzandinamizetso.

### **Kufufuza: Mafunso anayi ndi Kutembenuza kwake.**

1. Kodi ndi zowona?
2. Kodi mukusimikiza kuti ndi zowonadi?
3. Kodi mumamva bwanji mukaganiza za zimenezi?
4. Kodi mungakhale ngati ndani mutasiya kulingalira za zimenezi? Nanga mungatembenuze bwanji?

Tsonotu pogwiritsa ntchito mafunso anayi amenawa, tiyeni tiwonere limodzi kuchoka pa chiganizo choyamba chija muchisanzo chomwe tapatsidwachi.

Sindimamukonda Paulo chifukwa choti iye samandivera ine. Pamene mukuwerenga ndimeyi taganizirani za munthu yemwe simuna mukhululukirepo konse.

1. Kondi ndi zowona? Tadzifunsani nokha, “ Kodi ndizowona kuti Paulo samandivera ine?” Khalani chete mukulingalirira zimenezi. Ngati mwafuna kudziwa chowonadi yankho lidzafika ndikuyankha funso lanulo mosavutika. Lolani mtima wanu kuti ufunse mfunso, ndipo yembekedzani yankho kuti lipedzeke.
2. Kodi mukusimikiza kuti ndi zowonadi?

Taganizirani za funsoli “ Kodi ndizowonadi kuti Paulo samandimvera ine, nanga ine ndimadzindikira kuti munthu akumvetsera kapena ayi? Kodi ine ndi mavetsera azanga nthawi zonse.”

3. Kodi mumamva bwanji mukaganizira za zimenezi?

Kodi mumamva bwanji pamene mwaganiza kuti Paulo samakuverani inu. Nanga inu panokha mumachita zotani? Lembani zinthu zingapo.

Mwachisanzo; Ndimango muyang’ana iye, Nthawi zina ndimamusokoneza iye, Ndimayetsetsa kumupatsa chilango chosamulabadira iye. Ndimayetsetsa kulankhula mwamsanga-musanga komanso mokweza. Kenako ndi mayetsetsa kumukakamiza lye kuti andimvere” Pitolizani kulemba zinthuzi pamene mukupitiliza kuwerenga, ndipo ziwoneni momwe mungapangire nokha mutapezana ndi bvuto ngati limeneri, nanga mumaganiza bwanji, Kodi mwina mumazitsekera nokha kuchipinda chanu, kapena kuzisankha, kapena mumadya chakudya kenako ndikukagona mwachanga, kapena kuwonera wailesi yakanema tsiku lonse.

Ndimakhala wokhumudwa komanso wodankhawa, pakudzindikira kuipa kwake kwa maganizo “ Paulo samandivera ine”

4. Kodi mungakhale ngati ndani mutasiya kuganiza za zimenezi?

Tsonotu taganizirani kodi mungakhale bwanji wopanda kuganiza za zimenezi.

“Paulo samandivera ine” Tasizinani pang’ono, ndikuganizira kuti Paulo amakuverani inuyo? Taganizani mutakhala wopanda maganizo woti Paulo samakuverani inuyo. (Kapena amakuverani). Khalani chete ndipo yang’anani zinthu zomwe zikukuchitikirani, Kodi mukuwona chiyani? Nanga mukumva bwanji. Tayetsani kutembenuza mzere woyambawo. “Sindimamukonda paulo chifukwa samandivera ine” Mukatembenuza udzamveka chonchi, “Ndimadzida ndekha chifukwa sindimamumvera Paulo” Nanga zimenezi zikuwoneka ngati ndizowana kwainu kapena tisavutike ndi kutsutsa konse.

Kodi mumamvera Paulo pamene mwaganiza kuti iye samakumverani? Pitolizani kupeza zitsanzo zina zomwe zimakupangitsani inu kuti musavere.

Kutembenuza kwina komwe kuli kulunjika kwenikweni ndiko, “ Pamene muli kuganiza zomwe Paulo anga kuchitereni, Kodi mumazimvera nokha? Kodi mumaugwira mtima pamene mwaganiza kuti ayenera kukuverani? Kodi mumadziwa momwe mumalankhulira kwa Paulo pamene chikhulupirilo chanu pa iye ndi choti samakuverani.

Mukatha kudziyankha nokha mafunso amenewa ndikusiya zomwe mumaganiza zoipa, ndipo mudzapitiliza ndi kafukufuku yemwe ali pa ndime imene yalembedwa mugawo loyamba lija mundondomeko ya Ntchito, inetu ndimapsya mtima ndi Paulo chifukwa iye salabadira zomwe ndi mamuchitira, kenako pitilizani ndi gawo lonse yandondomekoyi.

### **Mbali yanu mundondomeko ya Ntchito.**

Ndili ndi chikhulupiliro kuti tsono mukhoza kuyetsera njira imeneyi yotchedwa Ntchito. Poyamba lemabani maganizo anu. Tengani dzina la munthu wina aliyetse kapena chinthu-chimene chinakuchitikiranipo inu, ndipo lembani zimenezo, Yetsetsani kugwiritsa ntchito mfundo zifupizifupi komanso ziganizo zanu zikhalenso zifupizifupinso.

Lembani za munthu wina komanso musaiwale kukhala ngati oweluzi. Mukhoza kulemba zinthu zomwe zikuchitika tsopano, kapena zomwe zina chitika dzaka zisanu zapitazo,



kapenanso dzaka makumi awiri zapitazo. Kumbukirani kulemba zawina musanalembe za inu mwini.

