
UTHENGA WA KWA WAZAUMOYO WA KUMUDZI

Kodi wazaumoyo wakumudzi ndani?

Uyu ndi munthu amene amathandiza kutsogolera banja ndi anzake oyandikana nawo kuti akhale ndi umoyo wabwino. Kawirikawiri amasankhidwa ndi anthu ena am'mudzimo ngati munthu amene ali ndi luso lapadera komanso munthu wachifundo.

Azaumoyo akumudzi ena amachita maphunziro ndi kulandira chithandizo kudzera mu ndondomeko yokonzedwa bwino ndi unduna wazaumoyo. Ena sakhala ndi udindo wodziwika bwino, koma amangokhala anthu am'deralo amene anthu amawatenga ngati odziwa kuchiza matenda kapena atsogoleri pankhani yazaumoyo. Kawirikawiri anthuwa amaphunzira zinthu powonera kapena kuthandiza ena kapenanso pongophunzira pawokha.

Mwachidule tinganene kuti **wazaumoyo wakumudzi ndi munthu aliyense amene akuchitapo kanthu pothandiza mudzi wake kukhala malo abwino wokhalamo.**

Izi zikutanthauza kuti munthu aliyense angathe kukhala ndipo ayenera kukhala wazaumoyo:

- Amayi ndi abambo angathe kuwonetsa ana awo momwe angakhalire aukhondo.
- Anthu ogwira ntchito pamunda angathe kugwirira ntchito limodzi kuti azikolola zakudya zochuluka.
- Aphunzitsi angathe kuphunzitsa ophunzira momwe angatetezere ndi kuchizira matenda amene anthu amadwala kawirikawiri.
- Ophunzira angathe kugawana nzeru zimene amaphunzira kwa makolo awo.
- Ogulitsa m'sitolo angathe kudziwa za kagwiritsidwe ntchito koyenera ka mankhwala amene amagulitsa ndikulungiza moyenera anthu amene amagula mankhwalawo.
- Azamba angathe kulungiza makolo za ubwino wodya zakudya zoyenera pamene ali oyembekezera, kuyamwitsa ana ndi kulera.

Buku lino lidalembedwa kuthandiza anthu ogwira ntchito yazaumoyo. Komanso ndi loyenera kugwiritsidwa ntchito ndi munthu aliyense amene akufuna kudziwa ndi kuchita zambiri zokhudza moyo wake, wa banja lake ndi wa anthu ake.

Ngati muli wogwira ntchito yazaumoyo m'madera mwanu, kaya ndinu namwino wothandizira, kapena dokotala, kumbukirani kuti: bukuli si lanu lokha. **Ndi la anthu onse** kotero mugawane zomwe zili mu bukuli.

Gwiritsirani ntchito bukuli pofotokozera anzanu zomwe mukuzidziwa. Mwina mungathe kukhala m'timagulu ndi kuwerenga komanso kukambirana mutu umodzi pa nthawi imodzi.



Wazaumoyo wakumudzi amakhala komanso kugwira ntchito ndi anthu am'dera lake ndipo ntchito yake yoyamba ndi kugawana nzeru zomwe ali nazo ndi anthu am'dera lakelo.

Okonedwa nonse ogwira ntchito yazaumoyo kumudzi,

Buku lino kwakukulu likukamba za zosowa za anthu akumudzi pa **umoyo wawo**. Kuti muthe kuthandiza mudzi wanu kukhala ndi moyo wabwino pankhani yazaumoyo, muyenera kuzindikira zosowa za anthu pa **umunthu wawo**. Kudziwa ndi kumvetsetsa zosowa za anthu ndi kofunikira monganso kuli kofunikira kudziwa za mankhwala komanso ukhondo.

M'munsimu muli malangizo amene angakuthandizeni kukwaniritsa zosowa za anthu pa umunthu wawo komanso pa umoyo wawo.

1. KHALANI ACHIFUNDO: Mawu achikondi, kumwetulira, kuyika dzanja lanu paphewa la munthu, kapena zizindikiro zina zosonyeza chikondi ndi zofunikira kwambiri kuposa

chinthu china chimene mungachite. **Awoneni anthu ena ngati anzanu ofanana nawo.** Ngakhale pamene muli pachangu kapena muli ndi nkhwana, yesetsani kukumbukira zosowa za anthu ena. Kawirikawiri zimathandiza kudzifunsa funso ili: "Kodi ndikadachita chiyani akadakhala m'bale wanga?"

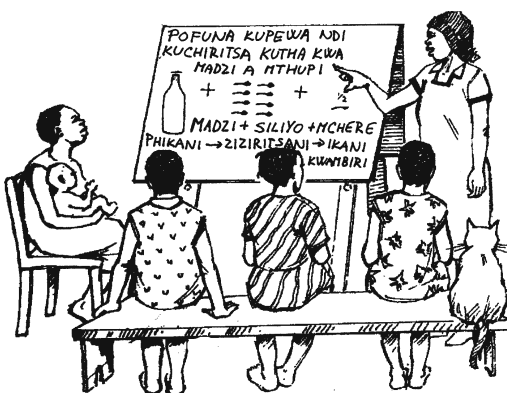
Atengeni odwala ngati anthu: Sonyezani chifundo chapadera kwa anthu odwala kwambiri kapena amene atsala pang'ono kufa. Sonyezaninso chifundo kwa abale awo. Asonyezeni kuti muli ndi chikondi ndi chifundo kapena mukukhudzidwa ndi kudwalako.

2. GAWANANI NZERU NDI ANTHU ENA: Monga wazaumoyo, ntchito yanu yoyambirira ndi kuphunzitsa. Izi zikutanthauza kuthandiza anthu kuti aphunzire momwe angatetezere matenda. Zikutanthuzanso kuthandiza anthu kuphunzira momwe angazindikirire za matenda ndikudzisamalira pamene akudwala - kuphatikizapo kugwiritsira mwanzeru njira zopezeka pakhomo ndi mankhwala osavuta kuwapeza m'madera mwawo.



Khalani ndi chifundo.

Chifundo chimathandiza kuposa mankhwala. Musaope kuonetsela kuti ndinu wokhudzidwa mumtima.



Pezani njira zogawirana nzeru ndi anzanu.

Palibe chilichonse chimene mwaphunzira chimene mutachifotokoza bwinobwino chingawononge moyo wa munthu. Madokotala ena amanena zakudzisamalira ngati ndi chinthu chowopsa kwambiri mwina chifukwa chakuti amasangalala kuti anthu azidalira chithandizo chawo chomwe chimakhala chodula kwambiri. Chowona chenicheni ndi chakuti **mavuto ambiri azaumoyo angathe kugonjetsedwa asanakule mwachangu ndi anthu m'makomo mwawo.**

3. LEMEKEZANI MIYAMBO NDI NZERU ZA ANTHU.

Chifukwa chakuti mwaphunzira zina zokhudza mankhwala amakono, sizitanthauza kuti musamakhulupirre miyambo ndi njira zina za anthu anu. Kawirikawiri umunthu umachoka pochiza matenda mukangoyika maganizo anu pa mankhwala achizungu. Izi ndi zoipa kwambiri chifukwa ...

Mutagwiritsira ntchito mankhwala achizungu amene ndi apamwamba kwambiri pamodzi ndi mankhwala achikuda amene ndi apamwambanso kwambiri zotsatira zake zingakhale zothandiza kwambiri kuposa mutagwiritsira ntchito mankhwala amtundu umodzi okha.

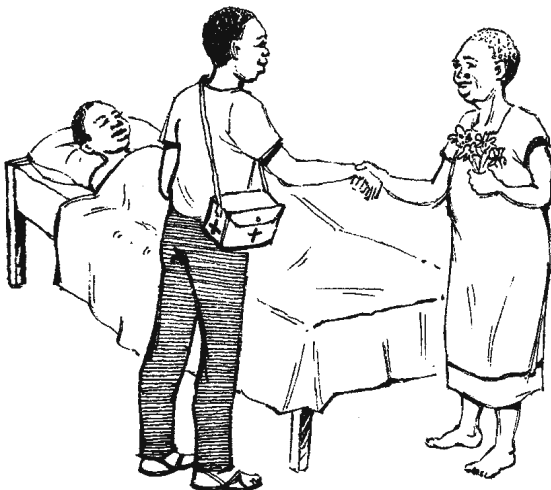
M'njira imeneyi, mudzakhala mukuwonjezera nzeru zatsopano za chikhalidwe chanu m'malo mochotsapo.

Inde, mwina pamene mukuwona kuti mankhwala ena achikuda kapena miyambo ina ndi yoipa (monga kuika tuvi pamchombo wamwana umene wangodulidwa kumene) mungafune kuchitapo kanthu kena kuti zimenezi zisiyike. Koma chitani zimenezi mosamala, mosanyoza anthu amene amakhulupirira zinthuzo. Osangowauza anthu kuti zimenezi ndi zoipa. Yesani kuwathandiza ndi kuwazindikiritsa **chifukwa** chimene ayenera kuchitira zinthu zina mosiyana ndi momwe amadziwira iwo.

Anthu amasintha maganizo ndi miyambo yawo pang'onopang'ono, komanso pa zifukwa zoyenera komanso amakhulupirira zinthu zimene akuganiza kuti ndi zabwino. Ndipo zimenezi tiyenera kuzimvetisa ndi kuzilemekeza.

Mankhwala amakono (achizungu) si yankho la mavuto athu onse. Mankhwalawo akhala akuthandiza pa matenda ena, komanso amayambitsa matenda ena, ndipo nthawi zina matendawa amakhala aakulu kwambiri. Anthu amafulumira kudalira mankhwala achizungu ndi akatswiri ake, ndipo amagwiritsira ntchito mwankhwalawo mopitirira muyezo ndikuyiwala kudzisamalira okha komanso kusamalira wina ndi mnzake.

Chitani zinthu pang'onopang'ono ndipo nthawi zonse perekani ulemu kwa anthu anu, miyambo yawo ndi umunthu wawo. Athandizeni kuti agwiritsire ntchito nzeru ndi luso lomwe ali nalo pophunzira zinthu zina zatsopano.



GWIRANI NTCHITO NDI ASING'ANGA NDI AZAMBA OSATI KUPIKISANA NAWO.

Phunzirani kuchokera kwa iwo ndipo alimbikitseni kuti aphunzirenso kuchokera kwa inu.

4. DZIWANI MALIRE ANU PA ZIMENE MUNGATHE KUCHITA

Ngakhale mutakhala kuti mukudziwa kapena muli ndi luso lochuluka kapena lochepa, mungathe kuchita zinthu zothandiza ngati mukudziwa malire anu pa zimene mungathe kuchita malingga ndi luso limene muli nalo. Izi zikutanthauza kuti muchite zinthu zokhazo zomwe mumadziwa kuzichita. Musayesere kuchita zinthu zimene simunaphunzire kapena simunazichite kwambiri, ngati zinthuzo zingabweretse mavuto kwa munthu wina.

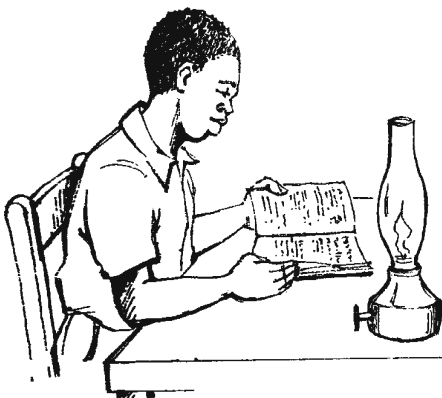
Chitani zinthu moganiza.

Kawirikawiri, zimene mwaganiza kuchita kapena kusachita zimadalira malinga ndi mtunda umene mungakapezeco chithandizo chapamwamba.

Mwachitsanzo, mmene mungathazire mayi amene wangochira kumene ndipo akutaya magazi moposa muyezo. Ngati muli pa mtunda wa theka kapena ola limodzi kukafika kuchipatala, chingakhale chanzeru kumutengera mayiyo kuchipatala msanga. Koma ngati akutaya magazi kwambiri ndipo muli kutali ndi chipatala, mungathe kumubaya jekeseni ya *oxytocic* (onani tsamba 282) ngakhale kuti simunaphunzitsidwe momwe mungamubayire.

Simuyenera kuchita chibwana zitatero. Koma ngati vutolo ndi lalikulu, musachite mantha, yesani kuchita china chake chomwe mukuganiza kuti chingathandize.

