



CAPACITAR Izixhobo Zoncedo Lokuqala

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Iindlela zokuzilondoloza

Impilo yomzimba, ingqondo nomphefumlo isoloko ichatshazelwa ziintlungu, yimilo, ziimozulu, kukudla, ziimeko, ziindaba nemiceli mngeni yobomi. Ukusetyenziswa kwezindlela zamandulo zokuzinakekela xa sikwezi meko, kusinika amandla okumelana nobomi, sibe nokuphila impilo entle nezolileyo. Ezi zixhobo zeCapacitar zisetyenziswa xa siziva sityhafile, siphazamisekile emoyeni okanye siphantsi koxinzelelo. Zizixhobo zethu sonke ezi, nokuba sesidlule ezintlungwini, okanye sisakhathalele abo basezintlungwini nakuxinzelelo emoyeni mihla yonke. Owona mceli mngeni mkhulu kukwenza ezi zixhobo zibe yimpilo yethu nobomi bethu bemihla ngemihla, zibe yintonga yethu yokusimelela esithi siyisebenzise xa sihlalanga neentlungu, ukuphelelwa ngamandla, unxinzelelo nokuphazamiseka emoyeni. Yenza iikopi zeli phepha, unike nabanye abantu, uzenze ezi zinto ubandakanye nabanye .

Ezinye iinkcukacha neemfundiso zifumaneka kwimiqulu yethu nakule dilesi website www.capacitar.org.

UKUPHEFUMLA KAKHULU

Ukuphefumla kususiseko sobomi, sibizela ngaphakathi amandla amatsha ancedisana nokondla nokuphilisa umzimba, ingqondo kwanomphefumlo.. Xa siphefumla sikhupha uxinzelelo lwasemoyeni nobumdaka. Ukuphefumla, ngexesha loxinzelelo lwasemoyeni oluqokelele emzimbeni, yindlela ekhawulezayo yokunqanda ukugogeka komzimba. Ukuphefumla nzulu kaliqela ngexesha elinzima, kusenza sibenakho ukumelana nalo meko sijongene nayo. Ukuba sithi ukuphefumla sikubandakanye nemifanekiso yokukhanya okanye nendalo oku kunokusenza sizive sixolile, sizolile yaye sizinzile.

- **Ukuphefumla Kakhulu / Nzulu (Esuswini)** Hlala kakuhle ngendlela ekwenza uzive upholile uvale amehlo. Phefumla kakhulu / nzulu, zola, zinza, khupha/ gxotha zonke iinkohla neengcingane. Beka izandla zakho phezu kwesusu sakho, bizela umoya ngeempumlo, cinga ngomoya ozolileyo ungena usehla ngaphakathi emzimbeni wakho uzinza enzonzobileni yesisu sakho. Cinga ngesisu sakho sigcwele ngumoya, oku kwebhaloni. Wubambe ungawukhuphi okomzuzwana emveni koko uwukhuphe kancini ngomlomo, ngokungangxamiyo, Bizela isisu sakho, ukhuphe wonke omoya , ngaxesha linye gxotha zonke izinto iingcingane ezikubophileyo emoyeni. Phinda phinda ukuphefumla ngolu hlobo imizuzu embalwa. Ukuba iingcingane zimana zivela engqondweni yakho, mana uzikhulula kancinci kancinci., Uman' ubizela umoya omtsha enzulwini yesusu sakho.

- **Ukuphefumla indalo** Indalo ngunobangela omkhulu wempiliso nozinzo. Iinyawo zakho mazizinze phezu komhlaba, phefumla nzulu, cinga ngokungathi, iinyawo zakho zifana neegcambu zomthi, zingena kumathumbu omhlaba. Bizela amandla omhlaba angene kuwe ngaphakathi, khupha uxinzelelo, imbophelelo zomoya nentlungu.