1. kodi amene amakukwiyitsani, kukutsokonezani, kukudetsani nkhawa kapena kukukhumudwitsani inu ndani? Nanga chifukwa ninji? Kodi chomwe chimakunyatsani kwa iwowa ndichiyani? (Kumbukirani kukhala ngati ankhadza, achibwana, komanso wosalabadira). Ine sindimakonda (Ndimapsya mtima chifukwa, amandikwiyitsa ndi, amandiwophyeza, kundisokoneza ndi zina zotero, ndi) (dzina) Chifukwa \_\_\_\_\_.
2. Kodi mungafune kuti asinthe bwanji? Kodi mumafuna achite chiyani? Ndimafuna (dzina) kuti \_\_\_\_\_.
3. Kodi ndi zinthu ziti zomwe mumafuna kuti adzichita ndinso asamachite, Pakuganiza, pakuchita? Nanga mungapereke uphungu wotani. (dzina) adzichita (asamachite) \_\_\_\_\_.
4. Kodi mumayembekezera zotani kuchokera kwa iwo? Nanga iwo angatani kuti inu musangalare? Tadzipangitsani kuti likhale ngati tsiku lanu lakubadwa, ndipo mwalandila zinthu zonse zomwe mwakhala mukudzikhumba pa moyo wanu bwanji pamene. Ndikufuna (dzina) kuti \_\_\_\_\_.
5. Kodi mumawaganizira zotani iwo? Lemabani zinthu zingapo. ( musakondere kapena kumva chisoni)(dzina) kuti \_\_\_\_\_.
6. Nanga ndi dzinthu ziti zomwe simumafuna kuti mudzapezane nanzonso ndi munthu kapena anthu amenewa? Ine sindimafuna kuti \_\_\_\_\_.

### **Mbali yanu: Kufufuza.**

Tangani fundo imodzi-imodzi, lembani chiganizo chanu cha m'ndondomeko ya kuweluzwa woyandikana athu nawo- chitani izi mogwirizana ndi mafunso anayi aja. Tembuzani zomwe mwalembazo. (Ngati mukupeza bvuto yang'anani pa tsamba pa masamba ali musimu). Kudzera mundondomeko yoonseyi yetsetsani kupeza dzeru zina zoposa zomwe zalembedwazi. Palibetu chinthu china chosangalatsa kuposa kupezana ndi maganizo woti sindimadziwa. Dziri ngati kuphunzira kusambira. Pitolizani ku funsa mafunso ndi kudikira. Lorani kuti mayankho akupezeni wokha. Ndipo zimenezi zimatchedwa kuti mtima kupezana ndi malingaliro. Mbali yakuganiza yofewa, (Yomwe imatchedwa kuti mtima) Ndipo zikapezana ndi maganizo wosokonekera chifukwa chosafufuza. Panthawi yomwe dzeru yofunsa mwachikondi, Mtima umayankha ndipo mumawona kusintha pa moyo wanu komanso kusinthika kwadziko, idzitu ndi zina mwa zinthu zomwe zidzasintha moyo wanu wonse mpaka muyaya.

Tayang'anani ndime yoyamba ija yomwe mwalemba pa ndondomeko ya ntchito ya gawao loyamba ya ndondomekoyi:

#### **1. Kodi ndizowonadi?**

Chowona chake kwaine ndi choti, Kodi ndizowona, Chowonadi ndi chomwe muli nacho inu. Paliponse pomwe dzikuchitika zinthu, Ngakhale mufune kapena musafune, yigwa mvula tspano.

“Simvula yomwe yitagwe ayi koma ndi maganizo chabe womwe mulinawo woti yigwa mvula,” Kunena zowona palibetu chinthu chimene chimatchedwa “Ndichita”, kapena “Sindichita”, amenewatu ndi maganizo womwe timawapanga kuti akhale zowonadi. Popanda mau woti, “Ndichita”, tikhozatu kuwona chowonadi monga momwe ziyenera kukhalira, ndipo izi zingatipange ife kukhala pamtendere ndi akuchita zinthu mwadongotsolo, wopanda mantha ndi mwachilungamo.

Pamene mufunsa funso loyamba lija, khazikitsani m'mtima pansi. Ntchito yonse ndiyofuna kupeza chowonadi kuchokera pansi pamtima wanu. Apatu nkuti mukuvetsera za mayankho anu, wosati a anthu ena ayi, ndiponso musakhuzo zimene mwaphunzitsidwa, dzimenezi zimakhala zosowetsa mtendere chifukwa mukupanga zinthu zachilendo kwainu. Pamene mukupitiliza kulowa mkati mwa kafukufukuyu, lolani kuti chowonadi chomwe chili pansi pa mtima wanu kuti chitulukire ndi kupezana ndi funso, khalani wofasa ndipo musapupulume, Pitilizani kafukufukuyo, lolani chidwi chanu chonse kuti chikhale pakafukufukuyo.

## 2. Kodi mukudziwa kuti ndizowonadi?

Ngati yankho lanu, pa funso loyamba liri loti ndizowona, zifunse nokha, “kodi ndikusimikiza kuti ndi zowona?” Mu nthawi zambiri funsoli limakhala lowona ndipo izi ndi zowonadi, Chikhulupiliro chanu nthawi zambiri mumakhulupilira zinthu zomwe sizinafufuzidwe konse.

