

Amul Hajat Muhim

Fi Zaman Ta Afkar:

Kitab Ta Asuwar



REJA NAFSI FIKU JABADA
ISTAKAL FOGO AKHLAG TAKI SALA ODA
ISTAKAL BE KUNU BE GELIBA KWES

Kitab ta arabi juba le nas min South Sudan.

HEALTHRIGHT

Amul Hajat Muhim

Fi Zaman Ta Afkar:

Kitab Ta Asuwar

Kitab ta arabi juba le nas min South Sudan.

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South Sudan. Amulu haja muhim fi zaman ta afkar: kitab ta asuwar (Kitab ta arabi juba le nas min South Sudan).

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Mugadima

Amulu haja al muhim fi zaman ta afkar fi kitab ta WHO ta geni aksen be halat abu saab. Kitab de, bi saidu kutu fi amaal hajat abu WHO deru keli amulu fi zaman ta afkar.

Fi hajat ketir abu gi jibu afkar al shedid, be afkar al saab le zol (masalan, mashakil ma nas al ita hibu, guat barau, kun mindun gurus, kuaf min mustakbal) mashakil fo mal shokol (masalan mashakil be nas al ita gi istakal be umon, shokol al gi shilu guwa wu zaman taki kulu) awu hajat abu jibu kuaf fi mustama (masalan, mashakil, ayan, mafi teriga ta amulu shokol al bi jibu gurus). Kitab de le ayi zol al indu kibiriati ta afkar bida min abuhat wu umahat wu be nas taanin al gi ayinu wara ta saha le nas al shakalin fi mushesfa al gi istakal fi mahalat al saab. Uwo fi le nas kulu al jere min shakila, wu wodoru hajat kulu al umon indu, wu nas al gi geni fi mujitama al gi gafiru wu indu salam. Iya zol al gi geni fi iya mahal bi agider indu kibiriati ta afkar al shedid.

Wori be hajat al ayinu hasil wu aburu fi mahalat barau barau, kitab de bi wori malumuat wu maharat ta saidu nas fi istakal akhsen be halat abu saab. Ze ma deru hajat abu gi jibu halat abu saab deru kede wonusu fogo, deru kaman kede saidu saha ta muk ta anas.

Anina mutakir itakun bi ligo kitab ta WHO de muhim, wu gali uwo gi saidu nas al gi agara be guwa taumon ta istakal be afksar.

Dévora Kestel

Director

Department of Mental Health and Substance Use

World Health Organization

(This version of *Doing What Matters in Times of Stress* is a field test version.

Please provide any feedback to: psych_interventions@who.int)

Acknowledgements

Doing What Matters in Times of Stress: An Illustrated Guide is a component of a WHO stress management course, Self-Help Plus (SH+)¹⁻² initiated by Mark van Ommeren (Mental Health Unit, Department of Mental Health and Substance Use, WHO) as part of the WHO Series on Low-Intensity Psychological Interventions.

Content creation

Inspired by his previous work,³ **Russ Harris** (Melbourne, Australia) created the content of SH+, including *Doing What Matters in Times of Stress: An Illustrated Guide*. This comprised both writing the text and making initial sketches to inform illustrations.

Project coordination and management

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1 World Health Organization. Self Help Plus (SH+): a group-based stress management course for adults. Geneva: WHO; 2021. <https://www.who.int/publications/i/item/9789240035119>

2 Tol WA, Leku MR, Lakin DP, Carswell K, Augustinavicius J, Adaku A, Au TM, Brown FL, Bryant RA, Garcia-Moreno C, Musci RJ, Ventevogel P, White RG, van Ommeren M. Guided self-help to reduce psychological distress in South Sudanese female refugees in Uganda: a cluster randomised trial. *The Lancet Global Health*. 2020 Feb;8(2):e254-e263.

3 Harris R, Aisbett B. *The Illustrated Happiness Trap*. Boston: Shambhala, 2013.

Book review (with affiliation at time of review)

Book reviewers included Mona Alqazzaz (WHO), Ebert Beate (Aschaffenburg, Germany), Cécile Bizouerne (Action Contre la Faim), Margriet Blaauw (War Trauma Foundation), Kate Cavanagh, (University of Sussex), Rachel Cohen (Geneva, Switzerland), Elizabeth De Castro (Children's Rights Resource Center), Manuel De Lara (WHO), Rabih El Chammay (Ministry of Public Health, Lebanon), Mohamed El Nawawi (Wintherthur, Switzerland), Boaz Feldman (Geneva, Switzerland), Kenneth Fung (UHN – Toronto Western Hospital), Anna Goloktionova (IMC), Brandon Gray (WHO), Elise Griede (War Child Holland), Jennifer Hall (WHO), Fahmy Hanna (WHO), Louise Hayes (Melbourne, Australia), Tiina Hokkanen (Fida International), Rebecca Horn (Queen Margaret University), Lynne Jones (Harvard School of Public Health), Mark Jordans, (Healthnet TPO), Dévora Kestel (WHO), Bianca King (Geneva, Switzerland), Nils Kolstrup (UiT The Arctic University of Norway), Aiysha Malik (WHO), Carmen Martinez (Médecins Sans Frontières), Ken Miller (War Child Holland), Mirjam Fagerheim Moiba (Njala University), Lynette Monteiro (University of Ottawa), Eva Murino (WHO), Sebastiana Da Gama Nkomo (WHO), Brian Ogallo (WHO), Patricia Omidian (Focusing International), Andrea Pereira (Geneva, Switzerland), Bhava Poudyal (Kathmandu, Nepal), Beatrice Pouliquen (Washington DC, USA), Megin Reijnders (WHO), Patricia Robinson (Mountainview Consulting Group), Shekhar Saxena (WHO), Alison Schafer (World Vision Australia), Pratap Sharan (All India Institute of Medical Sciences), Marian Schilperoord (UNHCR), Andrew Thomson (Car Gomm), Mikai and Hana van Ommeren (Divonne-les-Bains, France), Peter Ventevogel (UNHCR), Matthieu Villatte (Evidence-Based Practice Institute), Sarah Watts (WHO), Wietse Tol (HealthRight International's Peter C. Alderman Program), Nana Wiedemann (International Federation of Red Cross and Red Crescent Societies), Inka Weissbecker (International Medical Corps), Mike Wessells (Columbia University), Ross White (University of Glasgow), Eyad Yanes (WHO) and Diana Zandi (WHO), and all emergency-affected people in Syria, Turkey, Uganda and Ukraine who participated in adaptation and field-testing of the book and its images.