INTSHUKUMO MZIMBA - TAYI TSHI (TAI CHI)



Ukugungqa - gungqa

Yima ngenyawo, ngxabalaza inyawo kanganga magxa akho ububanzi, izandla zisemacaleni. Phakamisa izithende ngokungakhawuleziyo kunye nezandla zakho zikhongozile, uzenyuse njalo de zinyuke kangangesifuba sakho. Ngoku guqula izandla uzithobe zehle ngaxeshanye nezithende zakho zithi zakufika phantsi uphakamise iinzwane. Phinda wenze njengakuqala unyuse izithendende nezandla ugungqa njalo njalo. Qhubeka ngokuzolileyo ugungqela phambili nangasemva ungayekanga ukuphefumla ngokunzulu. Ngalo lonke ixesha ugungqa, wayekelele amagxa, iingalo kunye neminwe. Kwenze oku ngobunono nangokuthozamileyo. Phefumla nzulu ucinga ngathi iinyawo zakho zimilile zatshona emhlabeni. Ngexesha usenyusa iizandla zakho zibone ngathi uzisa amandla aphilisayo ahimbululayo, nemfezeko, kumzimba nengqondo yakho. Le yintshukumo eluncedo kakhulu xa uphantsi konxunguphalo noxinzelelo.

Ukuhlamba ngokhanya

Beka inyawo lasekhohlo phambili, yenyusa phakamisa izandla phezulu zibe sentla kwentloko, ngoku ke zithobe zehle njengamanzi engxangxasi esehla phezu kwakho, ezisa ukukhanya kuwe. Mamela ubumnandi balamandla ekuhlambulula ekwafezekisa imo yakho. Phinda oku nakwelinye icala, beka inyawo lakho lasekunene phambili. Phefumlela ngaphakathi lamanzi okukukhanya, phefumlela phandle izinto ezikuhluphayo ephefumlweni. Mamela ukukhanya kukuhlambulula, kukucoca kukwenza mtsha. Oku kuluncedo kakhulu kubantu abaphantsi koxinzelelo okanye abasenezivubeko zemeko yonxunguphalo edlulileyo ebomini babo.



Ukuyeka okudlulileyo, nokwamkela okuzayo.



Beka inyawo lasekhohlo phambili, yekelela iintende cancinane uzijongise phambili buphantsi, Zibhekise phambili okungathi uyatyhala, ngeli xesha wenza oku gxotha izinto ezikuhluphayo emphefumlweni, uxinzelelo, izoyikiso kunye nezondo engaphakathi kuwe. Xa izandla zakho uzityhale ngokupheleleyo ziguqule ngobunene zenze isangqa, Buyisela izandla zakho ngokucuthayo esifubeni zikhongozile ubizela ngaphakathi umphefumlo woxolo nempiliso. Kuphinda phinde oku nangexesha inyawo lakho lasekunene lingaphambili. Xa ukhupha umphefumlo khuphela phandle zonke intlungu nemilo. Phefumlela ngaphakathi uxolo nempiliso.

Ukubhabha emoyeni

Beka unyawo lasekhohlo ngaphambili, isandla sasekhohlo masinyuswe phezulu, yibangathi uyaqubha okanye uyabhabha emoyeni. Xa usenza oku yekelela umzimba, khululeka, iingalo zibe khaphu-khaphu namagxa eyekelelwe. Kuphinda- phinde oku nakwinyawo lasekunene. Xa uqala ingalo yakho yasekunene yiphakamise phezulu. Bhabha ngokukhululekiyo emoyeni ugxotha zonke izinto ezikusindayo, ushiyeke ukhaphu khaphu, uphilile ukhululekile. Vumela intliziyo yakho yamkele impiliso namathuba amahle obomi. Le ntshukumo imphelela umqolo obuhlungu, amagxa abuhlungu nentloko ebuhlungu.



ULAWULO MVAKALELO NGOKUBAMBA IMINWE

Ukubamba umnwe nganye kuyindlela elula yokulawula imvakalelo. Imvakalelo noluvo zifana namaza obushushu ahamba hambayo emizimbeni yethu nasengqondweni zethu. Kunmwe ngamnye kukho uqhagamishelwano okanye amaza obushushu adibene namalungu omzimba kunye nemvakalelo zethu. Xa siziva sinemvakalelo engaphaya kolawulo lwethu, amaza obushushu akhe avaleleke angakwazi ukuhamba njengesiqhelo emzimbeni wethu, abangele ingqaqambo nokugokeka komzimba. Ngokuthi sibambe umnwe ngamnye siphefumla kakhulu, siyakube siziphilisa emzimbeni nasemoyeni.

