

Okusemqoka kakhulu kimi



Okugqamile kakhulu kungesikhathi lapho sizizwa sijabule, siphumule, siziqhenya siqu sethu nangozakwethu, sixumene kahle, siqinile sisemandleni, sisethembeni, sibonga, futhi siqhaphela ngokucophelele.



Lezithombe-ngqondo ezinhlem mhlambe zingaba zincane noma zingabalulekanga kangako, uzikhumbula kalufifi. Asithi nje, njengokuhlanganyela ihlaya nomunye noma nabelana nabanye into enhle eniyibona ngokufana.



Kungaba futhi izikhathi zezigameko ezinkulu, njengokuthi wenze into obuzitshela ukuthi inzima kodwa ugcine uyenze kahle.

Wonke umuntu angaba nalemfanekiso-ngqondweni ayikhumbulayo eyahlukene ngokweqile kuneminye.

Nazi izinyathelo zokubuyisa imizindlo yakho ngezinto ezisemqoka kuwe.

1. Qala ngokuvala amehlo akho futhi uthathe umoya ojulile ungene emakhaleni akho bala: 1, 2, 3, 4.
2. Phefumlela ngaphandle ngomlomo wakho kubekane: 1, 2, 3, 4.
3. Thatha omunye umoya uphefumule kane ngokujulile ngaphakathi ube usuphefumulela ngaphandle lomoya.
4. Cabanga ngesikhathi ozizwe ujabule ngaso futhi unokuphumula ngelisonto leli. Gxila kwinkumbulo yonke engabe iyakufikela. Kade ukuphi? Kwakungubani obelapho? Benenzani? Ubuzizwa kanjani umzimbeni wakho?
5. Zinike isikhatshana uke ugxila kulokho okuvelayo, futhi ukuvumele kugcwalise ingqondo nemicabango onayo, kungabikho kwasikhala sanoma yikuphi ukukhathazeka kwakho okwamanje.
6. Thatha omunye umoya ojulile ungene ngaphakathi uphume futhi ngaphandle. Cabanga namanye amaphuzu avelelayo noma angabamabili kusukela kuleliviki.
7. Lapho usulungile, ungawavula amehlo akho kancane.
8. Uma uthanda, ungabelana nabanye ozakwenu onabo ngezinto zakho eziphakeme nezimqoka kuwe, futhi ubabuze nabo ukuthi yini amaphuzu abo avelele nasemqekoka kubo!