Testing (alphabetical)

The following organizations supported development of this book through field testing: HealthRight International's Peter C. Alderman Program (in collaboration with Ministry of Health Uganda, UNHCR, WHO Country Office in Uganda), International Medical Corps, Johns Hopkins Bloomberg School of Public Health, Médecins du Monde, the University of Verona and other members of the RE-DEFINE consortium, and the WHO Country Office in Syria. Acknowledgements of the contributions of colleagues involved in the testing of the SH+ course will be included in the publication of the course and articles describing its evaluation.

Funding (alphabetical)

European Commission; Research for Health in Humanitarian Crises (R2HC) Programme (managed by Elrha); United Nations Fund for Action Against Sexual Violence in Conflict; and the WHO Country Office in Syria.

Note on translation and adaptation of this guide

WHO will publish a translation of this work into Arabic, Chinese, French, Russian, and Spanish.

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<http://www.who.int/about/licensing> prior to starting an adaptation.

Kan ita indu kibiriati ta afkar abu shedid, ita ma barau.

Asade, fi nas ketir fi mujtam taki wu fi dunia abu kaman indu mushkilat ta afkar. ana bi saidu itakun asan alimu maharat al gi amulu al gi saidu ma afkar al shedid.

Ita bi ayinu ana fi ketir marat fi juzu ta kitab de, ze ana gi dersu ita ma maharat al ita deru de. Kede ita hibu momoria ta alimu amulu hajat al muhim fi zaman ta afkar.



KEIF ITA GI ISTAMIL AL KITAB

Kitab de indu kamsa juhz, iya juzu indu hajat judad. Del de fi sahil ahsan alimu wu bi agider istamilu fi zaman besit fi yom ta saidu ita ashan negesu afkar al shedid. Ita bi agider agara juzu wahid fi yom al besit wu silu zaman ta amulu temerinat wu istamil hajat abu ita alimu fi ayamat de. Awu ita bi agara al kitab wahid maharat wu istamil hajat al ita alimu, wu agara uwo taani mara, silu zaman ketir ta shukur telimat de, wu amulu temerinat ta hajat del. Amulu temerin wu istamil hajat del fi haya taki fi muhim ta negesu afkar. Ita bi agider agara kitab de fi Beit, fi zaman ta akudu raha fi mahal shokol, gubal ita ma mashi fi num, awu ayi zaman al ita bi agider silu zaman besit ta ayinu wara taki.

Kan ita ligo amulu temerin ma kifaya lek ta geni akhsen be afkar al shedid kalis, minfadlak kele ita asalu musaada min nas ta saha awu nas al gi wodi musaadat fi hela, awu nas al muamin fi mujtama taki.

Juzu 1

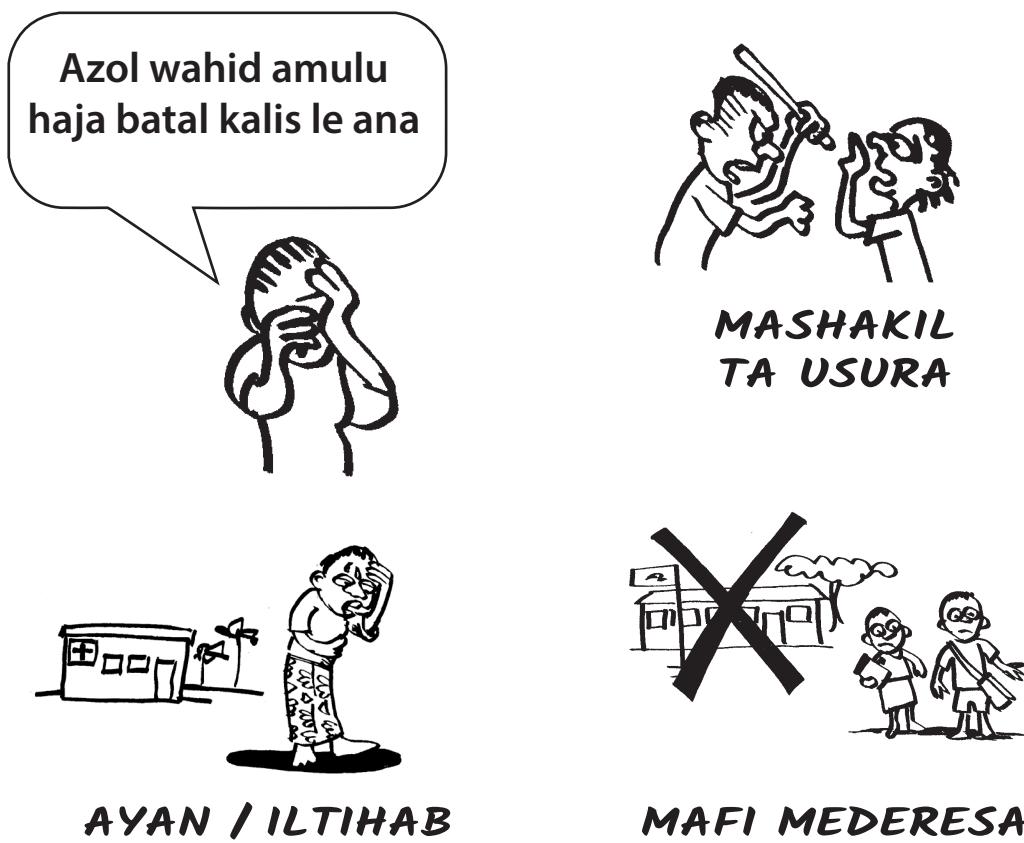
REJA NAFSI/MUKU KWES

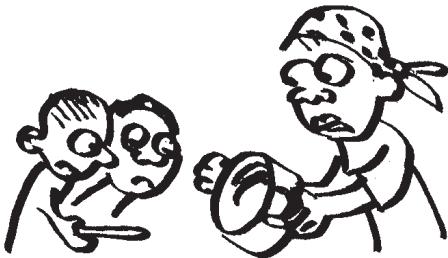


Alkitabu de bisa idu ita fi istakal ma mashakil.