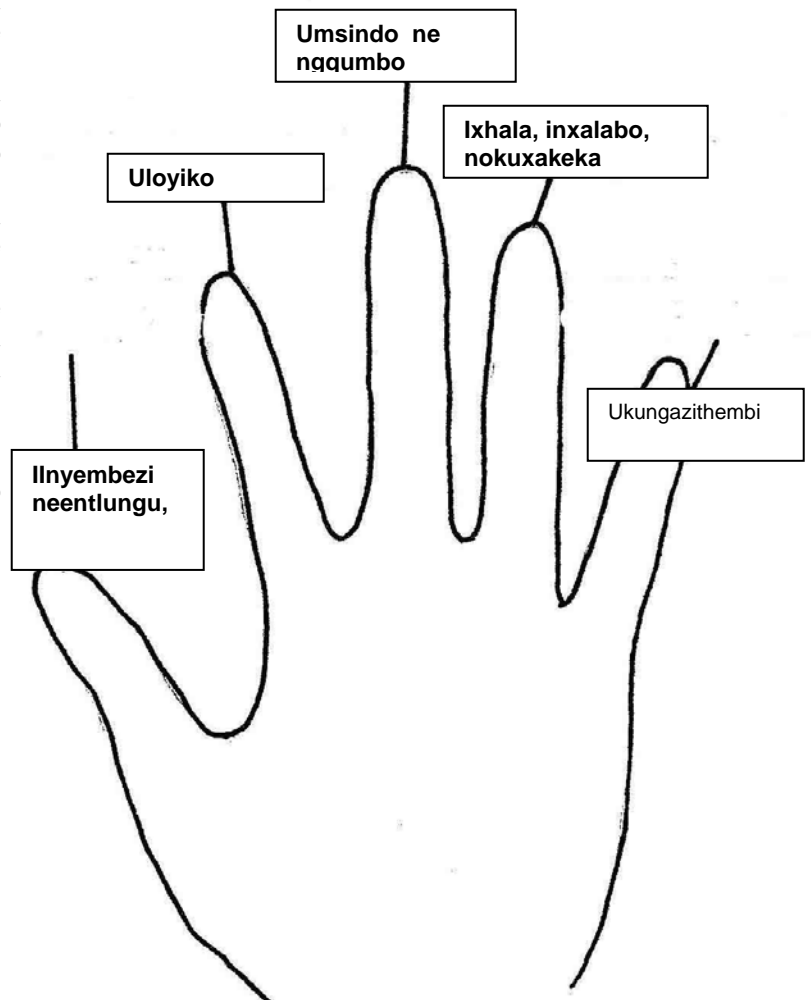
Ukubamba iminwe yethu kusisixhobo esinokuncedwa siso kubomi bethu bemihla ngemihla. Kwiimeko ezinzima ezingumceli mgeni, xa siphalaza iinyembezi, okanye sinomsindo, okanye sixhalabile, ukubamba iminwe yethu kuzisa uxolo, uzinzo nenzolo khonukuze sibe nakho ukucinga kakuhle nokumelana nalomeko. Oku sinakho ukukwenza naxa sizizolisa ngomculo, singakwenza oku naxa sizilungiselela ukulala, sizikhulula kwiingxaki esidibene nazo ebudeni bemini, sizinika uxolo emzimbeni nasemoyeni. Unmtu unakho ukwenza oku kuye okanye enze omnye umntu.



UKUBAMBA IMINWE:

Bamba umnwe nganye ngesinye isandla ixesha elingangange mizuzu eyi 2-5. Ungaqala nangesiphina isandla. Phefumla kakhulu; cinga ubone zonke izinto ezikuhluphayo ngaphakathi emphefumleni. Xa uphefumla ukhupha umoya yiba nomfanekiso ngqondweni kuphuma zonke ezo zinto emphefumleni wakho nga lomnye uwubambileyo zibuyela emhlabeni. Phefumlela ngaphakathi ubumnandi, amandla kunye nempiliso. Phefumlela ngaphandle ungangxamanga konke okuthe kwakuhlupha nengxaki obenazo.

Ngamanye amaxesha xa ubambe umnwe uye uve ukubetha kwamaza amandla. Oku kwenzeka xa imvakalelo yakho izinza kakuhle.. Unakho ukubamba iminwe yomntu onomsindo okanye ongaxolanga. Ukubamba iminwe kunceda kakhulu nasebantwaneni xa belila okanye behlupha, oku kungenziwa nakubantu abanoloyiko, abaxhalabileyo, abagulayo nababhubhayo.