Dziwani malire anu komanso gwiritsirani nzeru zanu. Ndikudziwa kuti kuchipatala ndikutali koma kunoko sitingamupatse chithandizo chimene akuchifuna, ndikupertekezani Nthawi zonse yesetsani kwambiri kuteteza wodwala kulekana ndikudziteteza nokha.



Pitirizani kuphunzira! Musalole kuti wina akuwuzeni kuti pali zinthu zimene simuyenera kuphunzira kapena kudziwa.

KUCHIPATALA NDI KUTALI, KOMA KUNO SITINGAMPATSE CHITHANDIZO CHOYENERA. NDIPITA NANU LIMODZI



Dziwani malire anu pa zimene mungathe kuchita.

5. PITIRIZANI KUPHUNZIRA Gwiritsirani ntchito mwayi wina uliwonse kuphunzira zambiri. Werengani bukhu lililonse lomwe mungalipeze kuti mukhale mphunzitsi, wogwira ntchito kapena munthu wodziwa zinthu kwambiri.

Muzitha kufunsa madotolo, azaumoyo ndiponso akatswiri azaulimi omwe mungathe kuphunzirako zina zambiri.

Musataye mwayi wamaphunziro ena owonjezera kapena okumbutsa zomwe mudaphunzira kale.

Ntchito yanu yoyamba ndikuphunzitsa. Simungaphunzitse ena zinthu zatsopano pokhapokha inuyo mutapitiriza kuphunzira.

6. MUZICHITA ZOMWE MUMAPHUNZITSA

Anthu akhoza kukhala ndi chidwi kwambiri pa zomwe mumachita kusiyana ndi zomwe mumanena. Ngati munthu wogwira ntchito ya chipatala, muyenera kukhala osamala kwambiri pa moyo wanu ndi zomwe mumakonda kuchita pofuna kupereka chitsanzo chabwino kwa omwe mumakhala nawo.

Onetsetsani kuti inu muli ndi chimbudzi pakhomo panu musanauze anthu ena kuti amange zimbudzi m'makomo mwawo.

Komanso ngati mwathandiza kukhazikitsa gulu logwirira ntchito pamodzi, inuyo muyenera kugwira nawo ntchito ngati wina aliyense.

Mtsogoleri wabwino sauza anthu choyenera kuchita. Iye amapereka chitsanzo.



Chitani zimene mumanena, kuti anthu azikumverani!

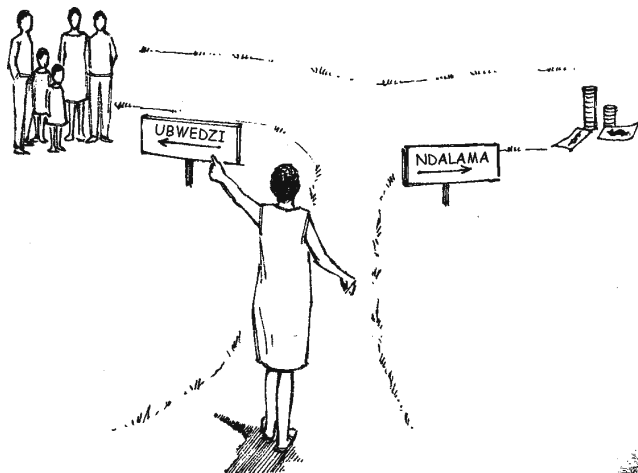
7. GWIRANI NTCHITO CHIFUKWA CHOKONDWERETSEDWA NAYO.

Ngati mukufuna kuti anthu ena atenge nawo mbali posamalira midzi ndi umoyo wawo, inuyo muyenera kumasangalatsidwa nayo ntchito. Ngati simusangalatsidwa nayo ntchito, ndani angafune kutengera chitsanzo chanu?

Yesetsani kuti ntchito zachitukuko cha m'dera lanu zikhale zosangalatsa. Mwachitsanzo, ntchito zomanga mpanda kuzungulira chitsime chomwe mumamwapo madzi ikhoza kukhala yowawa. Koma ngati mudzi wonse utathandizana ndikuyigwira ngati ntchito 'yapachisangalalo' komanso patakhala zakumwa ndiponso nyimbo, ntchito ingagwiridwe mwachangu ndipo ingakhale yosangalatsa. Ana akhoza kuyigwira molimbika atayitenga ngati masewero.

Mukhoza kulipidwa kapena ayi mukagwira ntchito. Koma sibwino kusawasamala osauka omwe sangathe kulipira kalikonse.

Mukatero, anthu a m'dera lanu adzakukondani ndi kukupatsani ulemu. Izi ndi za mtengo wapatali kusiyana ndi ndalama.



Choyambirira gwirani ntchito chifukwa chokonda anthu osati ndalama! (Anthu ndioposa ndalama.)

8. GANIZIRANI ZAKUTSOGOLO NDIPO THANDIZANI ENA KUGANIZIRANSO ZAKUTSOGOLO

Wazaumoyo wodziwa udindo wake sayembekezera kuti anthu adwale. Iye amayesetsa kuteteza matenda asanayambe. Amalimbikitsa anthu kuchitapo kanthu pofuna kuteteza umoyo ndi kukhala kwawo kwa moyo wam'tsogolo.

Matenda ambiri angathe kupewedwa. Choncho, ntchito yanu ndi kuthandiza anthu anu kumvetsa chiyambi cha matenda ndiponso kuchitapo kanthu pofuna kuthana ndi matendawo.

Matenda ambiri ali ndi zoyambitsa zawo zosiyanasiyana. Pofuna kuthetseratu mavutowa, muyenera kuyang'ana ndi kuthana ndi zomwe zimayambitsa matendawo. Muyeneranso kupeza gwero lenileni la vutolo.

Mwachitsanzo, m'midzi yambiri, matenda otsekula m'mimba ndi omwe amapha ana ambiri. Matendawo amafala chifukwa cha uve. Mungathane ndi matendawo pokumba zimbudzi ndi kuwaphunzitsa anthu njira zina ndi zina za ukhondo (tsamba 138).

Kawirikawiri ana omwe amafa ndi matenda otsekula m'mimba ndi omwe amasowa zakudya zoyenera m'matupi mwawo. Matupi awo sakhala ndi mphamvu yolimbana ndi matenda. Choncho tingathe kuwapulumutsa anawo ku imfa powapatsa zakudya zoyenera.

Nanga ndi chifukwa ninji ana ambiri amadwala matenda osowa zakudya m'thupi?

- Kodi ndi chifukwa chakuti amayi sazindikira zakudya zofunika kwambiri m'thupi, mwachitsanzo mkaka wa m'mawere?
- Kodi ndi chifukwa chakuti banja silikhala ndi ndalama zokwanira kapena malo okwanira olimapo zakudya zomwe amafuna?
- Kodi ndi chifukwa chakuti anthu olemera okha ndiwo ali ndi malo olimapo?
- Kodi ndi chifukwa chakuti anthu osauka satha kugwiritsira ntchito bwino malo olimapo?
- Kodi ndi chifukwa chakuti makolo ali ndi ana ochuluka kuposa malo olimapo, ndiponso kuti akuberekabe?
- Kodi ndi chifukwa chakuti abambo amataya chikhulupiriro ndikumangowononga ndalama zochepa zomwe amapeza pomwera mowa?
- Kodi ndi chifukwa chakuti anthu sakonzekera zam'tsogolo chifukwa chakuti pogwira ntchito limodzi ndi kuthandizana angathe kusintha miyoyo yawo?

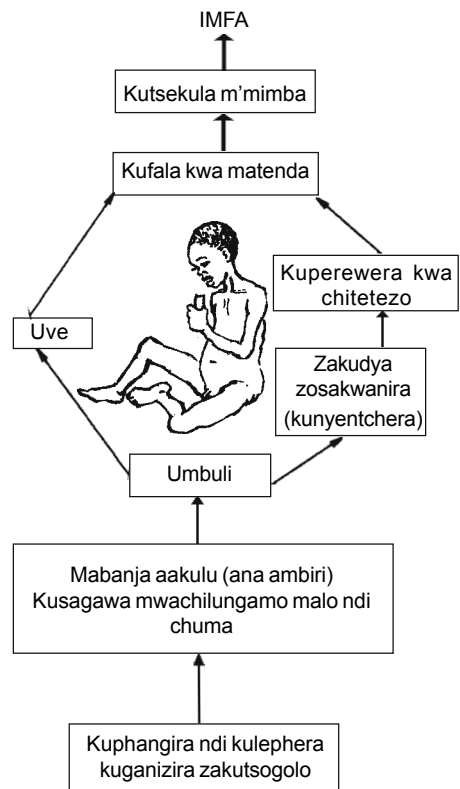


THANDIZANI ANTHU ENA KUTI ADZIONA ZAKUTSOGOLO.

Mungathe kupeza kuti zambiri za izi ndi zomwe zimayambitsa imfa za ana aang'ono m'dera lanu. Mosakayika, mungathe kupeza zinanso. Inu monga munthu wazaumoyo, ndi ntchito yanu kuthandiza anthu a m'dera lanu kumvetsa ndi kuchitapo kanthu pofuna kuthana ndi zinthu zomwe zimayambitsa imfa za anazi.

Koma kumbukirani: kungokhala ndi zimbudzi, madzi abwino ndi malo ophunzirirako za zakudya zoyenerera sikungapewe imfa zobwera chifukwa chotsekula m'mimba. Mungathe kuwona kuti njira zakulera, kugwiritsira ntchito malo moyenerera, kugawana chuma, malo ndi mphamvu mosakondera ndi zofunika kwambiri.

Dyera ndi kusakhala ndi masomphenya zimayambitsa matenda ndiponso kuvutika kwina kwa anthu. Ngati chidwi chanu chili pamoyo wa anthu anu, muyenera kuwathandiza kuphunzira kugawana zinthu zawo ndi ena, kugwirira ntchito pamodzi komanso kumayang'ana patsogolo.



Mndandanda wa zinthu zoyambitsa matenda otsekula m'mimba ndi kudzetsa imfa.

Zinthu zambiri zomwe zimagwirizana ndi chisamaliro chaumoyo

Tawona zifukwa zina zomwe zimayambitsa matenda otsekula m'mimba komanso kuperewera kwa zakudya m'thupi. Mungathenso kuwona kuti zinthu ngati **kulima chakudya, kugawa malo, maphunziro ndi momwe anthu amachitirana zinthu wina** ndi mnzake ndi zinthu zazikulu zomwe zimayambitsa mavuto osiyanasiyana azaumoyo.

Ngati muli ndi chidwi ndi umoyo wabwino wa m'tsogolo wa anthu a m'dera lanu, muyenera kuwathandiza anthuwo kupeza mayankho a mafunso okhwimawa.

Umoyo wabwino sikukhala wosadwaladwala kokha ayi. Komanso ndikukhala bwino: m'thupi, m'maganizo komanso m'dera lathu. Anthu amakhala bwino momwe angathe kukhulupirirana wina ndi mnzake ndiponso kuthandizana ndi zosowa zawo.

Muziyesetsa kupeza mayankho a mavuto anu a tsiku ndi tsiku. Koma kumbukirani kuti ntchito yanu yayikulu ndikuthandiza dera lanu kukhala la moyo wabwino komanso malo abwino okhalamo.

Inuyo ngati wogwira ntchito zaumoyo muli ndi udindo waukulu kwambiri.

Kodi muyambire pati?

Liyang'aneni bwinobwino dera lanu

Chifukwa chakuti mwakulira m'dera lanu ndipo mukuwadziwa anthu anu, ndiye kutinso mukuwadziwa mavuto awo ambiri azaumoyo. Pofuna kukhala ndi chithunzithunzi chabwino, muyenera kulisamala kwambiri dera lanulo poyang'ana zinthu zosiyanasiyana.

Ngati wazaumoyo wogwirira ntchito yake m'mudzi, nkhowa yanu izikhala pa umoyo wa anthu a m'dera lanulo osati okhawa omwe mumawadziwa kapena omwe amabwera kwa inu. Muziwayendera anthuwo m'makomo mwawo, m'minda mwawo, m'malo okumanirana komanso m'sukulu. Muzimvetsetsa chimwemwe ndiponso nkhowa zawo.

Unikani bwinobwino zomwe anthuwo amakonda kuchita, zinthu zomwe tsiku ndi tsiku zimawapatsa moyo wangwiro komanso zomwe zingathe kuyambitsa matenda.