“Nditagalamuka ndi kudziwa chowonadi m'chaka cha 1986, ndakhala ndi kuwona momwe anthu amalankhulirana, pogwiritsa ntchito njira zotsiyanasiyana, monga njira zofalitsira nkhani, ndi mabuku, ndipo akhala akulankhula monga”, “Palibetu kumvetsetsa padziko lapansi,” “Palitu chiwawa kwambiri,” “Tiyenera kukhala a chikondi ndi anzathu,” Izitu ndi zina mwankhani zomwe ndakhala ndi kudzikhulupilira ine kumbali yanga. Zimakhala ngati ndi zowopsya, zachikondi, ndinso ngati zosamala, komatu panthawi yomwe ndakhala ndikumva za nkhani zimenezi, ndipo ndikadzikhulupilira zimabweretsa kusowa mtendere m'mtima mwanga.

Monga momwe ndinamva kuti, “anthu ayenera kukhala a chikondi ndi kukondana,” Ndinadzadzidwa ndi mafunso, “Kodi ndimakhulupila kuti ndi zowonadi?” “Kodi ndimadzidzindikiritisa ndekha,” Kuchoka pansi pamtima wanga kuti anthu ayenera kukondana? Ngakhale dziko lonse lapansi lindiuze ine nchocho. Kodi ndi zowona?

Ndimakhala wodabwa kwambiri pamene ndikudzivetsera ndekha, ndi mawona kuti dzikoli liri, chikhalileni, ndipo silinasinthe konse- palibetu kuwonjezera kapena kuchotsera. Pamene pali chilungamo palibetu mau woti ayi, “Kodi zimayenera kukhala bwanji,” Pali mau amodzi wokha woti “Kodi ichi” monga momwe zililimu, tsopano. Chilungamo chikhale patsogolo pa nkhani iliyonse, ndipo nkhani zones zikhale patsogolo pa kufufuzidwa. Pali zinthu zambiri zomwe zimatilepheretsa kuwona chowonadi.

Tsono ndiyenera kufufuza nkhani zonse zomwe sindimapeza nazo mtendere, “Kodi ndi zowonadi zimenezi?” Ndipo yankho lake monga mwa funsoli, ndi loti Mwakuyesera; Ayi, Ndiyenera kukhadzikika kuyankho limeneri- paine ndekha komanso mosakamizidwa konse. Kodi zingatheke bwanji kusapeza yankho leni-leni lokhadzikika?

Paiwo onse amene ndimawadziwa, kwa mabuku wonse womwe ndakhala ndikuwerenga, amafotokoza mwanvenvenve kuti yankho lake ndi ine. Koma mwa ichi ndinadzindikira kuti chilungamonso sichimaperekedwa kwa munthu aliyense. Mukati mwakuganiza za yankho loti ayi, ndinadzindikiranso kuti dzikoli lili chikhalireni, ngakhale nditsutse kapena ndi bvomereze. Nthawi zina ndimadzindikiradi, ndikukhulupilira mwachowonadi ndi mtima wanga wonse. Dzikoli ndi malikondadi mosaganizira chinthu chilichonse.

Koma ngati yankho lanu ndilobvomereza chabwino, ngati mukuganiza, ndikudzindikira kuti ndizowonadi, ndibwinotu kusuntha ndikuyamba funso lachitatuli.

### **3. Kodi mumava bwanji mukaganiza za zimenezi?**

Kuchoka pa mfunso limeneri timayamba kudzindikira zovuta ndiponso zotsatira zake mukati kati mwa moyo. Mukatero mudzawona kuti pamene mwayamba kukhulupirira zomwe mukaganiza, pamakhala kusowa mtendere, komanso kusokonekera m'maganizo- dzizindikilozi zimakulirakulira pang'ono-pang'ono, keneko mantha komanso kupanikizika mosadziwika bwino zimakupezani.

Mafunso anayi aja atandipeza ine, ndinadzindikira maganizo woti, “Anthu ayenera kukhala a chikondi koposa,” koma mwa ichi ndimawona kuti pali bvuto losaupeza mtima. Komanso ndinadzindikira kuti, tisanakhale ndi maganizo womwe timaganiza timakhala pamtendere. Nzeru zanga zinali chete komanso zomasuka nditadzindikira zimenezi. Inetu ndinali chonchi pambuyo pankhani yangayi.

Kenaka ndili chikhalireni komanso nditatchera khutu langa, ndinayamba kudzindikira ndi kuwona zinthu zomwe zimadza pakukhulupirira kapena tikayikapo zikhulupiliro pa maganizo. Ndikulingalirabe, ndinawona kuti, ngati ndikhulupilira zomwe ndimaganiza, Zotsatira dzake ndi kukhala wosowa mtendere komanso kukhala wopanda mtsangala, Nditadzifunsa ndekha, “Kodi ndimava bwanji pamene ndikhulupilira maganizo woti anthu ayenera kukhala a chikondi,” Ndinadzindikira kuti sindine ndekha amene ndimasowa mtendere m'mtima (izitu zimachitikira anthu ambiri) pachifukwachi nthawi zina mukaganiza kwanga kumafika ndi zinthu zofuna kuvomereza kuti maganizowo ndi owonadi. Nthawi zina ndimakhala ndi kuganiza, komanso kulingalira za dziko lomwe kulibe. Thupi langa limadzadzidwa ndi chiphinjo, kumawona zinthu zonse mwamantha, kukhala ngati ndi kugona poyenda. Munthu amene amakhala kulota zowopsya zokhazokha, koma zonsezi kuti zitheretu zimafunika kufufuza ndi kudziwa chomwe chikuyambitsa bvutoli. Ndimakonda funso lachitatu, mukadziyankha nokha, pamene mwawona kuyipa ndi zotsatira za maganizo, nkhwana zonse zimapepuka.