UKUKHULULWA KWE MVAKALELO - NGOHLOBO LWE (EFT)

Le nto kuthiwa yi Emotional Freedom Technique, ngokufutshane (EFT), yavezwa ngumfo ongu Gary Flint, Ph.D., I EFT yindlela encedayo kakhulu ekukhululeni nasekuphilisweni kwemvakalelo enzima nebuhlungu, uloyiko, amaxhala, umsindo, iinkumbulo zonxinelelo emoyeni, ukucalulwa nobukhoboka basemoyeni. I EFT ikwanceda nasekuphiliseni iintlungu zomzimba; intloko ebuhlungu nezinye iingqaqambo zomzimba. Oluhlobo lwe EFT luhambisana nendlela yonyango yaseMpuma, Isekelwe phezu kolwazi olumayela namaza amandla akhoyo kwimizimba yethu, engqondweni nasemoyeni wethu. Iingxaki, unxinelelo, unxunguphalo, neentlungu zibangela ukuthinteleka kwalwa maza amandla emzimbeni. Ukuchwetha ngeminwe kwindawo ezithile eziqhagamishelana namaza amandla kunceda ekuvuleni ezo ndawo zivalekileyo, ngalo ndlela sinyusa izinga lokuhamba kwa lamaza kwakhona emzimbeni, engqondweni nasemoyeni.



(Kwamkelwe oku ngemvume f Gary Flint, Ph.D. *Emotional Freedom Technique.*)

Ukwenziwa kwe – EFT (UKUKHULULWA KWEMVAKALELO)

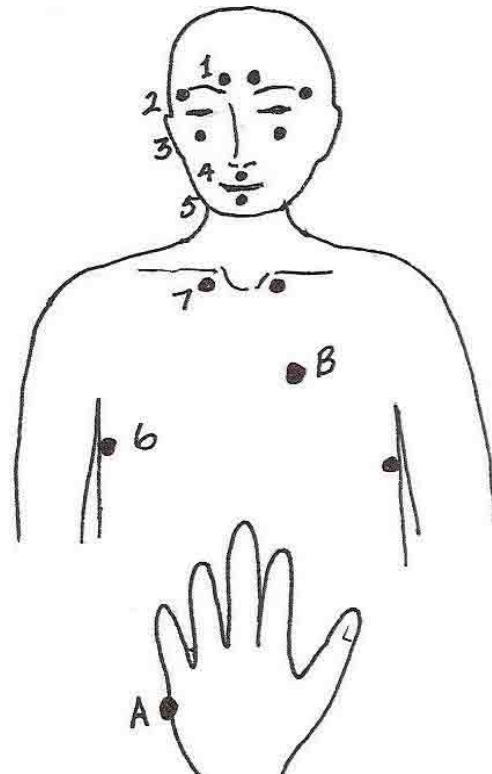
1.Cinga ngento onokuthi usebenze yona. Ingaba ikuxhalabisa kangakananina?:

Khetha ingxaki nokuba inye, mhlawumbi ixhala, ukucekiswa, inxalabo, ingcingane ebanga unxinelelo okanye into ekudakumbisayo.. sebenzisa amanqaku 0—10, ukulinganisa indlela oziva ngayo xa ucinga ngaloo nto ikuhluphayo. (0 uthetha ukuthi ayikuhluphi, 10 uthetha ukuthi ikuhlupha kakhulu). Ukuba kunzima ukusebenzisa amanani sebenzisa le migangatho ilandelayo: (Ayindihluphi, indihlupha kancinci, indihlupha nje, indihlupha kakhulu) .

2. Chwetha ngoluhlobo lulandelelanayo kwezindawo zilandelayo kasi 7-9

Phefumla kakhulu, nzulu, chweta kayi 7 ukuya 9 ngeminwe emibini idibene (owokukhomba nophakathi omde):

- Phezulu apho amashiya aqala khona 1
- Emacaleni ekupheleni kwamashiya 2
- Kwithambo kanye ezantsi kwamehlo 3
- Ezantsi kwempumlo phezu komlebe 4
- Ezantsi komlomo phezu kwesilevu 5
- Phantsi kwamakhwapha iminwe 4 ukuhla 6
- Esifubeni ezantsi kwentamo 7



usithi

onalo

3. Chwetha indawo ephawulwe ngo A esandleni uthi:

Chwetha indawo ekhululayo ephawulwe ngo A ecalaleni lesandla kathathu:

“Nangona ndinale ngxaki akukho nto ndiyaphila. Yaye ndiyayamkela”

(La mazwi angatshitshwa ngokufanele imeko ekusetyenzwa phantsi kwayo.)