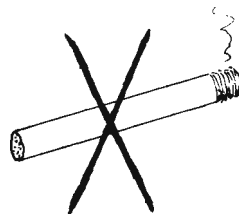
Inuyo pamodzi ndi anthu a m'dera lanu musanayambe ntchito ina iliyonse ya m'deralo, ganizani mosamala kwambiri zofunikira zake ndi momwe ntchitoyo ingathekere. Pochita izi, ganizirani zotsatira izi:

1. **Zinthu zomwe amazifunitsitsa** - komanso zomwe anthu akuona kuti ndi mavuto awo aakulu.
2. **Zinthu zenizeni zofunika** - njira zomwe angatsate pofuna kukwaniritsa zolinga zawo.
3. **Kufunitsitsa** - mosonyeza kukonzekera ndi kutsata njira zothana ndi mavutowo.
4. **Zofunikira pogwira ntchitoyo** - ndi anthu, zipangizo, luso komanso ndalama zogwirira ntchitoyo.

Ngati chitsanzo chosavuta cha kufunikira kwa zinthuzi, tiyeni tiyerekeze kuti munthu yemwe amasuta fodya kwambiri wabwera kwa inu kudzakudandaulirani za chifuwa chomwe chikunkira patsogolo.



1. Kufunitsitsa kuthana ndi chifuwacho.



2. Kufuna kuthetsa vutolo ndikusiya kusuta fodya.

Ayi.Zikomo



3. Kuthetsa kutsokomola kungatengere kufunitsitsa kwa iye mwini kuti asiye kusuta fodya. Apa ayenera kudziwa kufunikira kwake.



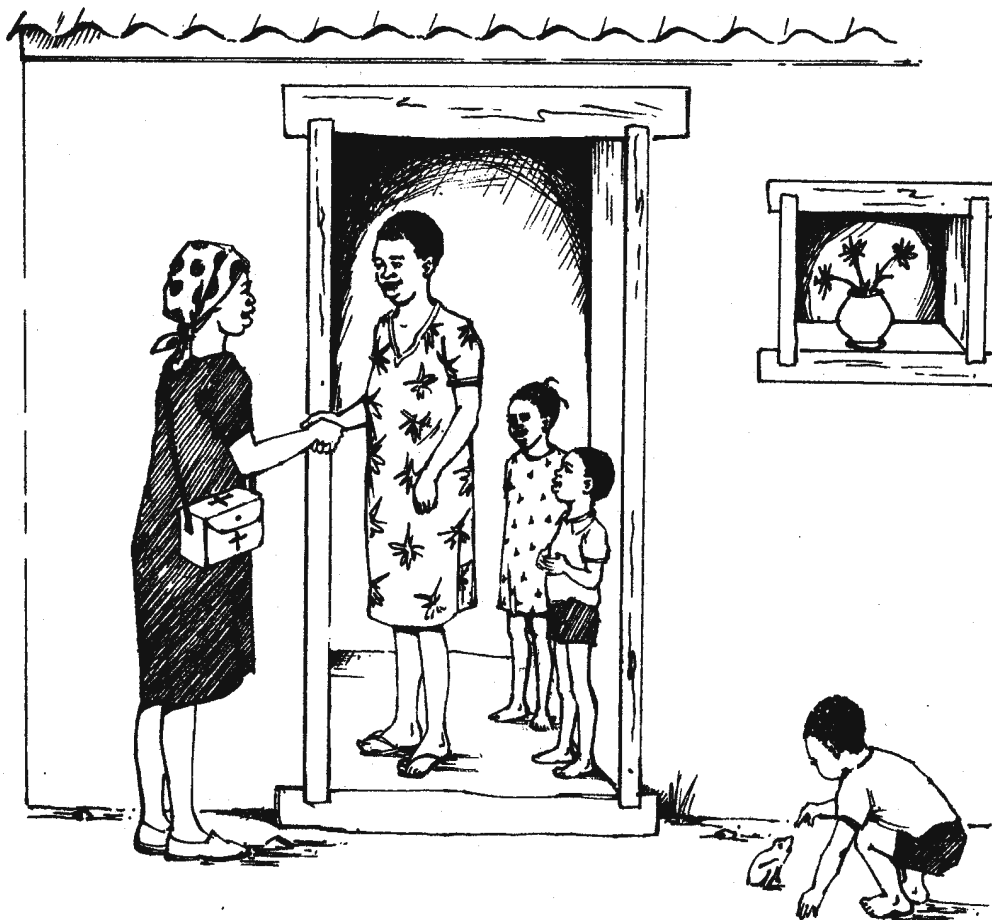
4. Chofunikira chomwe chingamuthandize kusiya kusuta ndi nkhani yokhudza kuipa kosuta fodya pa moyo wake komanso banja lake (tsamba 156). China ndi chilimbikitso komanso chithandizo chochokera kwa banja lake, anzake komanso chochokera kwa inuyo.

Kupeza zofunika

Ngati wogwira ntchito zaumoyo, ndi koyenera kuyamba mwapeza mavuto aakulu azaumoyo a anthu anu ndiponso nkhwana zawo. Ndi bwino kuganizira za chinthu chachikulu chomwe akufuna pomwe mukuyamba kufufuza zofuna za anthuwo. Zikhoza kukhala bwino mutalemba mafunso osiyanasiyana pofufuzapo.

Pa masamba awiri otsatirawo, pali zitsanzo za mafunso omwe mungafunse. Koma ganizirani mafunso ofunika kwambiri pa zofunika za **m'dera lanu**. Funsani mafunso omwe angachititse kuti anthu ena azidzifunsa okha mafunsowo.

Ndondomeko ya mafunso anu makamaka omwe mukafunse nyumba ndi nyumba. isakhale yayitali kapena yosokonezeka Kumbukirani kuti **anthu simanambala** ndipo sakondwera kuti azionedwa ngati manambala. Mukamachita kafukufukuyu, onetsetsani kuti chidwi chanu chili pa zomwe anthu akufuna. Zingakhaleenso bwino kupanda kutenga mafunsowo. Koma poganizira zomwe anthu a m'dera lanu akufuna, mukhoza kungosunga m'mutu mafunso ena.





Chitsanzo cha mndandanda wa mafunso

Kuthandiza kupeza zosowa za anthu a m'dera lanu ndiponso kuti aziganizira zofuna zawo.



ZINTHU ZOMWE AMAZISOWA KWAMBIRI

Ndi zinthu ziti m'moyo wa tsiku ndi tsiku wa anthu a m'dera lanu zomwe amawona kuti zimawathandiza?

Kodi anthuwo amawona kuti mavuto awo akuluakulu komanso zosowa zawo ndi ziti; osati zokhudzana ndi moyo wokha ayi?



NYUMBA ZOGONAMO KOMANSO ZIMBUDZI



Kodi nyumba zosiyanasiyana ndi zomangidwa ndi chiyani? Kodi nyumbazo zimasamalidwa bwino? Kodi amaphikira pansi kapena malo ena ake? Nanga utsi umatuluka bwanji m'nyumbazo? Kodi anthuwo amagona pa chiyani?

Kodi ntchentche, nthata, makoswe ndiponso nsikidzi zimawavutitsa? Nanga zimawavutitsa bwanji?

Anthuwo amachita chiyani pofuna kuthana ndi tizilomboti? Chinanso chingachitike n'chiyani polimbana ndi tizilomboti?

Kodi chakudya chimatetezedwa? Nanga chimatetezedwa bwanji? Ndi nyama ziti (agalu, nkuku, mbuzi) ngati zilipo zomwe zimaloledwa m'nyumba? Nanga ndi mavuto anji omwe zimayambitsa?

Kodi matenda a ziweto opezeka paliponse ndi ati? Matendawo amakhudza bwanji umoyo wa anthu? Chikuchitika ndi chiyani pofuna kuthana ndi matendawa?

Mabanja amatunga kuti madzi? Kodi madziwo ndi abwino kumwa? Nanga amatetezedwa bwanji? Ndi mabanja angati omwe ali ndi zimbudzi? Nanga ndi anthu angati omwe amagwiritsira ntchito zimbudzizo moyenerera?

Kodi mudziwo ndi waukhondo? Nanga anthu amataya kuti zinyalala? Chifukwa ninji?



CHIWERENGERO CHA ANTHU



M'dera lanulo muli anthu angati? Nanga omwe sanakwanitse zaka khumi ndi mphambu zisanu ndi angati?

Ndi anthu angati omwe angathe kulemba ndi kuwerenga? Ubwino wophunzira ndi uti? Kodi sukulu imaphunzitsa ana zomwe akufuna kudziwa? Kodi anawo amaphunziranso kudzera m'njira iti?

Ndi ana angati omwe abadwa chaka chino? Kodi omwe amwalira ndi angati? Amwalira ndi chiyani? Nanga ali ndi zaka zingati? Kodi imfa zawo zikanatha kupewedwa? Kodi zikanapewedwa bwanji? Kodi chiwerengero cha anthu chikukula kapena chikuchepa? Nanga zimenezi zikuyambitsa vuto lina lililonse? Kodi anthu osiyanasiyana ankadwala motani chaka chathachi? Nanga munthu aliyense ankatenga masiku angati akudwala? Nanga anthuwo ankadwala matenda anji? Chifukwa chiyani ankadwala matendawo?

Ndi anthu angati omwe akudwala matenda otenga nthawi yayitali? Ndi matenda ati?

Kodi makolo ambiri ali ndi ana angati? Nanga ana omwe adamwalira ndi angati? Adamwalira ndi chiyani? Adamwalira ali ndi zaka zingati? Kodi zina mwa zifukwa zina zoyambitsa imfazo zidali ziti?

Ndi makolo angati omwe sakufunanso kukhala ndi ana ena kapena sakufuna kumabereka pafupipafupi?

ZAKUDYA ZOPATSATHANZI

Ndi amayi angati omwe akuyamwitsa ana awo? Akuyamwitsa kwa nthawi yayitali bwanji? Kodi anawo ndi athanzi kusiyana ndi omwe sakuyamwa? Chifukwa ninji?



Ndi zakudya ziti zomwe anthu amadya? Amazitenga kuti?

Kodi anthu amazigwiritsira bwino ntchito zakudya zomwe amapeza (tsamba 114)? Ndi ana angati omwe akuwonetsa zizindikiro zosowa zakudya m'thupi? Kodi makolo ndi ana asukulu amadziwa bwanji pa nkhani ya zakudya zofunikira?

Ndi anthu angati omwe amasuta fodya kwambiri? Nanga ndi anthu angati omwe amamwa mowa komanso zoziziritsa kukhosi kawirikawiri? Kodi zakumwazi zimakhala ndi zotsatira zANJI pa miyoyo yawo ndi ya mabanja awo (matsamba 155 mpaka 157)?

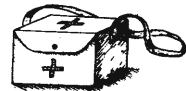
MALO OLIMAPO KOMANSO CHAKUDYA



Kodi banja lililonse limapeza chakudya chokwanira kuchokera pa malo omwe limalimapo? Kodi mabanja adzakhala akupeza bwanji chakudya chochuluka kwa nthawi yayitali ngati apitiriza kubereka?

Kodi malo olimapo amagawidwa bwanji? Ndi anthu angati omwe ali ndi minda yawoyawo? Anthu akuchitanji pofuna kuti minda yawo iwapatsa zakudya zochuluka? Kodi mbewu ndi chakudya zimasungidwa bwanji? Kodi zimaonongeka kwambiri? Chifukwa chiyani?

KUCHIZA MATENDA KOMANSO UMOYO



Kodi azamba ndi asing'anga amatengapo mbali yanji posamalira umoyo? Kodi ndi njira ziti za makolo ndiponso mankhwala zomwe zimagwiritsidwa ntchito? Ndi njira komanso mankhwala ati omwe ali ofunika kwambiri? Kodi zina mwa njirazi ndi mankhwalawa nzoopsa?

Ndi zipatala ziti zomwe zili pafupi? Nanga ndi zabwino bwanji? Kodi zipatalazi zimalipiritsa? Nanga zipatalazo zimagwiritsidwa ntchito kwambiri?

Ndi ana angati omwe alandira katemera? Nanga ndi katemera wa matenda anji? Ndi njira zina ziti zodzitetezera zomwe zikutsatidwa? Nanga zinanso zomwe zingatsatidwe ndi ziti? Kodi njirazi nzofunika bwanji?