### **4. Kodi munngakhale ngati ndani mutasiya kuganiza za zimenezi?**

Funso limeneri ndi funso lotsowetsa mtendere ndiponso ndi lobvuta kulivetsetsa. Tango ganizani kuti inuyo mwayima pamanso pa munthu yemwe m'madana naye uja, yemwe simunamukhululukire konse uja, yemwe amapanga zinthu zomwe inu simumazifuna uja. Tsono mwa mphindi imodzi kapena ziwiri, Tatsizinani pang'ono ndi kuganiza, kodi munghakhale ngati ndani mutasiya kuganiza za zimenezi? Kodi moyo wanu unghakhale bwanji mutasiya kuganiza za maganizo amenewa, ndipo mungasinthe bwanji? Muli chisizinire choncho talingalirani zimenezi posalabadira nkhani yanu ija. Kodi mukuwona chiyani? Mukuziganizira bwanji zimenezi, Posalabadira nkhani yanuyo?. Ndi zinthu ziti zomwe munga konde, poganizira kapena posaganizira nkhani yanu? Ndi zinthu ziti zomwe zimakupatsani inu chisoni? Ndipo ndi zinthu ziti zomwe zimakupatsani inuyo mtendere mtima?

Kwa anthu amene, moyo wawo umakhala wopanda nkhani ina iliyonseyo salabadirako konse za zimenezi. Ndipo alibe chisimikizo cheni cheni pa moyo wawo. Tsono kwaiwo amango yankha kuti, “Sindimadziwa” Yankholi limayankhidwa ndi anthu ambiri womwe amakhala atafusidwa funso limeri.

Anthu ena amayankha kuti, “Ndizakhala womasuka,” “Ndizapeza mtendere,” “Ndizakhala munthu wachikondi kwambiri,” mwinanso mukhoza kuyankha, “Ndizakhala watcheru ndi womvetsetsa pabvuto ndi kuchitapo kanthu mwachangu,” Popanda nkhani yathu sitizatha kuchita zinthu momasuka ndinso kusawopa kanthu kokha ayi; komanso tidzapanga chibale ndi anzathu, tidzakhala munthu womvetsetsa zinthu. Ndife anthu woyenera kukhala ndi moyo wosangalala. Timayenera kuthokoza komanso kuyamika kuti tili pano mwaulere ngati mpweya womwe timapuma, chisangalarotu ndi chinthu chaulere kwa munthu aliyetse amene-

amadzindikira kuti palibe chinthu chimene chingatilepheretse kudzindikira kuti zonse zimene timadzifuna tiri nanzo pompano pomwe tilipa.

### **Kutembenuza maganizo athu**

Kuti mutembenuze zomwe mumaganiza, lemabani ndime yankhani yanuyo. Choyamba lembani ngati mukudzilemba nokha. Pamene munalemba dzina la munthu wina uja, ikanipo dzina lanu. M'malo wonse wolembedwa kuti, "iye" ikanipo, "ine" Mwachisanzo, "Paulo ayenera kundivera chisoni ine", tembenuzani ndi kukhala kuti, "Ndiyenera kudzivera chisoni ndekha" ndinso "Ndiyenera kumvera chisoni Paulo," Palinso njira ina yotchedwa mulitali wa dzikwi chimodzi kudza makumi asanu ndi atatu (180 digilisi) uku ndi kutembenuza- kotembeneziratu, "Paulo sayenera kundivera chisoni konse ine" Iye sayenera kundivera chisoni ine.(monga mwakuganiza kwanga) Nkhaniyi sinkhani wamba koma ndi zochitika.

Mudzadzindikira kuti pali kutembenuza kokwana katatu kapena kanayi muchisanzo chimodzi. Kapena padzakhala kuti ndi kamodzi kokha komwe muzakhutisidwa nako inu. Dzindikirani kuti mwakutembenuza konse mudzawona kuti pali chiganizo china chidzakhala chowona kopotsera chidzake, kapena kuposa chiganizo chenichenicho.

Mwachisanzo, kutembenuza, "Ndiyenera kudzimvera chisoni ndekha," Kodi zimenezi dzikuwoneka ngati ndizowona kapena dzikupotsera padzowona pa chiganizo chake choyamba chija, chifukwa pamene ndi kuganiza kuti Paulo ayenera kundivera chisoni ine, ndimadzazidwa ndi kupsya mtima ndi kunyatsidwa, ndipo zimenezi zimandiypsa ine kusowa mtendere. Zimenezi sizabwino konse pamoyo wa munthu. Ngati ndili wachisoni ndisayembekezere anthu ena kundichitira chisoni. "Ndiyenera kumuvera Paulo chisoni", Zimenizinsu ndi zowonadi ngati ndime yake yoyamba ija. Pamene ndaganiza kuti Paulo ayenera kundivera chisoni ine, Ndipo kenako ndi kupysa mtima ndi kunyatsidwa, ukutu ndiye kuti ndikumuchitira Paulo nkhanza pakusamuvera chisoni iye, Makamaka m'maganizo anga. Ndiyenera kuyamba ine ndikuchiti ngati Paulo andisatire. Pamene "Paulo sayenera kundivera chisoni ine," Izitu ndizowona kuposa tikatembenuza. Iye sayenera kutero, umutu ndimomwe ziyenera kukhalira. Kutembenuza ili ndi gawo limodzi la phamvu mu ndondomeko ya ntchito. Pamene mwadzindikira kuti bvuto langa limachokera apa "kapena apo" ndi pokhapokha pamene mwa dzindikira kuti wina wake kapena chinthu china chake ndi chimene chikubweretsa kuvutika kwanu. Dzikafika pamenepa zimakhala zovuta ndi zosayembekezereka. Zimenezi zikutanthauza kuti pamoyo wanu wonse mudzakhala muli kudzudzika ukutu kulingati kudzudzika uli mupaladiso.

