

Inkumbulo zami ezijabulisayo

Lapho impilo zethu zizwakala zicindezelekile istress futhi sikhathezekile ngezinkinga eziningi, kubalulekile ukuzikhumbuza ngokuhle esinakho ezimpilweni zethu. Lapho sikhumbula okuhle ezimpilweni zethu, sizizwa sijabule, futhi siqine ngokwanele ukubhekana nezinseselele ezingalethwa yileyo mpilo. Lokhu kunika ubuchopho bengqondo zethu nomzimba ithuba lokuphumula ekuxinekeni yistress. Okuyinto ebalulekile ezimpilweni nasebudlelwani bethu.

Thatha imizuzu emihlanu ukuzikhumbuze kahle inkumbulo ekujabulisayo kunganoma ingesiphi isikhathi empilweni yakho. Ngezansi kunezinyathelo ezizokuhola ukuze uqondisise kahle ngaloluhlelo.



1. Uqale ngokuvala amehlo akho futhi uthathe umoya ojulile ungene emakhaleni bese ubala kube kune. Uthi: 1, 2, 3, 4.
2. Ube usuphefumlela ngaphandle ngomlomo kube kane. Uthi: 1, 2, 3, 4.
3. Thatha omunye umoya uwuphefumulele ngaphakathi ngokujulike kubekane, ube usuwukhiphela ngaphandle wonke.
4. Cabanga ngesikhathi owake wazizwa ujabule futhi uphumule ungenaworry ngaso. Gxila lule nkumbulo yonke ongakwazi ukufinyelela kuyo ngalokhu. Ubu kade ukuphi? Kwakungubani owaye lapho? Benenzani? Wawuzizwa kanjani emzimbeni wakho lapho?
5. Zinike isikhathi nje uke ugxila kulenkumbulo, futhi uyivumele igcwalise ingqondo yakho. Kugabikho sikhala sanoma yikuphi okunye njengakho okukukhathazile ngalomzuzu.
6. Thatha omunye umoya ojulile ungene ngaphakathi ube usuwukhiphela ngaphandle. Kuthi lapho usulungile, ube usuwavula amehlo akho.
7. Ungaphinda izikhathi eziningi ngalendlela, udonsa zonke izinkumbulo ezahlukene nangobuningi bazo, ngokwakho nje.
8. Uma uzizwa ucindezelekile yistress noma ukhathazekile ngokuthile, ake uzinike ikhefu uthathe okuhlano okuyi nkumbulo enhle owake wanayo ngaphambili. Uyisebenzise ukuze uzisize uzizwe ujabule, uzolile futhi uqinile ngqi ngokwanele ukubhekana nanoma yiziphi izinseselelo obhekene nazo.