KUDZITHANDIZA NOKHA



Ndi zinthu ziti zomwe zimakhudza kwambiri umoyo wa anthu a m'dera lanu- tspano komanso m'tsogolo? Ndi mavuto angati azaumoyo omwe anthu angathe kudzithandiza paokha? Kodi anthuwa ayenera kudalira chithandizo cha ena kwakukulu bwanji?

Kodi anthu ndi okonderetsedwa kupeza njira zodzithandizira okha? Chifukwa chiyani? Kodi angaphunzire bwanji njira zina? Nanga chingawalepheretse ndi chiyani?

Kodi ufulu wa anthu olemera ndi uti? Nanga wa anthu osauka? Wa akazi? Wa amuna? Wa ana? Kodi ufulu wa gulu lina lililonse umalemekezedwa bwanji? Chifukwa chiyani? Kodi izi ndi zabwino? Choyenera kusinthidwa ndi chiti? Nanga ndi yani? Chisinthidwe bwanji?

Kodi anthu amagwirira ntchito pamodzi pofuna kukwaniritsa zolinga zawo? Kodi amagawana kapena kuthandizana pamene zosowa zawo ndi zazikulu? Chingachitike ndi chiyani kuti mudzi wanu ukhale wabwino ndi waukhondo kukhalamo? Kodi mungayambire pati?

Kugwiritsira ntchito zinthu zopezeka m’dera lanu lomwelo pofuna kukwaniritsa zofuna zanu

Vuto lililonse lingathetsedwe kutengera ndi zinthu zomwe zikupezeka mosavuta m’dera lanu.

Ntchito zina zimafunika zinthu zomwe sizingapezeke m’dera lanu (zipangizo, ndalama, akatswiri ogwira ntchitoyo). Mwachitsanzo, ntchito yopereka katemera ingatheke pokhapokha ngati mankhwala a katemera alipo - omwe kawirikawiri amachokera ku mayiko ena.

Ntchito zina zingathe kugwirika pongogwiritsira ntchito zinthu zongopezeka m’deralo mosavuta. Banja kapena gulu la anthu okhala moyandikana lingathe kumanga mpanda kuzungulira chitsime/mjigo kapena kumanga zimbudzi pogwiritsira ntchito zipangizo zopezeka mosavuta m’dera lawo.

Zinthu zina zomwe sizipezeka m’dera lanu, monga mankhwala a katemera ndi mankhwala ena zingathe kusintha kwambiri miyoyo ya anthu. Muyenera kuyesetsa kuti mankwawo mukhale nawo. Koma mwa lamulo, ndi koyenera kuti anthu a m’dera lanu:

Azigwiritsira zinthu zomwe zikupezeka m’deralo ngati kungatheke kutero.

Dera lanu likhoza kukhala la umoyo wathanzi ndi la mphamvu ngati anthu a m’deralo atagwira ntchito modzithandiza okha kusiyana n’kudalira chithandizo cha kwina.

Si kuti mungangowerengera zinthu zopezeka mosavuta m’dera lanu ayi, koma kuti kawirikawiri zimakhala zodalirika komanso zotsika mtengo. Mwachitsanzo, ngati mulimbikitsa amayi kuyamwitsa ana awo kulekana ndikugula mkaka wa m’botolo, zingalimbikitse kudzidalira kudzera m’chinthu chopambana kwambiri chomwe ndi chopezeka mosavuta monga mkaka wa m’kawere. Mkakawu umathandizakupewa matenda osayenera kugwira ana ndiponso imfa zambiri zokhudza ana.

Pa ntchito yanu yazaumoyo nthawi zonse kumbukirani:

Limbikitsani anthu kuti adzigwiritsa ntchito kwambiri zinthu zopezeka mdera lawo.



Mkaka wam’kawere ndi chinthu chapamwamba kwambiri kuposa chinthu china chilichonse chomwe mungagule.

Chinthu chofunika kwambiri pa umoyo wa anthu ndi anthuwo.

Kulingalira choti muchite komanso poyambira pake

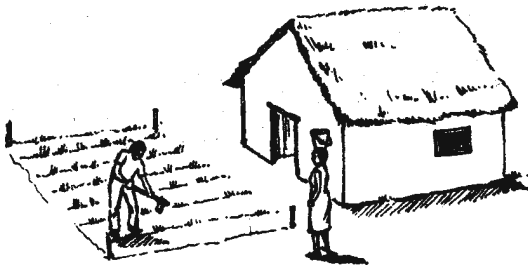
Mutatha kuwunika bwino zinthu zosowa ndi zoyenera kugwiritsira ntchito, pamodzi ndi anthu anu muyenera kupeza zinthu zomwe ndi zofunika kwambiri komanso ndi zomwe mungayambe kuchita. Mungathe kuchita zinthu zambiri pothandiza kuti anthu akhale athanzi. Zina ndi zofunika mwamsanga pamene zina zingathandize kuwunikira moyo wa anthu a m'dera lanu m'tsogolo.

M'midzi yambiri, mavuto ambiri amadza chifukwa cha zakudya zosayenera. **Anthu sangakhale ndi moyo wanthanzi pokhapokha ngati adya chakudya chokwanira.** Ngati pali mavuto azaumoyo osiyansiyana kuphatikizapo kusowa chakudya, ndi bwino kuyamba kulingalira kaye vuto la chakudya.

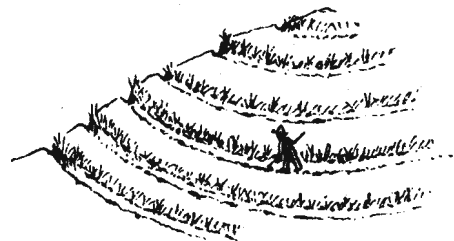
Pali njira zambiri zomwe mungatsate pofuna kuthana ndi vuto la chakudya. Inuyo pamodzi ndi anthu a m'dera lanu muyenera kuganizira zomwe mungachite ndikupeza njira yomwe ingathandize. Zochita zina zimabweretsa zotsatira zachangu. Zina zimatenga nthawi. Choncho inuyo muyenera kupeza njira yomwe ingatheke m'dera lanu.

ZITSANZO ZINA ZOMWE ANTHU AMACHITA POFUNA KUDZITHANDIZA KUPEZA CHAKUDYA KOMANSO ZINTHU ZOMWE AMASOWA NDI IZI:

Minda yapakhomo

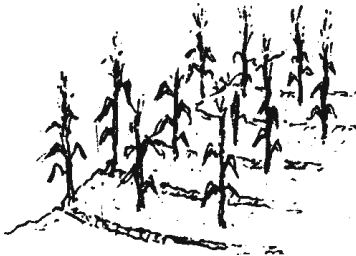


Minda ya mizere yolima mopingasa poteteza kukokoloka kwa nthaka

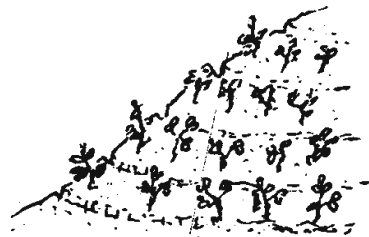


Kasinthasintha wa mbewu

Chaka chilichonse bzalani mbewu imene imabwezeretsa chonde m'nthaka monga nyemba, khobwe, alfalfa, nandolo ndi mbewu zina zam'gulu lamtedza.



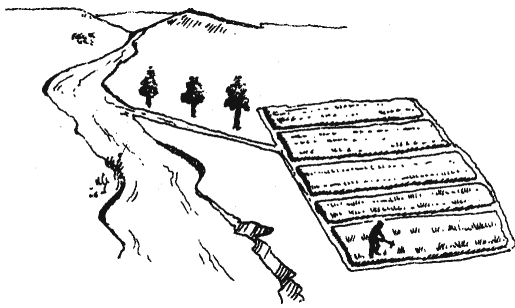
Chaka chino chimanga



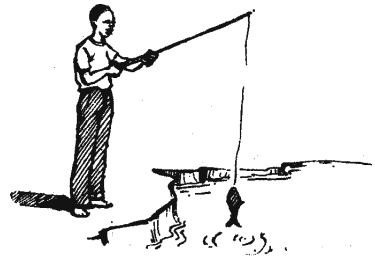
Chaka chamawa nyemba

NJIRA ZINA ZOTHANDIZA KUPEZA CHAKUDYA CHABWINO

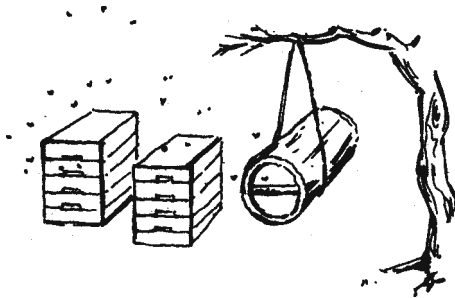
Ulimi wothirira



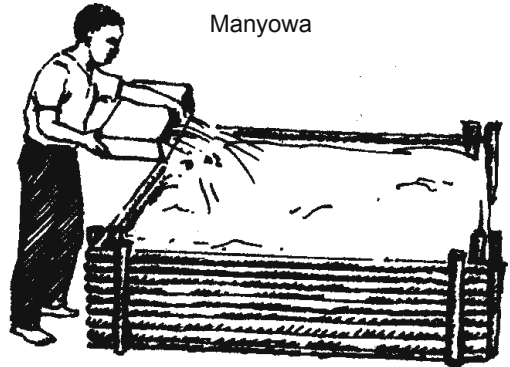
Ulimi wa nsomba



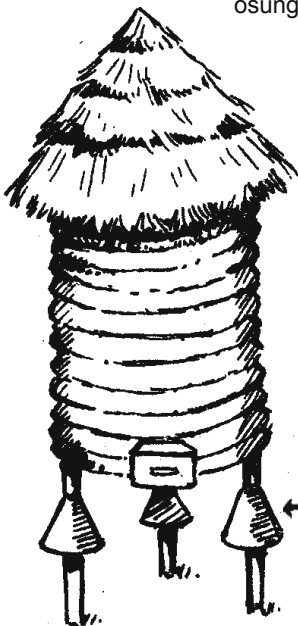
Ulimi wa njuchi



Manyowa

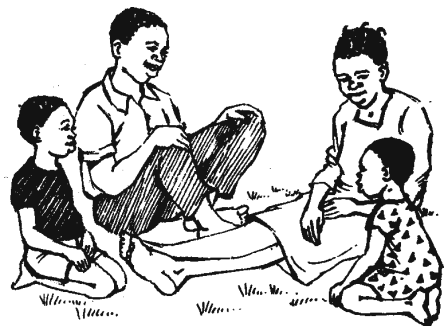


Malo abwino
osungira chakudya



← Zitsulo zotchinga
kuti mbewa
zisakwere

Banja laling'ono



Kudzera m'njira yakulera (tsamba 302)

Kuyesa nzeru zatsopano

Mwina si njira zonse zimene zakambidwa m' masamba omalizira zingatheke m' dera lanu ayi. Mwinanso zina zingatheke zitasinthidwa mogwirizana ndi dera lanu ndiponso zofunikira zanu. Mungathe kudziwa ngati chinthu chingatheke pokhapokha mutachiyesa.



yambani pang' onopang' ono

Mukamayamba kuyesa nzeru yatsopano, **muziyamba kaye pang' onopang' ono**. Chifukwa ngati mutalephera, ndiye kuti simungawononge zinthu zambiri. Koma ngati itheka, anthu angathe kuyamba kuyigwiritsira ntchito nzeruyo kwambiri.

Musamakhumudwe ngati nzeru yatsopano yomwe mumayiyesa yalephera. Mwina mungathe kuyiyesanso posintha zina ndi zina. Mukhoza kuphunzira zambiri pamene nzeru imene mumayiyesa yalephereka. Komabe muyenera kuyamba pang' onopang' ono.

Chitsanzo chotsatirachi chingakuthandizeni kuyesa nzeru yatsopano.

Mumaphunzira kuti nyemba za soya ndi zabwino kwambiri pomanga thupi. Kodi nyembazi zingamere m' dera lanu? Ndipo ngati zingamere, anthu angazidye?

Yambani pobzala nyembazo pamalo awiri kapena atatu m' nthaka yosiyanasiyana. Ngati nyembazo zitakula bwino, ziyeseni poziphika mwa njira zosiyanasiyana ndipo muwone ngati anthu angazikonde. Ngati angakonde, zibzaleni zambiri m' malo momwe munaona kuti zinakula bwino. Komabe muziyensenso m' malo ena pongofuna kuwona ngati zingakule bwino kwambiri.