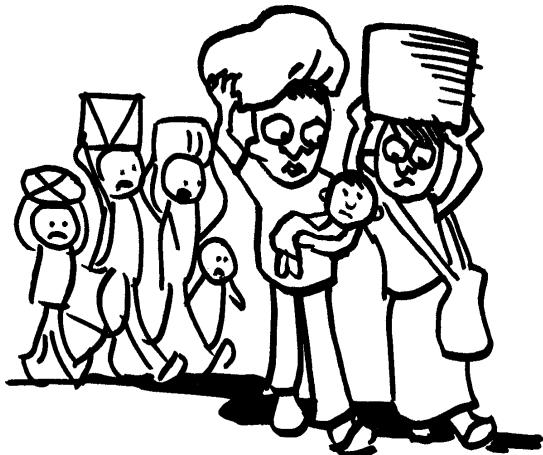
Fikira mumkin bi kunu be sabab kuaf kabir...





MAFI TERIGA TA
SAIDU USURA

MOTURUJU MIN BEIT



MASHAKIL



FI MUJITAMA
TAKI

...awu mushkilat besit

WONUSA TA KOREKORE
MA USURA

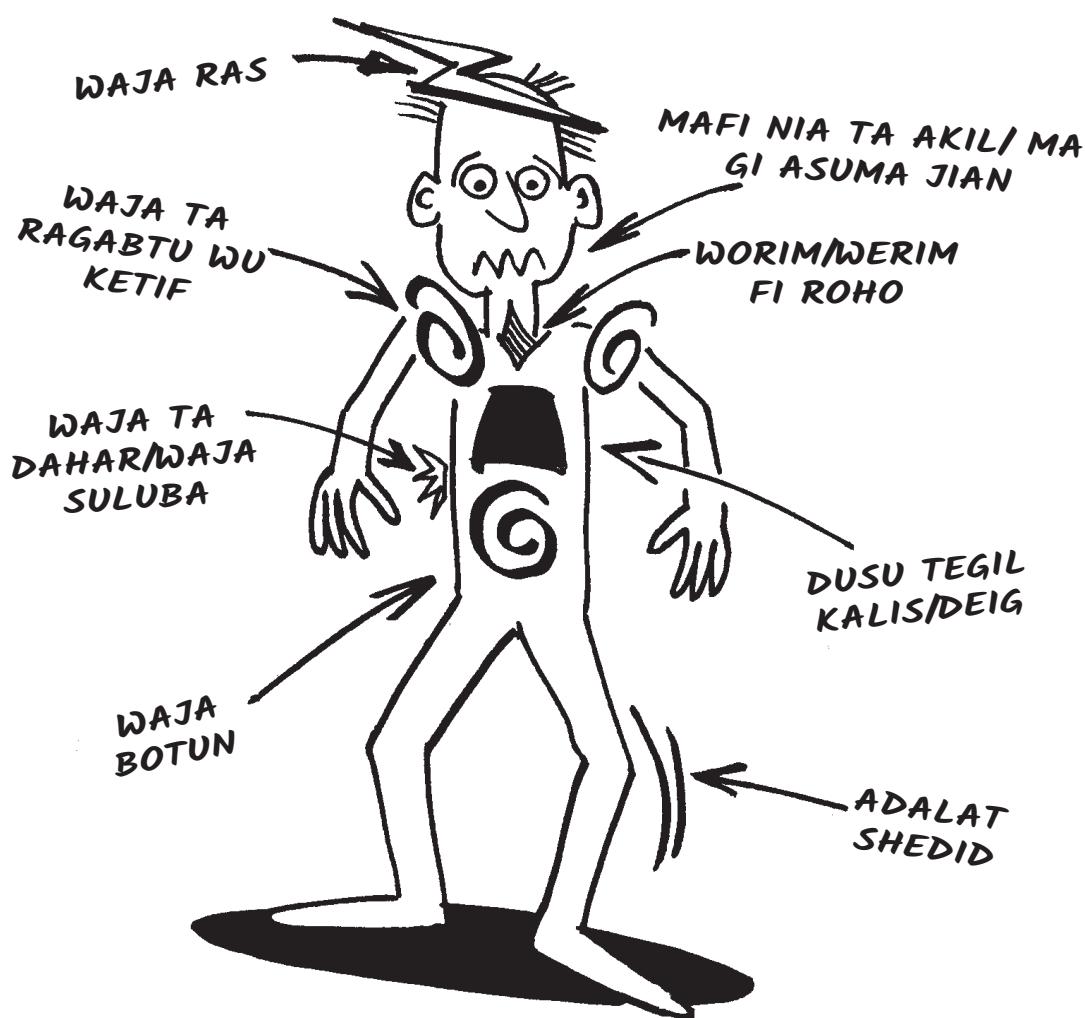
MAMORUF FOGO
MUSTAKBAL





Iya zol indu kibiriat
ta fekira shedid badu
maraat. Afkar al besit
ma bi kunu mushkila.

Lekin afkar al shedid khalis bi asir fi gisimu. Katir min anas
indahum ihsas ma kwes.



Anasi taanini bi ligò ayani ta gisim-gisim bi furufur,waja,iltihab, au mashakil fi musran

Kan umon gi fekir shedid, nas ketir...

..ma bi agidere
kutu baala



...bi zalan
guwam



...ma bi agudu
bi rahaa



...ma gi numu
murtah



...bi kun haznaan
au galatan



...galag/kuaf



...kore



...bi asuma
taban



...bi indu geru fi niya ta akil/ indu
ferik fi niya ta akil



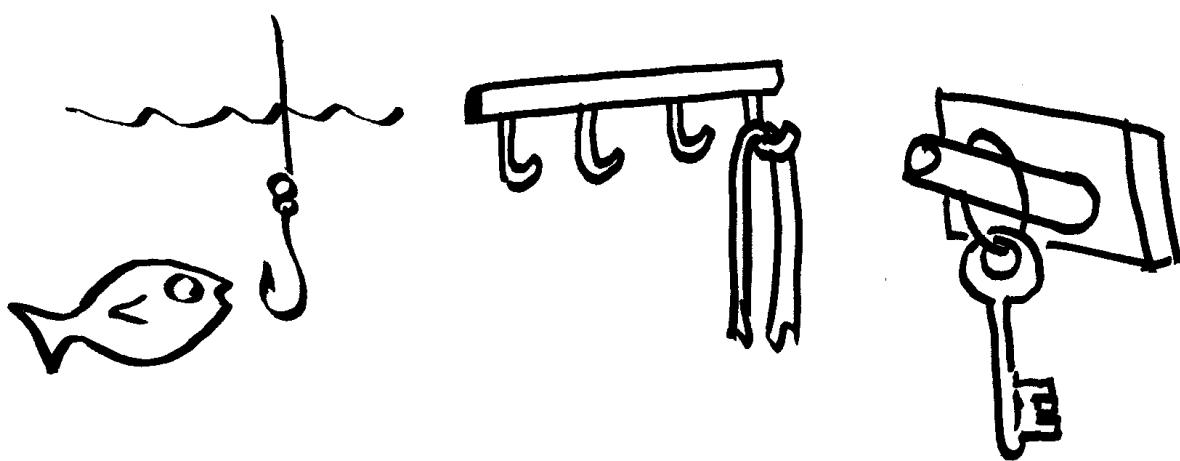
ketir mini ina gi fikir kalamat al batal mini zaman al faat
awu hajati albatali fi mustaqbal



Afkar wu shuur al goyi del fi juzu aadi ta fekira shedid. Lekini almashak-il mumkin be kun kani ina bikun marbutin/ma aligu umon.