Pachifukwa chimenechi tiyenera kuyetsetsa ndikubweretsa chowonadi pamanso pathu ndikuyamba kudzimasula kumabvuto womwe timapezana nawo. Kufufuza komwe kungachitike mogwirizana ndi njira ya kutembenuza, ndi njira yokhayo yomwe ingatidzindikiritse ife chowonadi.

### **Kutembenuza kwa chisanu ndi chimodzi (6)**

Kutembenuza kwa chisanu ndi chimodzi mugawo loweludza woyandikana nawo ndi losiyana pang'ona ndi ndime zina zonse. Titasinthu, "Sindifuniratu konse....." Kutu "Ine ndimafuna kuti....." komanso, "Ndikuyang'anira ku....."

Mwachisazo, "Sindimafunanso kudzakangana ndi Paulo" tembenudzani ndikukhala kuti, Ine ndimafuna kukangana ndi Paulo". Kutembenuza kumalingana ndi kukhulupirika pa moyo wathu wonse, ndipo zimenezi zikutanthauza kuti, "Ine ndimafuna kuti" kumeneko kusonyeza kumasuka, chidwi komanso, kuvomereza bvuto lina liri lonse linapeputsidwa, kukupangani inutu kuti mukhale a chiyembekezo, kusiyanu ndi kuyikapo kapena kukhulupirira mphavu zanu kunena ndi kutanthauza kuti, Ndikuyembekezera ku...," zimene timachita zimamasula moyo wathu pamene unali pa chiphinjo chachikulu.

Ndibwino kudzindikira kuti zimene timava kapena chinthu chimene timapanga zimatha kumachitikabe, ngati zinthuzo zili mumaganizo athu. Ngati tidzindikira kuti mabvuto wonse kapena kusowa mtendere kwathu ndi zinthu zimene timayenera kuzifufudza. Mukhoza kuyamba kuyembekezera zakukhala mosamasuka. Mukatero mudzawona ngati abale womwe akubwera ndikukudziwitsani kuti simunayambe kufufuza konse. Sichinthu chaphindu konse kuyembekedzera anthu kapena zinthu zina kuti musinthe ndikuyamba kupeza mtendere ndi chisomo. ‘Ntchito’ ndi ndondomeko yolunjika yomwe imapereka chisangalalo chotheratu pamoyo wamunthu.

### **Mafunso ndi Mayankho.**

- F. Ndinalinayo ndipo ndili nayo nthawi yolembe za azanga. Kodi nkotheke nditalemba za ine mwini?
- Y. Ngati mukufuna kudziwa za inu mwini, ndikuganiza mutalemba za wina poyamba. Choyamba Lodzani za ndondomeko ya Ntchito pazinthu zomwe za kudzungulirani, kenako mudzawona kuti chili chonse chimene chili kunja kwainu zikuimira zinthu zomwe m’aganiza. Zonsezitu ndi zainu. Ambiri a ife takhala tikudzilodza chala tokha komanso kudziweruza tokha padzinthu dzomwe talakwitsa kwaife tokha kwa dzaka zambiri, ndipo zimenezi zalephera kuthetsa bvuto ngakhale ndi limodzi lomwe. Kuweludza munthu wina, kufufuza ndi kutembenuza ndi njira yokhayo imene mungathe kudzivetsetsa nokha komanso kudzindikira chenicheni.
- F. Kodi munganene bwanji kuti chowonadi ndi chabwino? Nanga nkondo bwanji? Kugwiririra, Zipolowe ndikudzu ana? Kodi mukudzivomereza zimenezi?
- Y. Mungazivomereze bwanji zimenezi? Mwachidule pamene ndayamba kukhulupilira kuti zinthuzi kulibe pamene zili kuchitika, ndimavutika mumaganizo, ndikhoza kuthetsa nkondo ine? Kodi ndingathetse kugwiririra ine ndekha ndi azanga ndi maganizo komanso ndi zochitika zathu? Ngati sichoncho, Ndikupitilizatu ine zinthu zomwe ndinakayenera kuzithetsa mudziko lino. Ndizayamba kuthetsa kusautsidwa kwanga, nkondo yanga, umeneutu ndiye moyo wa ntchito.
- F. Tsono zikutanthauza kuti tiyenere kuvomereza chowonadi monga momwe ziyenera kukhalira ndi kusaletsapo kanthu. Kodi zimenezi ndi zowona?
- Y. Ndondomeko ya Ntchito sifotokoza zinthu zimene timayenera kuchita ndinso kusachita. Timango funsa, “kodi chotsatira chake ndi chiyani pamene mulimbana ndi chilungamo” Ndondomeko ya Ntchito imaunika zochitika ndi zotsatira zophatikiza kuwawa kwa maganizo ndi kudzifufuza, timapeza ufulu. Tikanena kuti tisasuse chowonadi tikungopangatu nkhani ina, Kuganiza mwakuya kapena mwa chipembezo zimenezi sizinagwirebe konse.
- F. Buku lotchedwa kukonda n’chiyani limawoneka ngati lotsatipatsa kanthu kena kalikonse, Kodi sichotsangalatsa kufuna dzinthu zabwino?
- Y. Mukukhala kwanga ndimafuna zinthu zosiyanasiyana nthawi zonse; zimene ndimafuna, sizosangalatsa zokha ayi. Koma ndi zopatsa chimwemwe chenicheni. Pamene ndi kufuna chimene-ndilibe, zoganiza ndi zochitika zanga sizimatayana konse ayi, ndipo zimayenda limodzi ndipo sizikolana konse. Ngati ndapeza chosowa china chake ndimapitiliza kulemba maganizawo ndi kufufudza. Kenako ndina dzindikira kuti moyo wa munthu suchepetsedwa ayi komanso sulimbana