Pangakhale zinthu zosiyanasiyana zomwe mungafune kusintha. Mwachitsanzo, mtundu wa nthaka, kuonjezera mchere wa m' nthaka, kuchuluka kwa madzi kapena mitundu ina ya mbewuyo. Pofuna kuti mumvetse bwino zomwe zimathandiza ndi zomwe sizithandiza. Onetsetsani kuti mungosintha chinthu chimodzi chokha panthawi **imodzi** ndipo zinthu zinazo zikhale monga momwe zinalili.

Mwachitsanzo, pofuna kudziwa ngati ndowe za ziweto zimathandiza nyemba kukula bwino, ndiponso mlingo woyenera kugwiritsira ntchito wa ndowezo, bzalani mbewuzo mbali ndi mbali pogwiritsira ntchito madzi ochuluka mofanana, kuwala kwa dzuwa ndiponso mbewu ya mtundu umodzi. Koma musanabzale, sakanizani dothi lomwe mbuzalepo nyembazo ndi kuthira ndowezo koma mosiyana mlingo wa ndowe, monga zilili m' nsimu:



popanda
ndowe

fosholo
imodzi ya
ndowe

mafosholo
awiri a
ndowe

mafosholo
atatu a
ndowe

mafosholo
anayi a
ndowe

mafosholo
asanu a
ndowe

Chitsanzochi chawonetsa kuti manyowa ochuluka moyenerera amathandiza koma akachulukitsa, amaononga mbewu. Ichi ndi chitsanzo chabe. Chiyesero chanu chingathe kupereka zotsatira zosiyana ndi izi. Yeserani panokha.

Kugwira ntchito pofuna kuti pakhale kugwirizana kwa a chiwerengero cha anthu ndi malo olima

Umoyo wa anthu umadalira zinthu zambiri koma kwambiri umadalira kuchuluka kwa chakudya chomwe anthu ali nacho.

Chakudya chambiri chimalimidwa. Malo omwe agwiritsidwa ntchito moyenerera angathe kutulutsa chakudya chochuluka. Wogwira ntchito za umoyo ayenera kudziwa njira zothandizira kuti malo olimapo azitulutsa chakudya chokwanira nthawi zonse. Komabe malo olimapo omwe agwiritsidwa ntchito bwino angathe kutulutsa chakudya chokwanira anthu owerengeka. Masiku ano, **anthu ambiri omwe amalima alibe malo okwanira kuti akolole zakudya zambiri.**

M'madera ambiri a dziko lapansi, vuto likunka lipitirabe patsogolo. Makolo ambiri alinso ndi ana ambiri kotero kuti chaka chilichonse akukhala ndi ana ambiri oyenera kuwadyetsa kuchokera pamalo olima oche pawo.

Ntchito zambiri za umoyo ndi zothandiza kuti pakhale kugwirizana pakati pa chiwerengero cha anthu ndi malo olima kudzera m'njira zakulera kapena kuthandiza anthu kukhala ndi chiwerengero cha ana omwe akufuna. Kukhala ndi mabanja ang'onoang'ono kumathandiza kukhala ndi chakudya chokwanira chaka chonse. Koma kulera pakokha sikungaphule kanthu. Anthu akapitirira kukhala osauka, amafunitsitsa kukhala ndi ana ochuluka. Ana amathandiza kugwira ntchito popanda malipiro ena aliwonse. Ndipo anawo amakula namatha kubweretsa ndalama pakhomo. Pamene makolo akalamba, ena mwa anawo kapena zidzukuluzawo zingadzawasamalire.

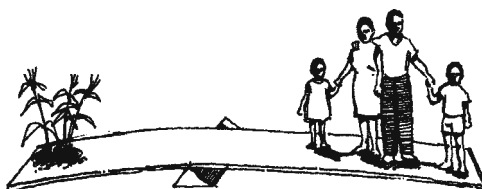
Dziko losauka lomwe lili ndi chiwerengero chachikulu cha ana, limakhala pa mavuto ambiri a zachuma. Koma banja losauka kukhala ndi ana ambiri, ndi chofunikira kwambiri pa chuma cha banjalo makamaka pamene ana ena amwalira ali aang'ono kwambiri. Masiku ano, **m'maiko ambiri, kukhala ndi ana ambiri ndi chitetezo chachikulu chomwe banja lawo limayembekezera.**

Magulu ena ndi mapulogalamu ena amatsata njira ina. Iwo amazindikira kuti njala imakhalako osati chifukwa choti malo olima ndi oche pa ayi, koma chifukwa chakuti malo ambiri olimapo ali m'manja mwa anthu oche pa omwe ndi odzikonda. Anthuwa amafunitsitsa kuti pakhale kusakondera kwina kulikonse pakagawidwe ka malo ndi chuma. Amagwira ntchito pothandiza anthu kuti akhale ndi umoyo, malo ndi moyo wabwino.

Zaonetsedwa kuti pamene malo ndi chuma zimagawidwa mosakondera ndipo anthu ali ndi chuma chokwanira, iwo amasankha kukhala ndi ana oche pa. Kulera kumathandiza ngati anthu achita kusankha okha. Mgwirizano ungateke kuwoneka ngati anthu athandizana kugwira ntchito komanso kuti zinthu zizigawidwa mosakondera.

Amati tanthauzo lenileni la chikondi ndi chilungamo ndi lakuti ogwira ntchito yazaumoyo yemwe amakonda anthu ake amayenera kuwathandiza kuti azigwirira ntchito pamodzi komanso kuti pasakhale kukondera pogawana malo ndi chuma.

Malo oche pa
angathandizenso
anthu oche pa.



Kuti anthu akhale ndi
malo okwanira ndi
kofunika kugawa malo
mwachilungamo.

Kugwira ntchito ndi cholinga choti pakhale kulingana pakati pa



Kulingana pakati pa kuchiza ndi kupewa matenda kumabweretsa kulingana pakati pa zolinga za pakali pano ndi zam'tsogolo.

Ngati wogwira ntchito za umoyo, muyenera kuyendera anthu anu, kugwira nawo ntchito ndi kuwathandiza kupeza mayankho a zosowa zawo. Nkhawa ya anthu ambiri kawirikawiri ndikupeza chithandizo cha odwala. Choncho, **chimodzi mwa madandaulo anu akhale momwe mungathandizire kuchiza odwala.**

Komanso muyenera kumayang'ana patsogolo. Athandizeni kuzindikira kuti matenda ambiri angathe kupewedwa ndiponso kuti iwo akhoza kukhala ndi njira zopewera.

Komatu muyenera kusamala! Nthawi zina omwe amakonza mapulani azaumoyo ndi ogwira ntchito zaumoyo amangowona zapatali zokha. Mu luntha lawo lofuna kupewa matenda a m'tsogolo, samawonetsa kukhudzidwa ndi matenda omwe alipo kale. Polephera kuthandiza anthu pa zosowa zawo zatsopano, amalephera kupeza mgwirizano kuchokera kwa anthuwo. Choncho achipatala amalepheranso kwambiri pa ntchito yawo yopewa matenda.

Kuchiza ndi kupewa zimayenderana. Kulandira chithandizo mwamsanga nthawi zambiri kumapewa matenda kuti afike poyipa kwambiri. Ngati mungathandize anthu kuzindikira mavuto awo ambiri azaumoyo ndi kuwachizira m'makomo mwawo momwe. Kotero kuvutika ndi matenda kungapewedwe.

Chithandizo chamsanga ndi njira imodzi yopewera.

Ngati mukufuna kuti pakhale mgwirizano, **yambani kugwira ntchito pomwe anthu anu ali** kufuna kuti pakhale kulingana pakati pa kupewa ndi kuchiza komwe anthuwo angakuvomereze. Kulinganaku kungadalire kwambiri chidwi cha anthuwo pa matenda, kuchiza ndiponso umoyo wawo. Mukamawathandiza kuyang'ana patsogolo ndipo maganizidwe awo akamasintha, komanso matenda ambiri akamathetsedwa, mudzawona kuti adzayamba kulingalira kwambiri zopewa.

Simungauze mayi yemwe mwana wake akudwala kuti kupewa ndi kofunika kwambiri kuposa kuchiza. Koma mungawauze kuti kupewa ndi kofunika pomwe mukuwathandiza kusamalira mwanayo.

Gwirani ntchito pofuna kuti mupewe, koma musachite kudzikakamiza.

Mankhwala agwiritsidwe ntchito ngati njira yopewera chabe. Nthawi yabwino yokambirana ndi anthu zokhudza kupewa ndi pomwe abwera kudzalandira chithandizo. Mwachitsanzo, ngati mayi wabwera ndi mwana yemwe ali ndi nyongolotsi zam'mimba, mfotokozereni bwinobwino momwe mwanayo angampatsire chithandizo. Komanso muwafotokozerere mayi ndi mwanayo momwe nyongolotsizi zimafalira ndi momwe angachitire kuti apewe kufalaku (onani tsamba 12). Muziwayendera kunyumba kwawo nthawi ndi nthawi pofuna kuthandiza banjalo momwe lingadzisamalire moyenera.

Gwiritsani ntchito ntchito yochiza monga mwai wophunzitsira kupewa.

Kagwiritsidwe ntchito koyenera komanso malire a akagwiritsidwe ntchito ka mankhwala

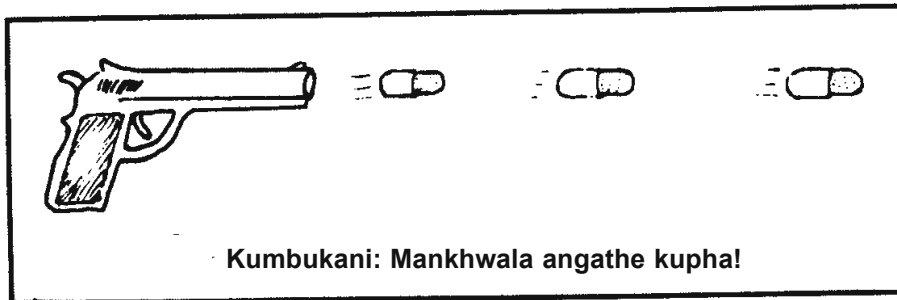
Chinthu chimodzi chovuta komanso chofunika pagawo la kupewa ndikuwaphunzitsa anthu pakagwiritsidwe ntchito koyenera ndi malire akagwiritsidwe ntchito ka mankhwala. Mankhwala ena amasiku ano ndi ofunika kwambiri ndipo angathe kupulumutsa miyoyo. **Koma mankhwala ena safunika.** Thupi palokha lingathe kulimbana ndi matenda popuma, kudya chakudya chabwino kapena ndi mankhwala okonzedwa pakhomo.

Anthu akhoza kubwera kwa inu kudzapempha mankhwala pomwe sikuli koyenera kuti amwe mankhwala. Mukhoza kuyesedwa kuwapatsa mankhwala pongofuna kuwasangalatsa. Mukawapatsa ndipo akachira, angathe kuganiza kuti mankhwalawo awathandiza kuti achire. Zowona zake zenizeni ndi zakuti matupi awo adzichiza okha.

M'malo mowaphunzitsa anthu kudalira mankhwala omwe safunika konse, afotokozereni chifukwa chomwe sayenera kumwera mankhwalawo.

Muwafotokozerenso anthuwo zomwe angachite kuti adzichize okha.

Ndi njirayi ndiye kuti mukuwathandiza anthuwo kudalira matupi awo m'malo modalira mankhwala akadwala. Komanso mukuteteza umoyo wawo **poti palibe zina zoopsa mankhwalawo akagwiritsidwa ntchito.**



Matenda atatu ofunika omwe anthu amafuna mankhwala omwe sali ofunika ndi (1) chimfine, (2) chifuwa ndiponso (3) kutsekula m'mimba.

Chimfine chingathe pomwa madzi ambiri pamodzi ndi *aspirin* komanso kupumula basi. *Penicillin*, *tetracycline* ndi ma antibayotiki sathandiza kuthetsa chimfine (onani tsamba 172).

Kumwa madzi ambiri kumathandiza kwambiri pamene munthu akutsokomola kulekana ndi kumwa mankhwala amadzi otsekemera. Kupumanso mu nthunzi ya madzi amoto kumathandizanso kuti chimfine chichepe (tsamba 177). Musalimbikitse anthu kudalira kwambiri mankhwala achifuwa omwe si ofunika konse.