Sunu maana ta ma aligu? Tayb/Tamum, fi sikil ta shok/ashuwak ketir.



**kani fi haja mualag fi shok, haja de ma
be talau. Shok da be gobudu uwo.**



**Be nafsi tariga,/fi teriga wahid
de,ina mumkin be kun ma aligu
be shok be fikira wu ihsas saab
tanina.**



**Fi wakiti taani ita mumkin bi geni
alabu maa iyaal...**



...wu zamani taani,
ita be kunu ma aligu be afkar wu shuur taki.



Wakit taani, ita be kunu fi rahat takulu...



... wakiti taani, ita be kunu ma aligu be afkar wu shuur ta zaalan. Ita mumkin bi asuma ze zalan gi juru ita boyid , salakun ita lisa fi inak.



Asa, fikira wa ihsas de
be "aligu" ina wu be juru
ina boeed min akhlag/
terebiya taa anina.

Akhlag de yau sunu?



**Akhlag/Terebiya umon yau niya taki ta
sikil ta zol al ita deru kun.**



Masalan/zee kani ita Yuma/
umma awu abu awu kan ita indu
musulia ta ayinu wara ta anas
taanin,,ita be deru kunu zol sikil
yatu?



- Mahaba
- Hakeem/negid
- Muntabih/be kutu bala
- Multazim
- Sabur
- Mosuul
- Al be geni beraha
- Muhtam/be ihtam
- Hami/be defa
- Shujaa/mushajaa



Fi zede teribya be
weri shikili taa azol ita
deru kunu; keif ita deru
amulu nafsi taki wu
anasi taanin ma duniya
gerib ma ita





Besi agara kitabu de maanatu ita kalasi ga ishtakalu be teribiya taki.. Ita ayinu kefini?

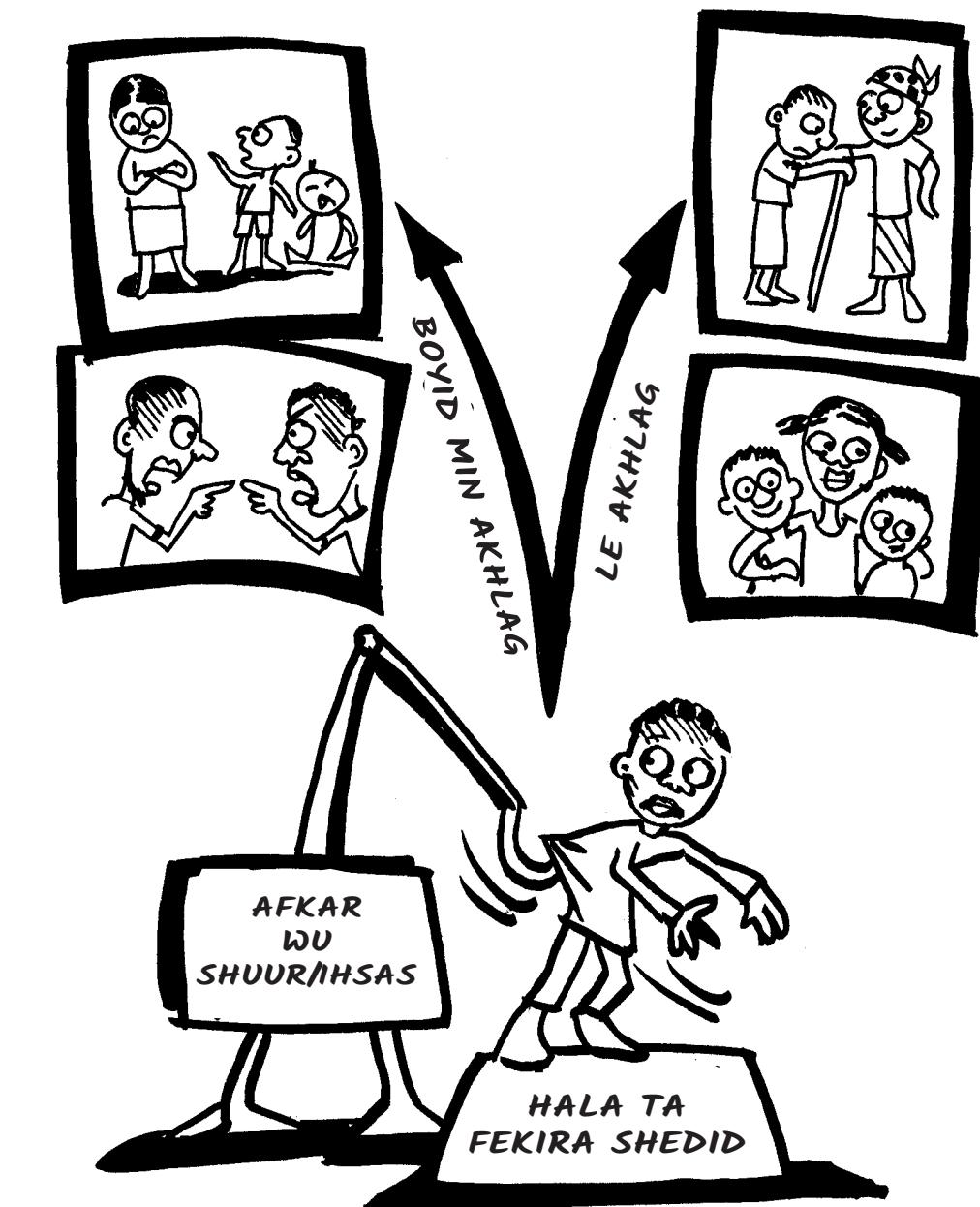
Ayi, ana gi agara kitab
de asan ana gi saidu
usura tai.