4. Phinda- phinda oku ngokwale ndlela ingentla #2 & #3

Kuphinde oku ngale ndlela ingentla ude uqaphele ukuba uxinezelelo lwehlile.



5. Hlikihla apha esifubeni kule ndawo iphawulwe B:

Entla kwebele lasekhohlo.

Hlikihla okanye cinezela le ndawo ivakakala ibuhlungu xa uyicinezela kwicala lasekhohlo apha esifubeni. Yiminwe emithathu ezantsi kwethambo lekhohlo. Khakhona yiminwe emithathu ecaleni kwencum..

UKUBEKANA IIZANDLA

Le yindibanisela yeendlela zokubekana iizandla ngenjongo yokudlulisa amaza amandla esinawo kwiziqu zethu. Oku sinakho ukuzenza thina ngokwethu okanye sikwenze komnye umntu ophethwe lungxunguphalo , iintlungu zomphefumlo, iingqaqambo zomzimba, iinzingo, ophethwe ngumsindo, uloyiko efuna ukuzola nokuphumla emoyeni. Amaza amandla asezandleni zethu anika uxolo, ulonwabo impiliso yomzimba, ingqondo nomphefumlo kulowo wenziwayo okanye kulowo uzibambayo. . Xa oku sikwenza kuthi okanye komnye kugcina engqondweni nasentliziyweni inzolo , ukukhanya nokuphola. Ukubekana iizandla kungenziwa imizuzu embalwa, kufuneka oku kukhatshwe kukuphefumla ngenzolo nangobunzulu. oku kuyakumkhulula lowo wenziwayo. Isandla kufuneka sibekwe ngobunono nangendlela ethambileyo, Xa umntu engafuni ukubanjwa ngenxa yengqaqambo zomzimba, okanye ngenxa yokuxhatshazwa. Kule meko nokuba asifikanga emzimbeni singamiswa kufutshane nalondawo ifanelwe ukubanjwa. Cela imvume kulowo uzakumbeka izandla phambi kokuba umenze..



Halo Hold



Ukubamba Entloko

Beka isandla ebonzi ngokuthambileyo esinye sibambe ngemva ezantsi kokhakayi ekhosi. Amaza amandla ezandla xa sibambe ngolu hlobo aqhagamishelana necandelo lengqondo elijongene neengcingane kunye nemvakalelo..

Ukubamba Isithsaba

Oobhontsi besandla bobabini babeke phezu kwentloko engqondweni. Iminwe yezandla zozibini inqumleze ebonzi. Oku makukhatshwe kukuphefumla okuzolileyo ngawo onke amaxesha kusetyenzwa umzimba ukuze kuzise uzinzo kulowo wenziwayo



Ukubamba eqxalabeni

Beka, zinzisa iizandla ngobunono phezu kwamagxa. Le yindawo enokwenza neenxalabo, nemithwalo yomphefumlo kobu bomi sikubo.

Ukubamba Entliziyweni

Isandla masibambe ngobunono phezu kwencumu esifubeni emantla. Esinye isandla masibambe ngobunono amantla omhlana emva kwentliziyo. Le ndawo yentliziyo kulapho kuhlala khona iintlungu zomphefumlo, izivubeko zomphefumlo, iinyembezi nokuzisola. Phefumla njalo njalo ubona engqondweni kuphuma zonke ezizinto emzimbeni wakho. Unakho ukukwenza oku ungadanga wambamba emzimbeni ngenxa yokumhloniphana..