ndi kufuna tsogola. Kwachina chili chonse chomwe ndafuna chimaperekedwa panthawi yake, ndipo sindiyenera kuchitira maula kuti zitheke ayi. Palibetu mawu ena wosangalatsa pakufufuza kuposa kudziwa Kukonda n'chiyani

- F. Kodi nkotheka nditakhala wopanda vuto lina lirilonsero ndi anthu? Kodi nanga ndingalembe zinthu monga za thupi langa?
- Y. Inde tsatira ndondomeko ya Ntchito pamutu wina uliwonsewo umene inu simumapuma nawo bwino. Pamene mwayamba kudzindikira za mafunso anayi aja kumanso ndikutembenuza kwake, mukhoza kusankha mitu ya nkhani yanu monga, Thupi, Matenda, Tsogolo lanu, kapena zokhudzana ndi Mulungu, Ndipo yetsani kungwiritsa ntchito mau woti, “Ine mwakuganiza,” ndikuyika m'malo mwa mutu wankhaniyo potembenuza. Mwachitsanzo; “Ine thupi langa liyenera kukhala la mphavu ndinso lathazi.” Kodi zimenezi sizimene muma funa kukhala ndi moyo wathazi? Kodi thupi la munthu amene akudwala limakhala ndi mavuto, kapena zimene mukuganiza dzokhudza thupi ndi zomwe zimakupatsani inu mavuto? Tafufuzani. Lorani kuti dotolo wanu asamalire thupi lanulo. Ndipo inu samalani zogoniza zanu. Ndilitu ndi mzanga yemwe samatha kuyenda komanso satha kusuntha thupi lake, ndipo iye a makonda moyo wake. Kukhala pa ufulu sikulimbana ndi moyo wa nthazi ayi. Koma kudzimasula nokha kumaganizo woipawo.
- F. Kodi nanga ndi ngaphunzire bwanji kukhala munthu wokhululuka, ndi kuyamba kukhululukira azanga amene anandilakwirapo ine kwambiri?
- Y. Mutamuweludza m'dani wanuyo, lembani ndondomeko ija, zifunsemi mafunso anayi aja, tembenuzani nkhanio kapena nkhwazo. Kenako mudzawona nokha kuti kukhululukira kumatanthaudza, kudzindikira kuti zinthu zonse zomwe m'maganiza zitakhala kuti sizinachitike konse, mpaka mutawona kuti palibe chinthu chimene mungakhululuke. Palibetu munthu amene anamulakwirapo mzake, ndipo palibe munthu amene anachitapo chinthu choopsy kupatula zomwe m'maganiza, ndipo simunazifunse konse kuti zimakhala bwanji. Tsonotu panthawi iliyonse pamene muvutika yetseni kufufudza, yang'anani zolinga zomwe mukuziganizazo, ndipo zimasuleni nokha muchiphinjo chamaganizochi. Khalani ngati mwana amene wabadwa kumene amene ubongo wake suziwa china chilichosecho. Tengani zinthu zonyalanyaza zanu nkukhala zinthu zokupatsani inu chiyembekenzo komanso ufulu.
- F. Kodi kufufuza ndi ndimbali imodzi ya magaizo? Ngati sichoncho nanga ndi chiyani?
- Y. kufufuza kumakhala ngati ndi ndimbali imodzi ya maganizodi, koma mwachidule tingati ndi njira yotipeputsa ife kuti tisamaganize kwambiri. Maganizo amachepetsedwa pamene tadzindikira kuti maganizo amabwera m'maganizo athu, ndipo alibetu mwinimwini. Kudzera mundondomeko ya Ntchito, m'malo mothawa kapena kubitsala chifukwa cha maganizo. Timaphunzitsidwa kupezana ndi maganizowo ndi kuwalandila ndi manja awiri.

### **Ziphunzinsu za Katie**

Pamene timakhala tikulimbana ndi chilungamo, timalephera, kwa nthawi zambiri. Pamene takonedwa ndiye kuti palichina chake. Ndikadakhala kuti ndili ndi pemphero ndi kadati, “Mulungu tandichotserani ine chidwi chokhulupirira chikondi, pakuvomereza, kapena pakuyamikira. Musazinyenge nokha koposa momwe m'maganizira. Ndinawonjezera kuvutika kwanga komatu kwa zonse, kwa funso lomwe lakhala losayankhidwa m'maganizo athu ndi zosautsa za padziko lapatsiri.

Chilichose chimene m'mafuna kufunsa aphunzitsi anu, zifunsemi nokha kaye. Ngati mwakhozeka kufuna kudziwadi chowonadi, yankhotu lidzapezana ndi funso lanulo musanafunse. Inutu mulibe gawo pakundikonda ine, imeneyotu ndi ntchito yanga ya ine mwini.