Ayi, ana gi ayinu fi
saha tayi.



Da kalam sah.Ashan kida
ita gi geni be akhlag
wahid al muhimu le nas
ketir:SAIDU NAS





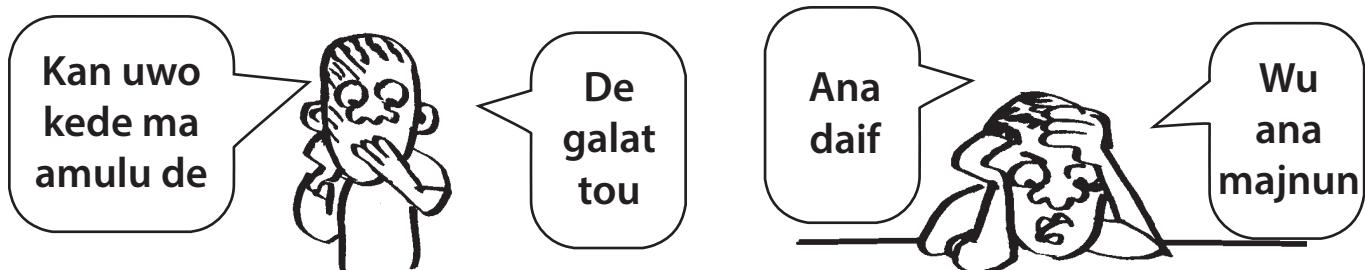
Fi halat ta afkar shadid,
fikira wu shuur saab be
aligu ina, wa be juru ina
mini teribiya ta ina.

Fi ashkal katir taa fikira wu ihsas al saab be aligu ina.Ze fikira ta sebu kalam ...



**Fekira al bi laumu awu galatu
nas taanin...**

Alhakum al batal fogo ina...



**Zekiryat hasatan fogo kalamat
batal al hasil fi zaman al faat**

**Fekira fogo mustakbal, hasatan
fogo hajat al ita gi kafu...**



Fekira ta kuaf fogo anas
taanin



Mumkin ina bi bada shakila,
galatu awu korekore.



**Awu mumkin ina bi juru ina wara
wu ina bi geni boyid min nas al
ina hibu.**



**Awu mumkin ina bi silu
zaman ketir ta numu fi serir.**



**Anina gi nadi arakat del
“BOYID MIN” asan kan anina
amulu de, ina bi juru BOYID
min akhlag tanina.**

Asede anina bi amulu susnu?

Kitab de inu ta
saidu ita!



Awel ita bi alimu
kutu bala, amumulu
musharaka wu wodi bala
taki aksen.

De bi saidu
ina kefin?

Wu ita gi gasid sunu
be "kutu bala" wu
musharaka"?



Kun ma sabur!
Ana bi wonusu
fogo.

Kan ina indu fekira
shedid, anina gi lig
uwo saab amulu
musharaka be haya.





Ana ma gi fahimu
sunu ita gi gasid be
“musharaka”



Amulu “mushasharaka” fi
haja gi gasid wodi le uwo
bala taki bil kamil.

Ita kan gi ashrub haja, sei ita
gi wodi le uwo bala taki bil
kamil? Sei ita gi sumu reha
wu hilu tou



Kan ita gi asuma muzika, sei
ita gi wodi le uwo bala taki nil
kamil? Sei ita gi asuma huwo
wu hibu uwo?





Kan ita wodi bala taki bil kamil
fi iya nashatat bil, anina gi
kelemu ita fi "musharaka" be hu



Walakin ita kan ma aligu
be fikira wa ihsas, bala
taki bi kunu boyid awu
ita bi kun hadir binusu.



ita kani wedi baala taki kamil
fi iya sokolo, ina be gul ita "GI
KUTU BAALA".

Wu lakin kani ita ma aligu be
fikira wa ihsas, ita ma gi kutu
baala. Wu kani ina be amulu
hajat be teriga al ma fogo
baala, ina daiman ma gi amulu
umoni kwesi, awu ma bi agider
hibu nashatat wu bi asuma ma
saban.





Fi zede, kani ita ba agidere alimu kunu moshgul maa kutu baala ketir, ita be istakalu fikira shadId be teriga kwesi.

Masalan, ita be ligo guat taki ma nasi taanin kwes.



Wa ita be agidere amulu shokol al muhim be teriga aksen.





Fi hinaak teriga katir ta alimu kutu bala fi haya, au kutu baala fi shokol al ita gi amulu.



Ita ba agidere amulu teriga de fi iya shokol al ita gi amulu. Masalan, kani ita ashurubu chai au gawa ...



...Kutu bala taki fogo bil kamil.Kede ita ayinu ashurubu taki de tamam ze ita lisa ma ligosharabu de. Ayinu lonu to kwesi.



Ita kede sumu reha too.



Ita kede ashurubu uwo BERAHA.



Ita kede sebu uwo fi lisani tak, asuma uwo fi sunun taki wu aburu hilu too



Ita kede
ashurubu uwo
beraha, ma aburu
hilu too, kamani
hari too.



Ita kede laizu
boroko/roh taki ze
ita ga abula.



Ita be lig
hilu too gi
kalasu mini
lisan taki,ze
ita ga abula
uwo.



Wu Ita kede
ashurub be nafsi
teriga: beraha,
kede ita gi asma
uwo wu aburu
kamani.



Wu Ita kani lig ita ma aligu fi
fikira wu ihsas....

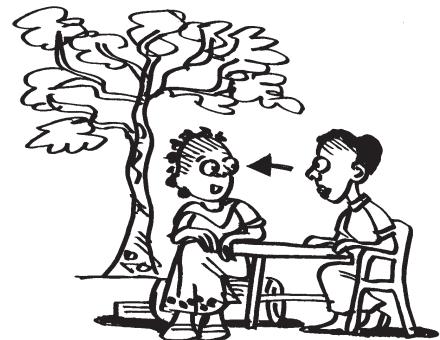


Ruan gidam wu amulu de asa.
Silu moyo, chai, awu gawa, wu rua
le katua ta aswar wu kelimat al fok
del.

