

ZULU



JOYOLOGY

Ukuphila Okunenhliziyi Enhle

NguSteve Wilson, Isazi sokusebenza kwengqondo, iJoyologist © 2001 Wonke Amalungelo Agodliwe Izenzo Eziyisithupha Zansuku zonke ziyingxenye yendlela yokuphila ye-joyology. Wazalelwa injabulo kodwa lapho umhlaba ungabambisani, le mikhuba izokwehlisa ingcindezi, idale ukuzwana, iphinde ivuse injabulo yokuphila.

Ngokuya ngesayensi yanamuhla nokuhlakanipha kwasendulo, lokhu kulula futhi kumnandi. Khumbula ukuthi usuku ngalunye lenzelwe ini. Funa izikhathi ezi-3 zokwenza umkhuba walolo suku. Maduze, uzobenza bonke nsuku zonke. Zizoba yindlela yemvelo ophila ngayo impilo yakho. Uzohleka ngokwengeziwe, ujabule ngokwengeziwe futhi ube nethemba, uzolulama ngokushesha ebunzimeni, futhi ujabulele impilo.

Lapho ubona imizwa emnandi le mikhuba eletha, zitshela, "Kuhle ukuthi ngizizwa ngijabule manje! Amathuluzi Wenjabulo asebuchosheni bami lapho kuzoba lula kimi ukufinyelela lapho ngiwadinga."

NgoMsombuluko kwenzelwa ukuncoma: Lokhu kunqoba ukuthambekela kwethu ekugxekeni nasekwahluleleni abanye, okusiphuca uhleko. Bheka okuhle kwabanye, ubatshela ngakho, futhi ungavele ugcine uhleka ndawonye.

UMsombuluko ucabange: *"Igama elinomusa livame ukungakhulunywa, kepha alize lizwakale."*

NgoLwesibili kwenzelwa ukuvumelana nezimo: Akukho ukuhleka ekubeni nenkani. Sonke siyazimisela ezindleleni zethu kepha kuyinto enhle ukwamukela imibono emisha. Kungaba mnandi kakhulu kunokuba senkingeni. Ingqondo evulekile ivumela ukuhleka kungene.

NgoLwesibili ucabange: *"Isihlahla esigobana emoyeni asiphuli."*

NgoLwesithathu kwenzelwa Ukubonga: Indlela enhle yokuzizwa ulusizi ukucabanga njalo ukuthi udinga okuthile okwengeziwe ukuze ujabule. Isimo sokubonga siletha ukuthula nokuhleka. NgoLwesithathu ucabange: *"Njengoba uqhubeka nempilo, lokhu akube yisifiso sakho njalo: Gcina iso lakho kudonathi hhayi emgodini!"*

NgoLwesine ezomusa: Cabanga ngezindlela zokusiza ukwenza impilo yomunye umuntu ibe lula kancane. Umusa olula ungaba ukhiye obaluleke kunazo zonke kwimfumbe yokuthi abantu bangahlala kanjani ngokuthula, futhi banakekele kahle le planethi sonke esabelana ngayo.

NgoLwesine ucabange: *"Ukwenza umusa kudala ubudlelwano obuhle nokuxhumana nomphakathi futhi kugquguzela abantu ukuthi badlulise umusa kwabanye."*

NgoLwesihlanu kungokwentethelelo: Ukuthethelela kusho ukudedela intukuthelo. Thola indlela yokubona labo abakulimazile ngokukhanya okusha kobubele. Ukudedela intukuthelo kukwenza ube nempilo futhi kuvule igumbi enhliziyweni yakho ukuhleka okwengeziwe.

ULwesihlanu ucabange ukuthi: *"Angikaze ngibambe igqubu ngoba ngenkathi ngithukuthele omunye umfana uphume esina!"* (UBuddy Hackett)

Izimpelasonto zingezokashokoledi: Yidla ushokoledi noma yikuphi okunye ukudla okuthandayo. Thatha isikhathi sokuzilibazisa, injabulo, ukuphumula - noma yini "emnandi" kuwe. Ukucabanga kwangempelasonto: *"Izinto ezinhle kakhulu empilweni zimnandi."*

"Ukuphila Okunenhliziyi Enhle", nguSteve Wilson, kunogqozi lwazo zonke izinsuku zonyaka.

Ukufingqwa kwemikhuba kuyatholakala ngezilimi eziningi

ku-<http://www.worldlaughtertour.com>