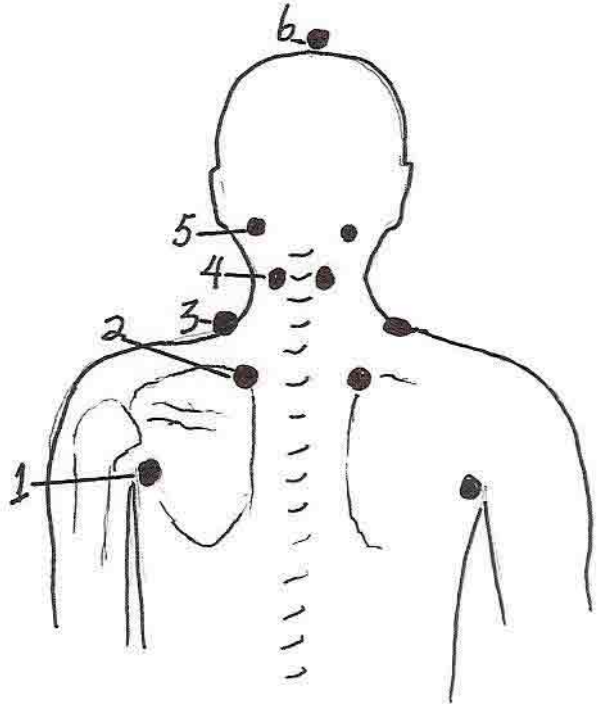


Ukuqgibezela, Wasule ngobunono amaza amandla akho uvuthulule izandla zakho. Bamba iincamu zenyawo zalowo wenziwayo ukuze abenokuzinza..

UKUKHULULA INTAMO NAMAGXA ABOPHEKILEYO

Ukucofa –cofa ngolu hlobo kuphelisa iintlungu, ukugokeka nokumfixana komhlana, amagxa, intamo, nentloko. Unxunguphalo noxinzelelo ludala ukuba amaza amandla esiqu sethu avaleleke emagxeni, entanyeni nasentloko. Amaza amandla amaninzi esiqu anqumla kanye kule ndawo amaxesha amaninzi. Okukuvalleka kubanga ifanela ebangela ukugokeka kubanye abantu. Umntu angazenza yena ngokwakhe okanye enze omnye umntu, ehleli phantsi, okanye engqengqe ngomhlana ubuso bujonge phezulu. Oku kungaluncedo kakhulu kumntu ongakwaziyo ukulala ebusuku ngenxa yenxalabo. Xa ukwenza oku komnye umntu qiniseka ukuba umzimba wakho ubhekele ngokwaneleyo kuye. Ukuba amaza akhe uyaweve egqobhozela kuwe wabone njengamaza adlulayo esiya emhlabeni. Chukumisa ngeencamu zeminwe egotywe kancinane ezi ndawo ziphawulwe ngo luhlobo (1-6) kangangomzuzu 1 ukuya 2. ude uve ukubetha kwamaza ngokucacileyo nangokomeleleyo. Ezi ndawo sicofa kuzo zidla ngokuba buhlungu kancinane. Xa usenza oku amaza amandla ayenyuka aphume entloko ngalo mzuzu wena uphefumla nzulu nangokuzolileyo. Xa ugqibezela cinga ngoku ngathi iinyawo zakho zimilile ezantsi emathunzini omhlaba. Oku kukwenza ukuba uzinze. Xa usenza omnye umntu ungabamba iincam zenyawo zakhe ukumzinzisa..

(Oku kuthatyathwe kumsebenzi ka Aminah Raheem kunye Iona Teegarden.)



Iindawo ezifanele ukucofwa

1. Cofa ngezantsi kwegxalaba apho kuhlngana khona umzimba nengalo kanga nge inch ukuya ecaleni.
2. Ngentla kwethambo legxalaba, apho ligoba khona. Kangange intshi ezimbini ukusuka kwithambo lomqolo.
3. Phezu kwegxalaba apho intamo iqala khona , phezu komxhadi.
4. Esidikidikini sentamo, kwintlanganisela yemisipha kumacala omabini ethambo lomqolo.
5. Kwizigingqi eziphantsi kwekhosi apho iphela khona intamo. Kumacala omabini ekhosi.
6. Esithsabeni, phezu kwengqondo ,entloko.

Xa ugqibezela:

Gqibezela ngokubamba iincamu zeenyawo. Ukuba ubuzenza wena ngokwakho cinga ngathi iinyawo zakho zimilile enzulwini yomhlaba. Oku kuyakuzisa uzinzo kuni. Kwenze oku ungayekanga ukuphefumla nzulu, uyakuziva uxolille, wonwabile emzimbeni engqondweni nasemoyeni.

INDAWO ONGAZICOFAYO XA UNENGAQAMBO KUNYE NONXUNGUPHALO

Uxinzelelo

Ezi ndawo uzicofa xa uziva uphantsi koxinzelelo nokusindeka emoyeni. Zibuyisela kuwe ukuzola nokuphumla..