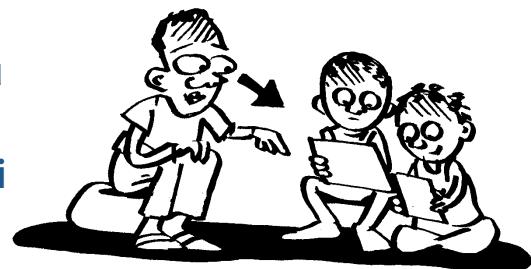


Tamam! Sunu yau
nashatat al ita bi
agider istamil ta
amulu temerin ta
kutu bal?

Ita mumkin be amulu fi wonasa maa usura au sauban taki. Kede ayinu anasi taanin gi kelemu sunu, sot ta umoni, ma wonasa ta usa. Ita kede wedi bali taki kamil.



Ita mumkin be amulu kalam de fi libu au kani ita gi amulu sokol ma yaal, ze alim umon giraya. Besi kede ita wedi bali taki bil kamil le yaal de wu libu de.



Ita mumkin be amulu de fi kasil, rakabu au amulu shokol .Besi wodi bala taki bil kamil le nashatat de.



Kani ita laizu ita ma aligu



Ina bi fiku minshok be
reja kutu bala fi haja al
ina gi amulu.



Tayib, ana bi
agider amulu de
kan fekria wu
ihsas tayi ma
shedid kalis.



Lakin fi zaman
taanin afkar
wu shuur tayi
wu gisat tayi
bes gi waja
shedit.

Ayi, fi zaman
taanin, umon
gi gelebu zol.
Umon gi geru
umon "ze awasif
atifiya"



"Awasif atifia" gi gasid gali ita
gi kunu ma kibiriati ta afkar wu
ahuur al goyi shedit. Umon fi goyi
kalis ze saga, wu umon bi agider
gelebu ita be teriga sahil.



Kan awasif
atifia beinu
anina gi alimu
"reja nafsi
tanina".

De
maana
tou sunu?



**Ita kede fekiri ze ita fi ras
sedera fi zaman al habub kobir
bada.**



Ita be deru geni fi rasu seder de?



**Ze ita fi sedere, ita fi mushikila
kobir!**



**Lazim ita kede nenzil tehet
guwam ze ma ita bi agider!**



Tehet seder de, Ita bi kun fi mahal al kuwes.



Teheti, mumkin ita be saadu anasi taanini.
Maslan, ita be agidere saadu anasi
taanini ze habub de gi faat.



Kani fi mahali kwesi ita be dusu ita fogo, ita ba agidere
kunu hinak baada ita nezili min seder



Fi zede anina
bi deru reja
nafsa tanina
kan mushkila
ze awasif inflia
beinu.



Keif?

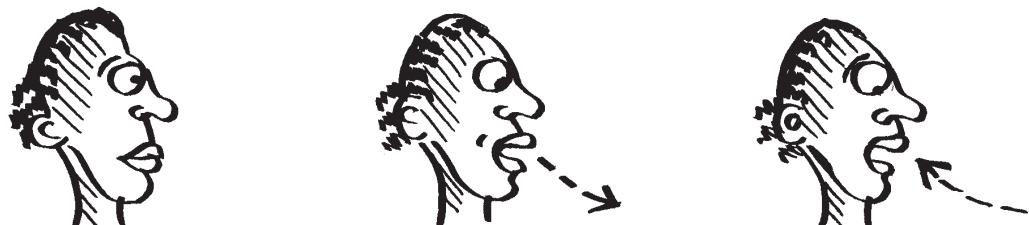


Mara taani, be istakal be
duniya al gerib min ita wu
ita kutu bali taki fi haja ali
ita ga amulu.

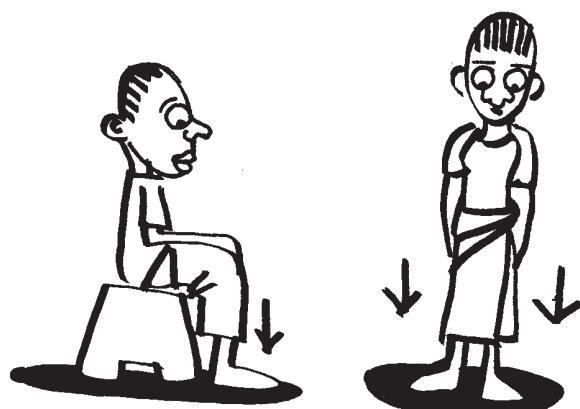


Khatua al awel yau Laizu
keif ita gi asuma wu haja al
ita gi fekir

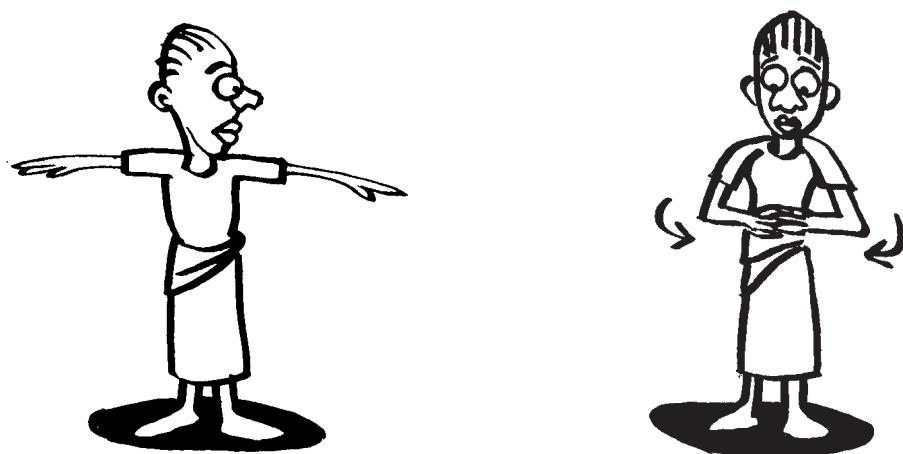
Taani, NENZIL TEHET wu LIMU be gisim taki. Kede ita akudu nafasi be raha. Fadi fasifasi taki kulu. wu kede umoni mala taani mara beraha ze ma ita bi agider.



Ita kede kutu kura taki gowi fi turab.



Braha Ita kede midu idein taki, au kede limu idein taki sawa.



**Khatua baada de ta reja
nafsi yau reja kutu bala
fi dunia abu jambu ita.
Sunu hajat al kamsa al ita
be ayinu?**



**Sunu hajati abu talata au
aruba al ita be agidere
asuma?**



**Juru lobu/akudu nafasi.
Ita be sumu sunu?**



**Kede ita ayinu mahali ali
ita fogo wu sunu ita gi
amulu.**



**Iemesu rukuba taki, au wata tehete ita, au ayi haja ita ba agidere
Iemesu. Ayinu ze ita bi asuma sunu fi eiden taki.**



Aside laizu ze fi fikra wu ihsas saab bi
beinu....



