

# THATHA IMIZWA EMIHLANU

**Ngesinye isikhathi, uma sisovalweni sithukile, kuyasiza ukubhekisisa ukuthi yini eqhubekalayo lasikhona noma empilweni zethu. Kubalulekile ziphazamisa nje kancane sihlale kahle isimo salapho sihlala ekhona, sibheka mangabe kukhona okusenza sizizwe sikhululekile sinoxolo lokuqondisa izinto esizenzayo, esizishoyo sibe nokukwanzi ukukhetha kahle ngokucophelelekile okuyiyo.**

**Okulandelayo kungezinye zezindlela zakwa-W4C ukuThatha le5 kesizwe ngokusebenzisa imizwa okuyiyona yona:**

- 1. Donsa umoya ngokujulile ngomlomo wakho, bese ubala kube kane (4x), ube sewuphefumulela ngaphandle ngamakhala kane (4x)**
- 2. Phinda udonsele ngaphakathi umoya futhi uyawukhiphele ngaphandle.**
- 3. Manje, ake ujeqeze lapho ukhona ubone yini eseceleni kwakho. Uqondise ngqo kuloko okusondelene nawe.**
- 4. Udonse umoya ngaphakathi bese uwukhipha usho into ngayinye oyibonayo.**
- 5. Phinda uwudonse ngaphakathi umoya wakho, uwukhiphele ngaphandle, usubiza izinto ozizwayo ngamadlebe zibezine (4) qha!**
- 6. Phinda uwudonse umoya, uwukhiphe ube usho ezintathu (3) izinto ezikuthintile nozizwa enyameni njenge ngubo oyigqokile ( e.g. umhlabathi ohleli kuyo njengamanje, ukuvunguza komoya ebusweni bakho njalo njalo).**
- 7. Uzodonsa umoya ngaphakathi futhu uwukhipha ususho izinto ezimbini (2) ozizwa ngathi ziyanambitheka ematheni omlomo wakho.**
- 8. Okokungcina-ke, uzowudonse umoya wakho bese uwukhipha ngaphandle, ususho izinto ezikunukela emakhaleni.**
- 9. Kuphinde konke loku uwudonsa moya osukwenzile ngaphambili, manje uzosebenzisa wonke amaphuzu amasha okungenzeka usuwaqokile kabusha, laku ukwenza uze uzizwe kahle emzimbeni unokuphumula kuthobile.**

**Khumbula, ukuthi lokhu kuzi 'thathela le5 ungakwenza noma yinini noma ngabe ikuphi ukuzisiza kwezomphefumulo wakho , kanye nabangani nanomndeni wakho. nabo basizakale ukuze bazizwe nabo benokuphumula nentokomalo enamandla anele. Manje sizophetha ngokungathekisa ngedlela zobhanana lo osiwudlayo!**