Pamene **ana akutsekula** m'mimba kuwamwetsa mankhwala sikungathandize konse. Mankhwala ambiri omwe angaperekedwe (monga *neomycin*, *streptomycin*, *kaolin-pectin*, *Lomotil*, *Entero-Vioform*, *chloramphenicol*) kwa ana akhoza kukhala owononga. Chofunika kwambiri ndikuwapatsa ana madzi ndi chakudya chambiri (masamba 164 ndi 165). **Mayi ndiye angachititse kuti mwana achire osati mankhwala.** Miyoyo ya ana ambiri ikupulumutsidwa amayi akamathandizidwa kumvetsa zimenezi ndi kudziwa momwe angachitire.

Mankhwalawo kawirikawiri amagwiritsidwa ntchito kwambiri ndi madotolo komanso ndi anthu wamba. Izi si zabwino pazifukwa izi:

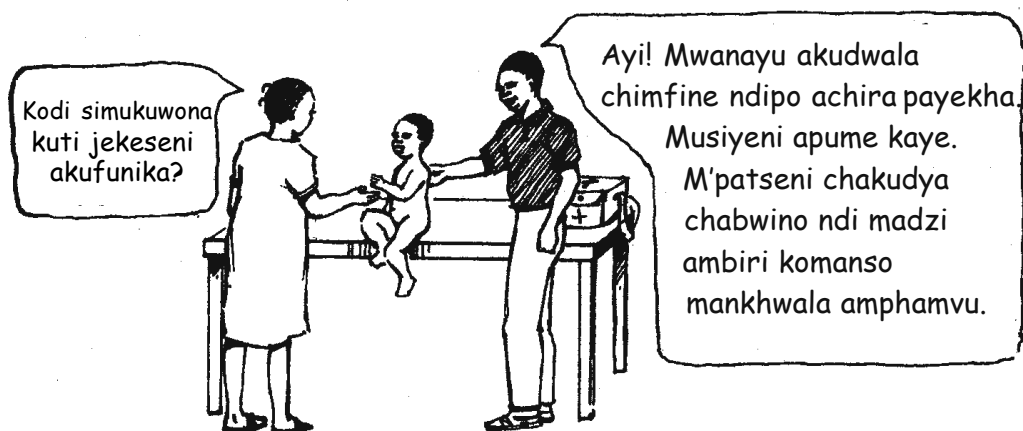
- Ndikuwononga.
- Kumachititsa anthu kumadalira chinthu chosayenera (ndiponso nthawi zambiri sangakwanitse kugula).
- Mankhwalawo aliwonse ndi oopsa akagwiritsidwa ntchito mosayenera. Mankhwalawo osafunikira angathe kuononga moyo wa munthu.
- Mankhwalawo akagwiritsidwa ntchito kwa nthawi yayitali mphamvu ya mankhwalawo imatha kotero sangawire ntchito m'nthupi.

Chitsanzo cha mankhwalawo omwe amatha nthawi yawo ndi kulolofeniko. Kugwiritsira ntchito kwambiri mankhwalawo owopsawa pa matenda aang'onoang'ono kwachititsa kuti kumadera ena a dziko lapansi, mankhwalawo alephere kulimbana ndi matenda avingwangwa - omwe ngoopsa kwambiri. Pa zifukwa zili pa mwambazi, kugwiritsira ntchito mankhwalawo kusamaposere malire ake (tsamba 59).

Nanga zingatheke bwanjiji? Malamulo okhwima kapena kuloleza anthu okhawo ophunzitsidwa bwino pakagwiritsidwe ntchito ka mankhwalawo sikungathandize kupewa kugwiritsira ntchito mankhwalawo mopyolera muyezo. Pokhapokha anthu atazidwa bwino ndi pomwe angathe kugwiritsira ntchito mankhwalawo mosapyola malire komanso mosamala kwambiri.

Kuphuzitsa anthu pakagwiritsidwe ntchito ka koyenera ka mankhwalawo ndiponso malire ake ndi ntchito yazaumoyo.

Izi ndi zotheka m'madera omwe mankhwalawo amakono akugwiritsidwa kale ntchito.



Ngati mankhwalawo sakufunika afotokozereni odwalawo chifukwa chake.

Kuti mudziwe zambiri za kagwiritsidwe ntchito kabwino ndiponso kolakwika ka mankhwalawo, onani Mutu 6. Pakagwiritsidwe ntchito ka jekeseni, onani Mutu 9. Momwe mungagwiritsire bwino ntchito mankhwalawo okonzedwa pakhomo, onani Mutu 1.

Kudziwa ntchito yomwe yachitika (kuunika)

Nthawi ndi nthawi pa ntchito yanu, zimathandiza kudziwa ntchito yomwe yachitika komanso kudziwa ntchito yomwe yachitika bwino kwambiri. Pamafunikanso kudziwa ngati pali kusintha kwina kulikonse pa umoyo ndiponso moyo wa anthu m'dera lanu.

Mukhoza kumalemba mwezi kapena chaka chilichonse ntchito zaumoyo zolozeka mwachitsanzo:

- Ndi mabanja angati amanga zimbudzi?
- Ndi alimi angati agwira ntchito zothandiza kuti minda yawo izitulutsa zokolola zambiri?
- Ndi amayi kapena ana angati amene amapita ku sikero ya ana osakwana zaka zisanu?

Mafunso ngati amenewa angakuthandizeni kuloza ntchito yomwe yachitika. Koma kuti mudziwe zotsatira za ntchitozi pa umoyo wa anthu, muyenera kuyankha mafunso ena ngati awa:

- Ndi ana angati adatsekula m'mimba kapena adawonetsa zizindikiro za njoka zam'mimba mwezi wathawu kapena chaka chatha poyerekeza mpoyamba ndi pamene kunalibe chimbudzi?
- Ndi zokolola zochuluka bwanji zomwe mwakolola chaka chino poyerekeza ndi pamene njira zamakono zaulimi zisanayambe kutsatidwa?
- Ndi ana angati akuwonetsa kukula bwino pamakadi awo akusikero kulekana ndi nthawi imene mapulogalamu asikero za ana osakwana zaka zisanu asanayambe?

Pofuna kudziwa kupambana kwa ntchito iliyonse ndi pofunika kudziwa mmene zinthu zidali poyamba ndi pamapeto pa ntchitoyo. Mwachitsanzo, ngati mufuna kuphunzitsa amayi kufunika koyamwitsa ana awo, poyamba pezani chiwerengero cha amayi omwe akuyamwitsa ana. Kenaka yambani kuwaphunzitsa ndipo chaka chilichonse muzipeza chiwerengero cha amayi omwe akuyamwitsa. Kudzera m'njirayi mungathe kudziwa zenizeni za mmene ntchito yanu yowaphunzitsa amayi yapindulira.

Mungathe kukhala ndi zolinga zanu. Mwachitsanzo, inuyo ndi gulu lanu lazaumoyo mungakhale ndi chiyembekezo choti mabanja 80% ali ndi zimbudzi pakutha pa chaka chimodzi. Mwezi uliwonse muziwerenga mabanja omwe ali ndi zimbudzi, koma pakutha pa miyezi isanu ndi umodzi, gawo limodzi la magawo atatu lokha la mabanja ndilo lili ndi zimbudzi. Mungathe kudziwa kuti muyenera kulimbikira kwambiri kuti mukwaniritse zolinga zanu.

**Kukhala ndi zolinga kumathandiza anthu kulimbikira kugwira ntchito
nkukwaniritse zambiri zomwe akufuna.**

Pofuna kudziwa zotsatira za ntchito zaumoyo, ndi bwino kuwerenga ndi kudziwa zinthu zina ntchito **isanayambike, ili m'kati** komanso **ikatha**.

Kumbukirani kuti: Mbali yayikulu ya ntchito yanu siingadziwike kukula kwake. Izi zimatengera momwe ubale wa inuyo ndi anthu ena ulili. Iwo atha kumaphunzira ndi kugwira ntchito limodzi, kugawana zinthu, kudziwa udindo wawo ndiponso chiyembekezo chanu.

Kuphunzitsa ndi kuphunzirira limodzi ndi wazaumoyo ngati mphunzitsi

Pamene mukuzindikira kuchuluka kwa zinthu zomwe zimakhudza umoyo mungaganize kuti wazaumoyo ali ndi chintchito chambiri chokanika. Kunena mowona simungachite zambiri zaumoyo panokha.

Pangakhale kusintha kwakukulu pokhapokha ngati anthu eni ake atenga udindo wa ukulu wazaumoyo wa m'dera lawo.

Kugawana maudindo ndiponso nzeru kungathandize kuti anthu a m'dera lanu azikhala ndi moyo wabwino kusiyana ndi kuti ntchito yonse izichitika ndi munthu mmodzi yekha.

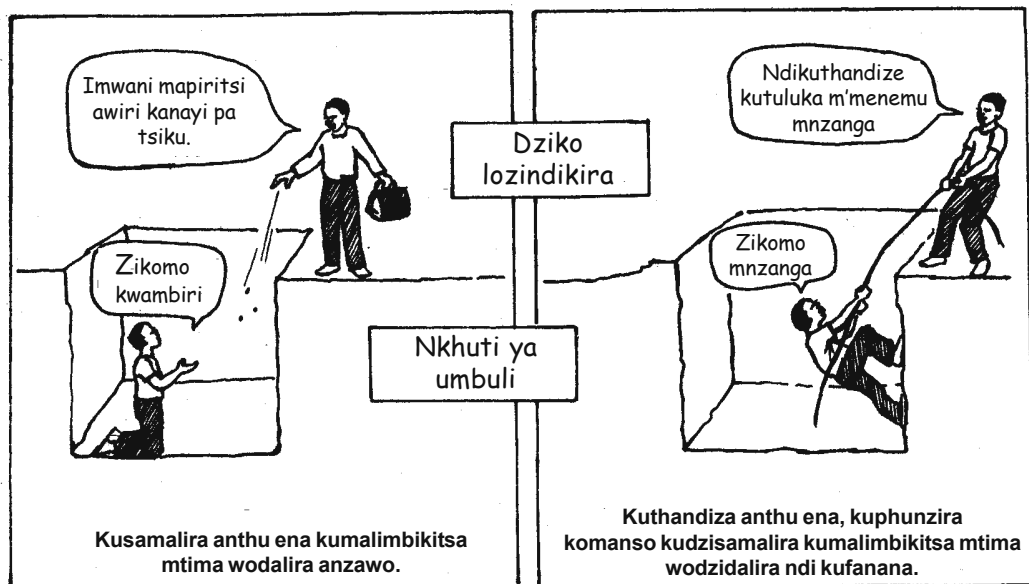
Ichi ndi chifukwa chake **kuphunzitsa kuli ntchito yoyamba ya munthu wogwira ntchito yazaumoyo**. Mphunzitsiyu amayenera kuphunzitsa wina aliyense.

Luntha lophunzitsira ndi luso lofunika lomwe munthu ayenera kuphunzira. Kuphunzitsa ndi kuthandiza ena kukula ndiponso kukula nawo. **Mphunzitsi wabwino ndi amene amathandiza ena kuwonjezera pa zomwe akudziwa, kuti azitha kuzindikira zinthu zatsopano pawokha.**

Kuphunzitsa ndi kuphunzira kusamangochitikira m'kalasi mokha kapena pachipatala pokha. Izi ziyeneranso kuchitikira m'makomo, m'minda ngakhalenso m'misewu. Nthawi yomwe mungagwire bwino ntchito yophunzitsa ndi pomwe mukuthandiza wodwala. Ndi kofunika kupeza mwayi kuti muthe kugawana nawo nzeru. Kuwonetsa komanso kuthandiza anthu kuti aziganiza ndi kugwirira ntchito limodzi ndi kofunika.

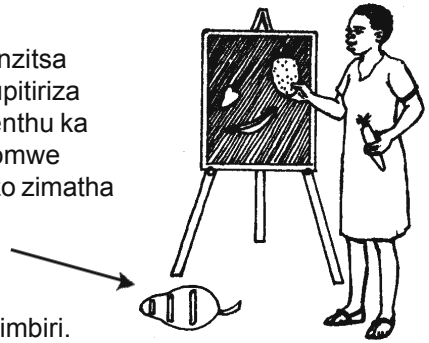
Pa masamba otsatirawa pali mfundo zomwe zingakuthandizeni kuchita zimenezi. Izi ndi zitsanzo chabe. Mungathenso kukhala ndi maganizo ena owonjezera.