...kamani fi duniya
jambo ita ali ita ba
agidere ayinu wu
asuma wu lemesu wu
aburu wu sumu.

Wu Ita mumkin be agidere midu
eiden taki, ma kura taki wu kasuma
taki. Asa kani ita ba deru amulu, ita
bi agider geni be akhlag taki

Rua be khatua ta asuwar wu
ketif del ta amulu temerin ta
reja nafsi 1





Reja nafsi taki ma bi woduru
muskila taki. Uwo besi be kutu
ita fi hala kwesi lamani awasif
be faat.

Musikila taanin be geni ta zaman
towil.



Wu taanin be futu be guwam.



Hal ita gasid fiku min
shok wu reja nafsi ma
bi woduru afkar wu
shuur tai al saab de?

Sah!
De ma
gasid too



**Sababu ta fiku ita min mashakili wa amal ta
reja nafsi uwo ta saidu ita fi istakal fi haya.
Masalan, ta saidu ita wodi bala taki bil
kamil le usura wu sauban.**



**Uwo Kaman bi saidu ita fi rua le akhlag
taki; asan saidu ita asan geni ze zol abu
ita deru kun.**



**Wu ta siadu ita fi kutu bala taki le hajat
al ita gi amulu. Kan ita kutu bala wu
istakal bil kamil, ita bi agider ligo uwo gi
saidu tamam. De sa salakun ita gi amulu
nashatat al ita ma hibu amulu.**



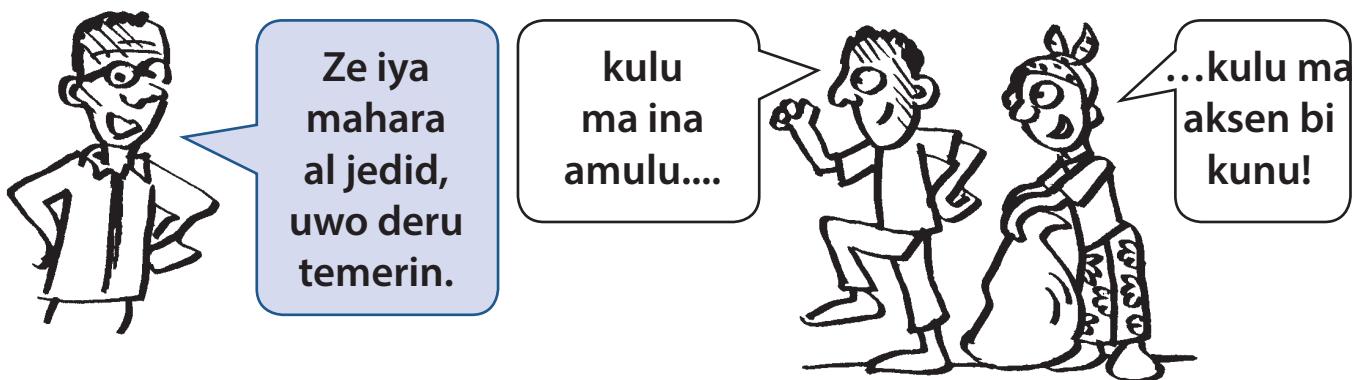
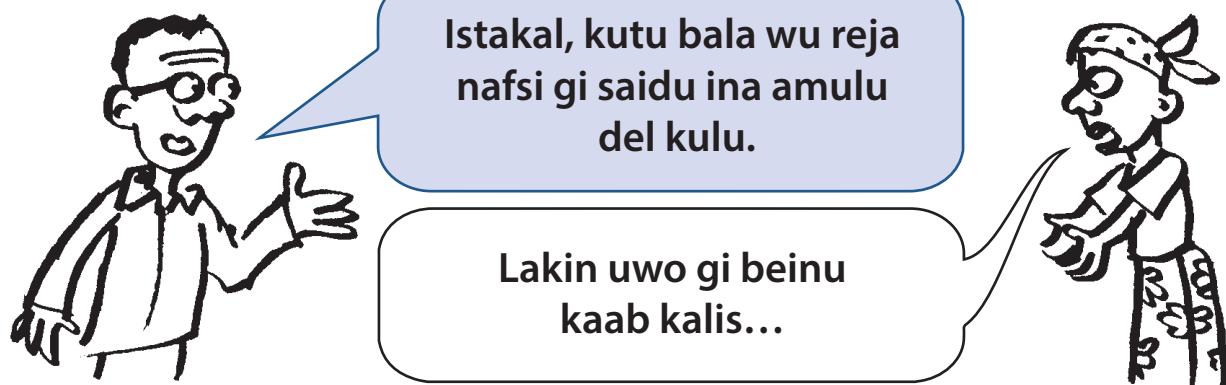
**Lakin ana fi
waja ketir. Sei
ana bi agider
tala min
zalan, kuaf
wu singa tai?**

**Suwal kwesi!
Anina bi jaa
fi de fi juzu
ta kitab de al
jai.**



**Lakin ta asa, besi rua kidam
ma amulu temerin ta
maharat jedid del. Wu zekir
gasid ta umon ma ta kalasu
zalan, kuaf, awu singa taki.**

Kan anina istakal fi haya, kutu
bala le nas taanin, kutu bala
fogo haja abu ina gi amulu wu
geni be akhlag tanina, anina
gi geni tamam aktar ma afkar
shedit.



Uwo fi ze ita ga abinu asabu/
adalat taki asan ita deru jere
guwam kalis awu arufa
hajati tegil, Adalat taki
bi tala semin.



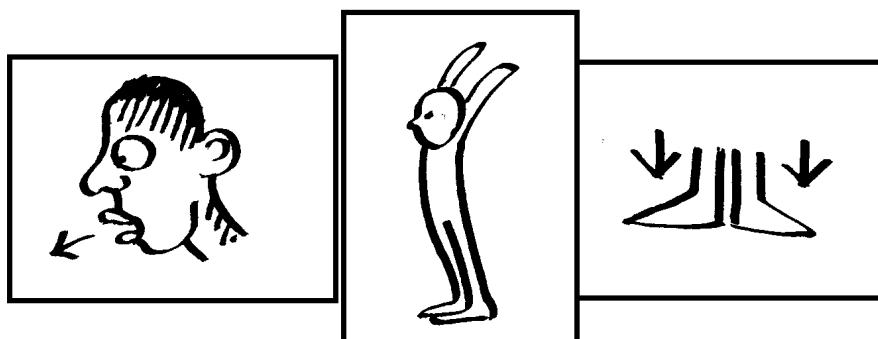


Fi teriga barau barau ketir ta
amulu temerinat ta maharat
istakal wu reja nafsi de. Ina be
amulu umon aside.