Isithsaba entloko

Cofa entloko ngobunono phezu kwengqondo. Kukho iindawo ezintathu apho.

Ebunzi phakathi kwamashiya

Ngeentupha zeminwe cofa phakathi kwamashiya apho iqala khona impumlo. Le ndawo ibuthathaka cofa ngobunono..

Ekhosi ezantsi kokhakhayi.

Dibanisa iminwe ngolu hlobo, beka izandla ekhosi, cofa ngoobhontsi bobabini ezingqini kumacala omabini entloko apho kuhlanguka imisipha nokhakhayi.



Inxalabo , Intlekele & Nokuziva osoyiswa

Indawo esecaleni kwesihlahla

Cofa ecaleni kwisihlahla sakho, esigingqini apho kudibana umsipha nethambo malunga nocikicane.

Indawo ephezu kwamagxa

Ngentupha zeminwe cinezela ngazo zozibini izandla phezu kwamagxa. Unakho ukuzisonga iingalo ukuba kuko oko okulula oko kuwe..

Indawo ebuhlungu

Fumana le ndawo ibihlungu kwicala lasekhohlo esifubeni sakho mayela ne intshi 2-3 kwincumu mayela ne intshi ezi 2 ezantsi kwentamo

Ukufeyinta, Intlekele & Noxinzelelo lwegazi

Unokuzenza okanye wenze omnye umntu xa efeyinta okanye ekwintlekele..

Indawo ephantsi kwempumlo

Ngentupha yomnwe wokukhomba okanye ngenqindi cofa kulendawo izezantsi kwempumlo phezu kwenyeke.

Ukungakwazi ukulala

Indawo esebunzi kunye nencumu

Cofa ngaxeshanye phakathi ebunzi nasencumini esifubeni.



UKUNGWELERHEKA EMOYENI NOKUTSALELA EKUZIPHILISENI

Zininzi indlela ezintsha ezivezwayo zokunyanga uxinzelelo, unxunguphalo nokuphazamiseka emoyeni. Iincaphephe zonyango eziphanda ngomonakalo odalwa kukungwelerheka komzimba ziyavuma ukuba ingqondo yomntu yahlulwe kubini. Kukho icala elijongene neengcingane "cognitive" kunye necala elijongene nolawulo mvakalelo, nezenzo zomntu. "limbic or emotional". Ingqondo yemvakalelo "The emotional brain" ilawula kakhulu amalungu omzimba, intshukumo yawo kunye nempilo yawo. Unyango olaziwa njenge "Cognitive psychotherapy and medication" ludla ngokusetyenziswa ekuzinziseni nasekunyangeni abantu abangwelerhekileyo emoyeni, kodwa kumaxesha amaninzi oku akwanele yaye kungahambisani nezithethe ezininzi. Incwadi ethi "The Instinct to Heal" (ukufuna ukuphila), ka David Servan-Schreiber, M.D. (2004), ithi imvakalelo enzakeleyo isiphumo sokungasebenzi kakuhle kwengqondo yemvakalelo... .Into yokuqala efanele ukwenziwa xakunyangwa imvakalelo eyonzakeleyo kukuyenza ukuba yamkele okwenzekayo ngoku endaweni yokuchitha ixesha ishukunyiswa zizinto ezidlulileyo.... Indlela esebenza kakuhle ezikhululayo kukusebenzisa iindlela zonyango ezisebenza umzimba ekuphiliseni ingqondo yemvalalelo, endweni yokusebenzisa iindlela ezixhomekeke ekuthetheni nasekucingeni ezinga qondakaliyo kwingqondo yemvakalelo. Ingqondo yemvakalelo inezinto zendalo ezilapha kuyo ezilungiselwe ukuziphilisa. "'an instinct to heal.'" Oku "kufuna ukuphila" kuyindalo, kukukwazi ukulungelanisa ubomi obuhle, ingqondo kunye nomoya..