NJIRA ZIWIRI ZA KASAMALIDWE KAZAUMOYO

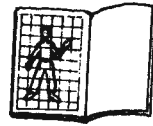


Zipangizo zophunzitsira

Bolodi la nsalu ndi labwino pamene muli kuphunzitsa anthu amene ali m'magulu chifukwa mungathe kupitiriza kuphunzitsa zinthu zatsopano. Phimbani kachibenthu ka khadibodi ndi nsalu ndipo ikani zojambula zina zomwe mwadula kapena zithunzi pansalupo. Zojambulazo zimatha kumamatira kunsaluko ndi zomatira (guluwu).

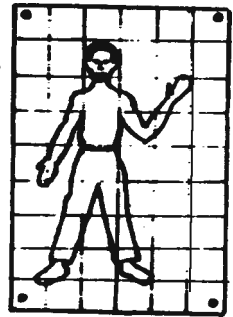


Mapositala: Chithunzi chimaposa mawu ambirimбири. Zojambula zithunzi zokhala ndi mawu ochepa okha zingakhomedwe m'zipatala kapena malo ena aliwonse pomwe anthu angathe kuziwona. Mungathe kukopera zithunzi zina zomwe zili m'bukuli.



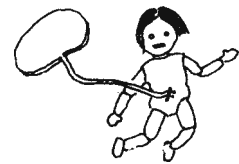
Ngati mukuvutika kudziwa kukula ndi mawonekedwe a zithunzizo, jambulani timabokosi tofanana ndi pensulo pa chithunzi chomwe mukufuna kuchikoperacho.

Tsopano jambulani timabokosi tofanana tomwetija monga pa mwambapa komano tokulirapo ipapepala la positala yanu. Kenaka koperani chithunzicho monga mmene chikuonekera mu kabokosi kalikonse.

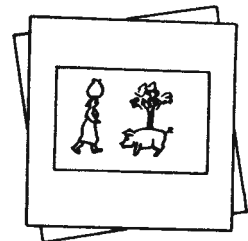


Ngati ndikotheka pemphani odziwa kujambula a m'mudzimo kuti ajambule kapena kupenta mapositala. Kapena apempheni ana kuti apange mapositala pa zinthu zosiyanasiyana.

Zidole ndi zowonetsa zomwe mukuphunzitsa zimathandiza kuti ophunzira athe kumvetsa zomwe mukufotokoza. Mwachitsanzo, ngati mufuna kukambirana ndi azimayi ndi azamba momwe angasamalire podula mchombo wamwana wobadwa kumene, mungathe kupanga chidole chonga mwana. Pimani chingwe cha nsalu pamimba pake. Azamba angathe kuwonetsa zimenezi kwa amayi ena.



Zithunzi za pakanema zimapezeka pa zinthu zosiyanasijanazumoyo m'maiko ambiri. Zina zimangofotokoza nkhani zomwe zimadalira mashini a pulojekitala oyendera mabatire.



Mndandanda wa maadiresi a komwe mungapezeco zipangizo zophunzitsira za maphunziro azaumoyo m'mudzi mwanu akupezeka pa masamba 429 ndi 432.

Njira zina zothandiza kuti uthenga wanu umveke

Kukambirana nkhani: Ngati mukulephera kufotokoza bwino china chake, kukamba nkhani makamaka yowona ingathandize kuti zomwe mukufotokozazo zimveke.

Mwachitsanzo, nditakuuzani kuti nthawi zina wogwira ntchito kumudzi angathe kufotokoza bwino za matenda omwe munthu akudwala kulekana ndi dotolo, simungandikhulupirire. Koma nditakuwuzani za wogwira ntchito yazaumoyo kumudzi, wotchedwa Irene yemwe amayang'anira malo ogawirako zakudya kuchigawo chapakati ku America, mungamvetse.

Tsiku lina pamalopo padafika mwana wodwala yemwe adatumizidwa ndi dotolo wa pachipatala china chapafupi chifukwa choti mwanayo adali woperewera zakudya m'thupi. Mwanayo ankatsokomola ndipo a dotolo adamupatsa mankhwala oletsa kutsokomolako. Irene atamuwona mwanayo adadandaula ndikumumvera chisoni chifukwa mwanayo adali wochokera kubanja losauka ndipo mchimwene wake adali atangomwalira kumene. Irene adamva kuti mchimwene wakeyo adadwala kwa nthawi yayitali ndipo ankatsokomola magazi. Irene adapita kuchipatala chapafupi komwe adauzidwa kuti mwanayo adali ndi chifuwa chachikulu. Atamuyeza, kudapezeka kuti mwanayo adalidi ndi chifuwacho. Choncho mungathe kuwona kuti wogwira ntchito yazaumoyo adadziwa msanga kuti mwanayo adali ndi chifuwa chachikulu kusiyana ndi dotolo uja chifukwa ankawadziwa anthu ake ndipo ankawayendera m'makomo mwawo.

Nkhani zimachititsanso kuti kuphunzira kuzikhala kosangalatsa. Nkhani zimathandiza ngati wogwira ntchito zaumoyo ali wodziwa kufotokoza nkhani.

Kuchita zisudzo: Nkhani zomwe zili ndi uthenga wofunika kwambiri zingafikire anthu bwino kudzera m'zisudzo. Aphunzitsi kapena wina aliyense wa mukomiti yazaumoyo angathe kuchita zisudzo zazifupi ndi ana asukulu.

Mwachitsanzo, pofuna kufotokoza mwatchutchutchu kuti chakudya chiyenera kutetezedwa ku ntchentche popewa kufala kwa matenda, ana ochulukirapo angathe kudziveka zinthu zina zake kuti awoneke ngati ntchentche ndikumazungulira pa chakudya ndikuchiwononga chakudyacho. Kenaka anawo achidye ndipo adwale. Ntchentche sizingatere pa chakudya chomwe chavundikiridwa. Choncho ana omwe angadye chakudya chovundikiridwachi sangadwale ayi popeza ntchentchezo sizingawononge chakudyacho.



Mutapeza njira zambiri zophunzitsira, anthu ambiri amamvetsa ndipo amakumbukira zomwe aphunzirazo.

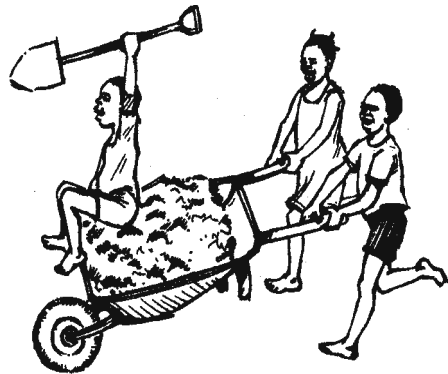
Kugwirira ndi kuphunzira pamodzi pokwaniritsa zolinga zabwino

Pali njira zambiri zosangalatsa ndi kuchititsa anthu kuti agwirire ntchito pamodzi pofuna kukwaniritsa zolinga zawo. Zina mwa izo ndi zotsatirazi:

1. Bungwe lazaumoyo m'mudzi: Gulu la anthu aluntha komanso achidwi lingasankhidwe kuti lithandize kupanga mapulani ndi kutsogolera ntchito zokhudza umoyo wa anthu a m'dera lawo. Mwachitsanzo, kukumba nkhati kapena zimbudzi. Wazaumoyo ayenera kugawana udindo wake ndi ena.

2. Kukambirana pagulu: Amayi, atate, ana asukulu, achinyamata, asing'anga ndi magulu ena onse angathe kukambirana za mavuto ena omwe amakhudza umoyo wawo. Cholinga chachikulu ndikuthandizana pogawana maganizo osiyanasiyana poonjezera pa zomwe akudziwa kale.

3. Ntchito yogwiridwa mwachikondwerero. Ntchito zachitukuko monga ya madzi kapena kusesa m'mudzi zingagwirike mwachangu ndipo zingakhale zosangalatsa ngati wina aliyense atatenga nawo mbali. Masewera osiyanasiyana, zakumwa ndi mphatso zosiyanasiyana zimathandiza kuti ntchito igwirike ngati mwamasewera koma pamene ntchitoyo ikugwirika moyenera.



4. Mabungwe ogwirira ntchito pamodzi: Anthu angathandize kuti mitengo ya zinthu isakwere pobwerekana zipangizo, malo osungiramo zinthu ngakhale malo amene. Mabungwe angathandize kwambiri kusintha moyo wa anthu.

5. Kuyendera m'zipinda zophunziriramo: Muzigwira ntchito pamodzi ndi aphunzitsi a sukulu ya m'mudzi mwanu. Ndi kofunika kulimbikitsa ntchito zaumoyo kudzera muzisudzo komanso ziwonetsero. Nthawi zina muziitananso magulu ang'onoang'ono a ophunzira a kuchipatala chanu. Ana si kuti amangophunzira mwachangu mokha ayi komanso amathandiza m'njira zambiri. Amakhala odalirika kwambiri.

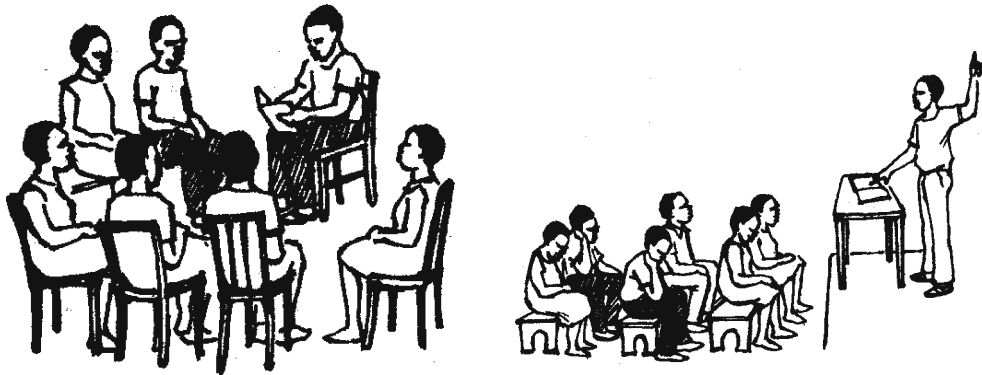
6. Misonkhano yazaumoyo pakati pa amayi ndi ana: Ndi koyenera kwambiri kuti amayi oyembekezera ndi omwe ali ndi ana aang'ono aziuzidwa bwino zambiri zokhudza iwowo ndiponso zofunika pa umoyo wa ana awo. Kupita kuchipatala pafupipafupi ndi kofunika chifukwa amayi amakaphunzirako zambiri. Amayi ayenera kusunga ziphaso za kuchipatala za ana awo ndipo mwezi uliwonse ayenera kupita nazo kuchipatalako kuti akalembero msinkhu komanso momwe ana awo akulemerera. Amayi omwe amamvetsa za izi amakhala onyadira powonetsetsa kuti ana awo akudya ndi kukula bwino. Azimayi angathe kuyamba kuzimvetsa bwino ngakhale atakhala kuti sadziwa kuwerenga. Amayi omwe amawonetsa chidwi angaphunzitsidwe kuti azitsogolera ntchitozi.

7. Kuyenda m'makomo: Muziwayendera anthu m'makomo makamaka mwa iwo omwe ali ndi mavuto apadera komanso omwe sabwera kuchipatala kapena omwe satenga nawo mbali n'zochitikachitika za m'magulu. Komanso muyenera kulemekeza ufulu wa iwo omwe safuna kuyenderedwa.

Njira za momwe mungagawirane ndi kusinthana maganizo pagulu

Ngati wogwira ntchito zaumoyo, mungawone kupambana kwanu popititsa patsogolo umoyo wa anthu a m'dera lanu ngati ungalidire kwambiri pa luso lanu ngati mphunzitsi osati chifukwa cha nzeru zanu zachipatala. Mavuto akuluakulu angathe pokhapokha ngati anthu onse a m'dera lanu amatenga nawo mbali pa ntchito zosiyanasiyana. Anthu saphunzira zambiri pa zimene awuzidwa koma kuchokera pa zimene akuganiza, kuwona, kukambirana komanso kuchitira zinthu pamodzi.