Chinthu chowopsya chomwe chimachitika ndi pamene tayamba kuganiza za maganizo ndi kusafufuza konse kuweludzidwa sikudzuzidwa ayi. Mphunzitsi yemwe m'mamufunayo ndi munthu amene mumakhala naye nthawi zonse, kaya mukudzivetsa zimenezi?

Sindimafuna kuti zimenezi zichoke m'maganizo anga ayi- ndimapezanazo pomwe adafufuza, kenako zimandichokera ine. Chowonadi ndi chabwino kuposa nkhani imene tikunena panoyi. Zimenezi ndi zomwe ndi madziwa ine. Kusavetsa ndi limodzi mwa mavuto. Kodi ichi nchiyani. Simungapeze kanthu kuchoka pa mau wa. Kodi mwadzindikira zimenezi? Ine ndimatsimikiza kuti dziko lonse lapansi limandikonda. Komatu zili kwaine kuti ndikathe kudzikira zimenezi. Palibetu vuto lomwe ndigathe kuliwona kapena kuligwira- koma ndi zokhazo zomwwe timaganiza basi.

Njira yokhayo yolunjika ndiye, "Mulungu amene ali ndi zonse zimene timadzitsowa, Mulungu ndi wabwino nthawi zonse." Njira yokhayo imene ndinga kwiwitsidwe ine ndi pamene ndili ndi maganizo, zolankhula, kapena kuchita chinthu chosakhala bwino konse, izi ndi zimene ndi maganiza ine. Chowonadi ndi Mulungu chifukwa iye amalamulira zonse.

### **Kusanthulanso Kukonda nchiyani.**

"Mulungu atate! Kodi Byron Katie amachokera kuti? Zowonadi iye ndi munthu wabwino. Ndipo Ntchito yake ndi yotamandika komanso yosavuta kuitsatira, Yolunjika pa chilungamo yochotsa nkhwana zime timazipanga tokha. Munatifunsa ife kuti tisakhulupirire zinthu zina, koma kutipatsa ife modzidziwa ndi mosayembekezeraka njira zapafupi zolimbana ndi mavuto azikhulupiriro ndi kuzimanga tokha" Davide Chadwick, wolembe buku lotchedwa, "*The Crooked Cucumber*".

Kodi mwina mutapeza njira yapafupi yo bveka moyo wanu ndi chisangalalo, ndi kusiya kulimbana ndi chiwonadi, ndiponso kuyetsa kubweretsa mtendere ndi bata mkatikati mwa chipolowe ndi chiphokoso. Zimenezitu ndiye *kukonda nchiyani*. Komatu imeneyi sinjira yosinthira zinthu pa moyo wathu ayi. Funso ndilakuti kodi ndikotheka kudzikira zimenezi?

Erica Jong mlembi wa buku lotchedwa, "*fear of flying*"

"Ngati ndi ngathe kupereka buku limodzi kwa aliyetse wadziko lapansiri, zimenezi zingakhale choncho basi, Ine ndine mkristu wodzodzedwa, ndipo ndizapereka bukuli patsogolo pa buku lopatulika. Limeneritu liri ngati chifungulo chothetsera mavuto athu wonse. Nkhani imene yalembedwa m'menemuyi yikhoza kuyimila mabuku ena wonse wothandiza kupereka chilimbikitso. Kodi sichinthu chosinthika chimenechi" J.B. Nemaclin, PA( Amazon.com)

"Ine ndili ndi dzaka makumi asanu ndi ziwiri, ndipo ndinali m'modzi mwa anthu asankho wosalabadira za azanga, kapena kuti mwina ndifufuze chifukwa chimene sindimatha kukhulupira wokonedwa wanga (mkazi wanga) Ine ndi munthu wolumala wogwira ntchito ya zowona za ziweto ya vetenale. Ndakhala ndili chonchi kwa dzaka makumi atatu chindipedzereni ndi matenda akhate.

Tsiku lina patapita masabata angapo, mzanga wina wotchedwa Fred anandipeza ndipo iye anandibweretsa buku lotchedwa Kukonda nchiyani. 'Bwanji titayetsa izi; ndipo iye anatero. Ndinatsatira ndondomeko yonse monga Fred anandiwudzira kodi mungakhale ngati ndani mutasiya kuganiza za maganizo, ndinalingalira kuti kodi ndingakhale ngati ndani nditasiya kuganiza za maganizo achabe womwe ndimakhala nawo, pali anthu ena womwe akusangalala ndi chibale changa ndi anthu ena, ndi kupatsana nzeru, kutchedzetsana, ndinawoneka ngati ndamasuka ndipo

ndapezako mtendere. Mwa mphindi khumi. dzaka zomwe ndakhala wokhummudwa, wokwiya komanso wosokonezeka zinangopita pa chabe.

Ndinali kukonda kukhala mutimagulo toyimba nyimbo zosamveka bwino pamene a vetenale anabwera panthawiyi ine ndinali kungoyang'anira ndi kumvetsera mwa mantha zimene zinasintha miyoyo yawo kotheratu. Lerotu ndi mangowona ngati anthu ena akhala pamalo ena monga mzanga Fred, ndipo anthuwo atenga kukonda nchiyani ndinso pepala lomwe liri ndi mafunso anayi aja atalembedwa pa pepaloro. Kodi angawugwire mtima ndani? Ndinali wodabwa zitapita dzaka makumi atatu, ndinadzindira kuti zinandithandiza ndipo ndinali ndi chinthu chimodzi chokha basi choti ndifotokozere azanga woyang'ana za nyamadzo motere: kwa yiwo wonse amene akhala akumenyela ufulu, ino ndi nthawi yawo yoti amasulidwe. Tangotsatirani ndondomeko ya Ntchito" J.M.L . Reno, NV.