Capacitar: Yindlela yoluntu yokufundisa ukunyangwa kwexwelerha zomoya

Xa usebenza nabangwelerhekileyo, I ndlela zonyango lweCapacitar's zivuselela zomeleze "okukufuna ukuphila" "instinct to heal". Ngenxa yamava ayo "iCapacitar" isebenzisa iindlela zoluntu ekufundiseni endaweni yokusebenza ngomntu ngamnye ngamnye. Kukubeka ezandleni zoluntu amacebo needlela zophiliso ezilula zamandulo abanakho uzisebenzisa phakathi kwabo ukuphelisa uxinzelelo, imvakalelo ukuze bakwazi ukujongana nobomi. Undoqo walendlela yonyango kukuba ngendalo "sifuna ukuphila" ngaphakathi kwethu. Ubulumko obungaphakathi kumalungu ethu omzimba busoloko busibuyisela ekufezekisweni kobobomi bethu. Ukuphila kwenzeka xa kuphuma amandla avalelekileyo ngaphakathi kuthi kunye naxa someleza uuhamba kwamaza amandla endalo emizimbeni yethu.. Ngokuhlaziywa kwalamaza amandla emizimbeni yethu umntu ubuyela ekuzinzeni naseku zoleni.

Ukuphila kwimeko ephilisayo

Ukuphila impilo ephilisayo kuyenye indlela eyahlukileyo yempilo endaweni yokuqwalasela iipmawo zengulo okanye ubume bengqondo okanye izifo zomzimba. Ngokungafaniyo nendlela yonyango yelizwe elugisayo okanye e nyangayo("fixing or curing"), Impilo entsona izindlela zamandulo eziphuma emandleni, kumandla omzimba ebomini, engqondweni kunye nakwimvakalelo. Ukuba amaza amandla omzimba aphuma ngokukhululekileyo nangokufanelekileyo emzimbeni, umntu uba sempilweni entle, kwimvakalelo entle, kwingqondo entle nakubomi obuzolileyo.

Ezindlela zophiliso ezifakwe kolu Ncedo Lokuqala Lwe Capacitar " Emergency Tool Kit" zivuselela impilo entle., zixhobisa ngeendlela zokunyanga amanxeba amandulo kunye nonkuvuselela amandla endalo akhoyo emntwini. Ezindlela sityenzisiwe ngmawakawaka abantu kumazwe ayi 26 ahlukeneyo ngezithethe. Zifumaneka zilincedo kakhulu kubantu abangwelerhekileyo emoyeni nakwabo bakhathalele abanye. Ezizixhobo zilungiselelwe ukuba sizenze ingxenye yobomi bethu bemihla ngemihla ukuze kube nokuvuleka ezondawo zivalekileyo kumaza amandla endalo kwanokomeleza nokwakha iziseko zamandla ethu endalo. Ukukwenza "iTai Chi", Ukucofa ngeminwe kunye nokuphefumla kunceda ukuphungula uxinzelelo oludla ngokubonakala ngentloko ebuhlungu, umzimba oqaqambayo, isisu esibuhlungu, urhudo, ukungakwazi ukulala, unxunguphalo nokudinwa. Kodwa akwa nelanga ukuphungula impawo zomzimba okanye zemvakalelo kuphela.. Impilo entle ithetha utshintsho kwindlela esenza ngayo izinto—ukusuka emntwini, ubudlelwane bakhe nabantu, nendalo ukuya kumaza amandla akhe endalo.

Indlela ungxwelerheko oluphenthe ngayo lungazisa inguqu nokukhula kubomi bethu. Amanxeba asemoyeni amandulo asinika amava okukwazi ukumelana nobomi. Sinakho ukufumana uzinzo nemfezeko, kubume bendalo yoluntu. Umntu ngamnye ephilile, ephilisa usapho lwakhe, abamelwane bake nelizwe liphela ezisa ubuntu nempilo entle

Si dibanisa ilizwe kunye nathi
Kunye nezinyanya zethu nazo zonke iziqu zethu ezisazakubakho
Ukuze kuziswe ubomi obutsha elizweni
Ukuze kudalwe abantu abanobuntu
Ukuze kubekho ubulungisa no xolo
Sibakhumbule abantwana bethu
Sikhumbule ukuba singobanina thina.
Simanyane kakhulu noxa sohlukahlukene
Nje ngezizwe nangokomelezana,
Ekuphilisweni kwelizwe nasekuhlaziyweni kobomi

—Capacitar Philosophy based on writings of the UN

Ukuba ufuna ulwazi ngakumbi mayela nee, manuals kunye CDs ezisetyenziswayo yiya kuledilesi : www.capacitar.org.

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