Choncho mphunzitsi wabwino sangokhala pa desiki ndikumangoyankhula kwa anthu. Iye amayankhula ndikumagwira nawo ntchito pamodzi. Amawathandiza anthuwo kuganiza bwinobwino anthuwo zofuna zawo ndikupeza njira zokwaniritsa zofunazo. Amayesetsa kupeza mwayi woti agawane nzeru momasuka ndi anthuwo.



kambiranani ndi anthuosati kungowauza chabe

Mwina chofunika kwambiri nkuwathandiza anthuwo kuti akhale ndi chikhulupiriro mwa iwo okha. Anthu ena a m'midzi sasintha zinthu zomwe sakuzifuna chifukwa safuna kuyesa kutero. Kawirikawiri amaganiza kuti iwo ndi opanda nzeru ndiponso opanda mphamvu pomwe sali choncho. Anthu ambiri a m'midzi kuphatikizapo omwe sangathe kuwerenga ndi kulemba ali ndi nzeru komanso luso kwambiri. Iwo amasintha zinthu kwambiri m'malo momwe akukhala ndi zipangizo zomwe amagwiritsira ntchito, monga minda yomwe iwo amalimamo ndi zomwe amamanga. Anthu ena angathe kuchita zinthu zambiri zakupsa zomwe anthu ophunzira sangathe.

Ngati mungathandize anthu kuzindikira zinthu zomwe akudziwa kuti azichita m'madera mwawo, angathenso kuzindikira kuti angaphunzire ndikuchita zazikulu kwambiri. Pogwirira ntchito pamodzi, ndi pomwe angachite zazikulu kwambiri posintha umoyo ndi miyoyo yawo.

Kodi anthuwa mungawauze bwanji zimenezi?

Kawirikawiri zimavuta kutero. Koma mungathe kuwathandiza kupeza zina mwa izi paokha kudzera mu zokambirana za pagulu. Inuyo musamatenge gawo lailkulu poyankhula. Chinthu chofunika kwa inu ndi kuyambitsa zokambiranazo mwakufunsa mafunso. Zinthunzi zomwe zili patsamba lotsatiralo zingakuthandizeni. Mwina mungathe kujambula nokha zithunzi za nyumba, ziweto ndiponso mbewu zofanana ndi za m'dera lanu.

Gwiritsani ntchito zithunzi kuti anthu ayambe kukambirana ndi kuganiza limodzi



Awonetseni anthuwo chithunzi chofanana ndi chomwe chili pamwambachi ndipo apempheni kuti ayambe kukambirana za icho. Funsani mafunso ochititsa kuti anthu ayambe kukamba za zomwe akudziwa ndi zomwe angathe kuchita.

Zitsanzo zamafunso ndi izi:

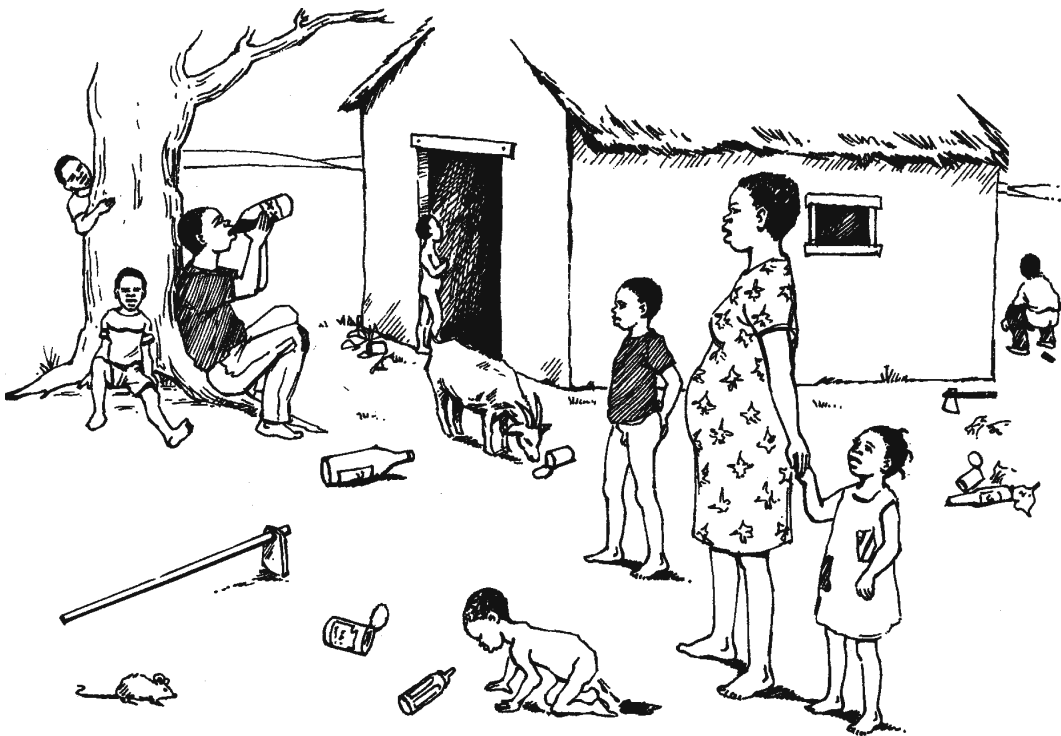
- Kodi anthu ali pachithunzipa ndi ayani ndipo amachitanji m'moyo mwawo?
- Kodi malowa anali otani anthuwa asanabwere?
- Anthu awasintha bwanji malowa?
- Kodi kusinthika kwa malowa kwakhudza bwanji umoyo ndi miyoyo yawo?
- Mukuganiza ndi zinthu zina ziti zomwe angasinthe? Ndi zitinso zomwe angaphunzire? Ngati chinthu china chake chikuwavuta ndi chiyani chikuwalepheretsa? Angaphunzire bwanji zina zambiri?
- Kodi anthuwa adadziwa bwanji kulima? Adawaphunzitsa ndani?
- Ngati dotolo kapena katswiri wa za malamulo atabwera pa malowa opanda ndalama kapena zipangizo za ulimi kusiyana ndi anthuwa, kodi nawonso angalime? Chifukwa ninji angalime kapena ayi?
- Kodi anthuwa akufanana bwanji ndi ifeyo?

Zokambirana zoterezi zimathandiza anthu kukhala ndi chikhulupiriro mwa iwo okha ndiponso kuti athe kusintha zinthu. Anthuwo zingawachititsenso kuti azikhala okhudzidwa kwambiri ndi dera lawo.

Poyamba anthu safuna kuyankhula ndi kunena maganizo awo. Koma pakapita nthawi, amayamba kuyankhula momasuka kwambiri ndikumafunsa mafunso ofunika mopanda mantha. Muziwapempha amene amayankhula kwambiri kuti azipereka mwayi kwa anzawo. Muzilimbikitsa aliyense kuti aziyankhula zakukhosi kwawo komanso mopanda mantha.

Mungathe kupeza zithunzi zosiyanasiyana ndiponso mafunso okuthandizani kuyamba zokambirana kuti anthu athe kuyamba kuwona mavuto, zoyambitsa zake ndi momwe angawathetsere.

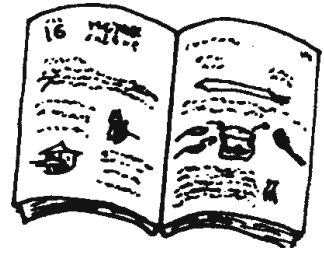
Ndi mafunso ati omwe mungawafunse anthu kuti ayambe kuganizira zinthu zosiyanasiyana zochititsa kuti ana ali pa chithunziwa akhale m'moyo wotere?



Yesani kufunsa mafunso otsogolera mafunso ena. Ndi zinthu zingati komanso ziti zomwe zingachititse imfa yobwera chifukwa chotsekula m'mimba (onani tsamba w7) zomwe anthu angaziganizire akamakambirana za chithunzi ngati ichi?

Kugwiritsira ntchito bukuli moyenera

Munthu wina aliyense yemwe amadziwa kuwerenga angathe kugwiritsira ntchito bukuli payekha komanso pakhomo pake. Ngakhale iwo amene sadziwa kuwerenga angathe kudziwa zina ndi zina kudzera m'zithunzi zopezeka m'bukuli. Koma pofuna kuligwiritsira bwino kwambiri ntchito bukuli, anthu angafune malangizo ena ndi ena. Izi zingachitike m'njira zosiyanasiyana.



Munthu wogwira ntchito zaumoyo yemwe angabwereketse bukuli ayenera kuonetsetsa kuti anthu akumvetsa momwe angagwiritsire ntchito ndondomeko ya za m'kati mwa bukuli monga zolembedwa kumapeto kwake, masamba obiriwira, ndiponso mawu ozama a m'bukuli. Muyenera kupereka chitsanzo cha momwe angapezere zinthu m'bukuli. Apempheni anthu kuti awerenge mosamala magawo a m'bukuli omwe angawathandize kumvetsa zomwe zingakhale zothandiza kuchita, zoopsa ndiponso zoononga moyo komanso nthawi yomwe kungakhale kofunikira kupeza chithandizo. (Onani makamaka chaputala/Mutu 1,2, 6 ndi 9 ndiponso ZIZINDIKIRO ZA MATENDA OOPSA, patsamba 43). Longosolani kufunika kopewa matenda asanayambe. Alimbikitseni anthu kuti amvetsetse kwambiri Mutu 11 ndi 12 yomwe ndi mitu yofotokoza za chakudya chabwino ndiponso ukhondo.

Zambiri za izi zingafotokozeredwe mwachidule chabe. Anthu angadziwe zambiri za m'bukuli kudzera **muzokambirana zawo za momwe angagwiritsire ntchito bukuli.**

Mungathe kuwauza anthuwo kuti aziwerenga bukuli m'magulu ang'onoang'ono ndikumakambirana mutu uliwonse pawokha. Pezani vuto lalikulu m'dera lanu komanso zomwe mungachite polimbana ndi mavuto azaumoyo omwe alipo kale ndi momwe mungapewere mavuto ena otere m'tsogolo. Anthu ayenera kumaganiziranso zapatsogolo.

Mwina anthu osangalangitsidwa akhoza **kuphunzitsa m'kalasi** pogwiritsira ntchito bukuli. Anthuwo angathe kukambirana momwe angazindikirire, kuchiza komanso kupewera mavuto osiyanasiyana. Angathe kumasinthana pophunzitsana ndi pofotokozerana zinthu.

Mungathe kuchita **sewero** kuti kuphunzitsana kwanu **kukhale kosangalatsa.** Mwachitsanzo, wina akhoza kumachita ngati akudwala matenda ena ake ndipo afotokoze momwe akumvera. Ena amufunse mafunso ndikumupima. Gwiritsirani ntchito bukuli pofuna kupeza vuto lake ndi chomwe mungachite. Wodwala ayenera kutenga nawo mbali pofuna kuthandiza omwe akumufunsawo kudziwa chomwe chikumuvuta ndiponso pokambirana naye njira zopewera matendawo m'tsogolo. Zonsezi zikhoza kuchitika m'kalasi.

Ngati wazaumoyo, njira ina ya momwe mungathandizire anthu nayo kugwiritsira ntchito bukuli molondola ndi iyi: anthu akabwera kudzalandira chithandizo awuzeni kuti apeze matenda omwe akudwala m'bukuli ndi momwe angadzichizire. Izi zimatenga nthawi koma zimasiyana ndikungowachitira zonse. Pokhapokha ngati wina wasokonezeka ndi china chake chofunikira m'bukuli ndi pomwe mungamuthandize. **M'njirayi, anthu amaphunzira zambiri kudzera m'matenda omwe akudwala.**

Wokonedwa wazaumoyo wa m'mudzi wina aliyense ndiponso kwina kulikonse komwe muli, kaya muli ndi udindo kapena wantchito wamba, koma wokhala ndi chidwi ndi moyo wabwino wa anthu ena, ligwiritsireni ntchito bukuli moyenera. Ndi lanu komanso mnzanu wina aliyense.

Kumbukirani kuti, mbali yofunikira kwambiri yakasamalidwe ka moyo singapezeke m'bukuli kapena m'buku lina lililonse. Chinsinsi cha umoyo wabwino chili mwa inu ndi anthu a m'dera lanu kutengera ndi momwe mumasamalirana. Izi zingakuthandizeni kuti dera lanu likhale la umoyo wabwino.

Chinsinsi cha umoyo wabwino chagona pakusamalirana ndikugawana maganizo.

Ndine wanu,

David

David Werner



Chidziwitso

Bukuli ndi lothandiza anthu kupeza zosowa zawo zambiri pa umoyo wawo pawokha. Koma si kuti lili ndi mayankho onse. Ngati pali matenda aakulu kwambiri ndipo simukudziwa chochita ndi matendawo, muyenera kupeza malangizo kwa wazaumoyo kapena dotolo ngati kungatheke.