### **Sukulu ya ndondomeko ya Ntchito**

Sukulu ya ndondomeko ya Ntchito ndi sukulu yomwe yotsatopetsa, yosaiwalika konse, yomwe imayamba m'mawa mpaka utsiku, komanso wophunzirawo amagawidwa mumagulu nkuyenda kumadera wotsiyansiyana. Ndipo chochitika chenicheni chimakhala kupanga kafukufuku komanso kudziwa chenicheni pakati painu ndi moyo wanuwo. Za anthu amene “ akhala alipaliponse ndikuchita zinthu zotsiyansiyana”. Ndipo iwo ndiwokhutitsidwa ndi kusithika chifukwa cha sukuluyi. Maphunzirowa amatsogozedwa ndi mwini wake Katie ndipo amakhala tcheru kuti akwaniritse zolinga ndi zofuna za iwo amene akuphunzira sukuluyi. Ndipo sukuliyi sifanana ndi sukulu ina iliyotseyo. Ndipo kwa masiku asanu ndi anayi womwe muzakhala muli pa sukuluyi ndi Katie, inutu mudzasinthika kotheratu.

### **Ziphunzitsa kumapeto asabata mwa mowirikiza**

Ziphunzitsa za kumapeto asabata ndizozimene zimapereka dzizindikiro zoti tidziwe mphavu yeni yeni ya sukuluyi. Katie iye mwini ndiye amane amatsogolera iwo wonse amene akutenga nawo gawo, Ndipo nthawi zina amapereka mwayi kuti wophunzirawo athenso kuphunzitsana mwa iwo wokha. Kuphunzira njira za kalankhuliridwe, monga momwe tingakanire zinthu koma mwakusonyeza chikondi komanso modzilemekedza tokha. Ndipo kenako pamakhala mafunso ndi mayankho kumapeto a pologalamuyi. Komatu inu musanyonzere ndi kuchepa kwa nthawiyi, kuphunzira mowirikiza komanso mwakathithiku kunapatsidwa dzina loti, “M'bindikira weni-weni”, “Kumvumbulutsidwa”, mapeto asabatiyo imakhala sabata yomwe simudzayiwala pa moyo wanu wonse.

### **Sitolo ya Ntchito**

Njira yokhayo imene imapereka chisangalalo kwa munthu, ndi yofuna kudziwa komanso ndi kuvetsetsa za Ntchito ndi kusatira komanso kuvetsera pamene Katie akuphunzitsa. Machitidwe ake, kutakatsuka kwake ndi kusunthasuntha kwake, ndi zonse zimene zimapangitsa iye kukhala wotsangalala nthawi zonse, komanso mphavu yo zindikira zinthu.

Mu Sitoloyi m'mapezeka zinthu monga: Matepi anyimbo zotsiyansiyana, matepi a kanema wokhuza zochitika pa nthawi yomwe Katie akuphunzitsa anthu pa mitu monga, za chiwerewere, za chuma,ukholo,ubale,ntchito ndi zina zambiri.



## Ntchito pa makina a intaneti

Kodi mwasinthika ndikuyamba zithu zina za tsopano, kusinthika ndi kukhadzikika ndi ndondomeko ya Katie? Imeneyitu ndi njira yayikulu yotsinthira zinthu ndi kudziwa chowonadi, ndipo njirayi ndi yopotsa njira zina padziko lonse lapansi lino. Kwa iwo wonse amene akufuna kugwira ntchito ndi ife muli wolandiridwa ndipo muyenera kupita pa makina a intaneti ndi kuyang'ana mawu wotchedwa, “Parlor” muli pa tsambali ndipo zimenezi zimapezeka pa webu sayiti ija ya [www.thework.com](http://www.thework.com). Katie ndi wokhodzeka kukubnhandizani inu ndi mtima wake wonse.

Pakuwonjezera apa, ngati mukufuna kuti mulumikizane ndi anzanu amene amaphunzitsa ndondomeko imeneyi ya Ntchito, Tilitu ndi malo amene mungathe kudziwa mundanda wazochitika zomwe zikubwera mutsogolo, Kuphunzira, kugwira ntchito m'magulu, mundanda wazochitika zathu ndi zakafukufuku mwakathithi, komanso pamakhalanso phunziro la payekha payekha. (Ena mwa maphunzirowa ndi wolipilitsidwa ndipo mumayenera kulipila pa ola, koma ena ndi awulere)

Katie bukhu lake latsopano lomwe lakhala likugulitsidwa, lotchedwa, *Ndikufuna chikondi chanu- kodi ndi zowona?* Ndipo lakhala likutchulidwa ndi limodzi mwa bukhu lotchuka loludzanitsa anthu kwa mabuku wonse amene analembedwapo. Bukuli likupedzeka pamodzi ndi mabuku ena wotchukanso monga: *Kukonda n'chiyani*, pa webi saiti kapena m'malo wogulitsira mabuku.

Mafunso anayi.

Nawa mafunso anyi aja, ena mutha kudula ka kadika ndikusunga kumayenda nako kulikonseko.

1. Kodi ndi zowona?
2. Kodi mukusimikiza kuti ndi zowonadi?
3. Kodi mumamva bwanji mukaganiza za zimenezi?
4. Kodi mungakhale ngati ndani mutasiya kulingalira za zimenezi? nanga mungatembenuke bwanji?