Ze ita be agara kitabu
de, rua ma katua. Mata
agara besi,lakin amulu
uwo!



Awel, LAIZU keif ita gi asuma wu sunu ita gi fekir. Aside, beraha, NENZIL
BERAHA wu LIMU be gisim taki. Beraha tala nafasi. Beraha midu ita.
Beraha lizu kura taki fi wata/tehet.



Aside REJA KUTU BALA fi dunia al jambak. Kutu bala be
hima fi hajat abu ita bi agider



AYINU



ASUMA



ABURU



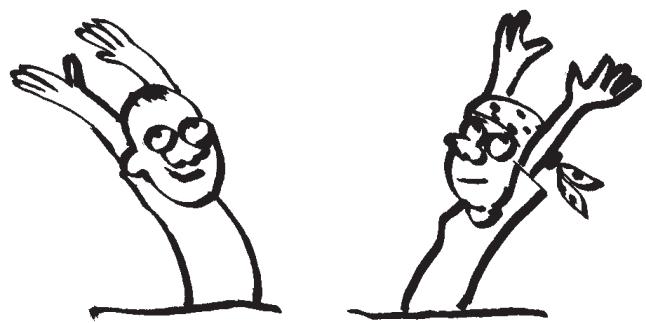
SUMU



LEMESU

**Asa midu gisim taki tamam.
Limu be dunia. Laizu weni ita,
ita fi ma munu wu ita gi amulu
susnu.**

**Rua be katua ta asuar wu
ketif del ta amulu temerin
ta reja nafsi 2.**



**Temerin de gi agider silu 30
thania. iya bi agider amulu
uwo ita zaman, wu fi iya
mahal.**



**De tamam.
Ana bi agider
amulu uwo fi
iya zaman.**

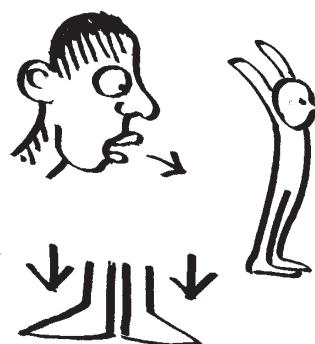
**Ayi, wu, Kulu
ma ana amulu,
kulu ma
aksen !**





Aside yau temerin ta reja
nafsi abu towil. Awel, Laizu
ita gi asuma keif wu ita gi
fekir sunu.

Taani,NENZIL BERAHA wu LIMU
be gisim taki.
Beraha tala
nafasi.Beraha
midu ita.
Beraha lizu
kura taki



Aside beraha akudu nafsi aktar.
Beraaha wu beraha, fadi fas fas
taki.



kutu lazim gali
gi akudu nafsi
beraha wu be
ihtram.

Ita kana kudu ziada awu
guwam guwam,de bi
agider kutu
ita asuma
kuaf,taban,
lifu ras awu
nafas bi kunu
suwiya.



Ze ita gi akudu
nafas, Kaman
amulu uwo
BERAHAWU be
IHTRAM.

Ita kani bl asuma lifu ras, awu ras
kefif, maanatu ita
gi juru nafas tegil,
be guwa awu
guwam.





Fi zede kan ita bada asuma lifu ras, awu ras kefif, awu deig fi dus, NENZIL akudu nafas taki. Tala nafas BERAHWA wu akudu nafas BERAHWA wu BERAHWA ze ma bi agider.(MATA akudu nafas tegil. De bi jibu lifu ras al aktar!)

Asede ayinu nafasi taki IHTIMAM- ze de mara ta awul abi ita gi ayinu fogo juru lobu.



Asede, tala nafasi beraha shaded. Baada fasifasi taki kun fadhi, kede ita idu talata gubal ita akudu nafasi mara taani. Kede fasifasi taki amula mara taani BERAHWA ZE MA BI AGIDER.



Ita ga alimu nafsi taki ta kunu mashgul wa kutu bala taki. Hal ita ba agidere kutu bala taki fogo nafasi taki?

Ze ita ga amulu de, fi ayi wekit, fikira wu shuur be aligu ita wu kaman be juru ita bara min temerin de.



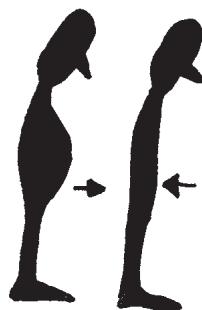
Baad ita be laizu ze de gi hasil
ma ita, kede ita REJA KUTU BALA
fogo nafasi taki. Wedi bala taki
bil kamil.



Lahiz harakat al beraha ta ketifu
taki.



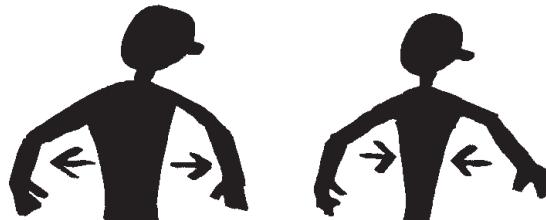
Lahizu ze batin taki midu le juu
wu bara.



Laizu habub ze uwo gi futu juu
wu bara min anafa taki.



Lahiz dusu taki gi midu le juu wu
bara..

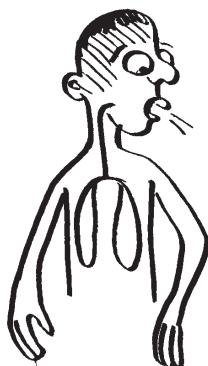


Mara taani, wu taani, wu taani,
ita be kunu ma aligu.



Ashan kida,
ita kani ligoo
de gi hasil....

...kutu bala fogo nafasi taki



Kaman ina
kede fiku
nafas tanina
mara 1000!



Da adil! Ita kede
reja kutu bala taki
fogo nafasi taki



Mara taani wu
taani, ita kede rija
bala taki le nafasi
taki. Lahiz uwo be
ihtimam.



Ina bi amulu de ta fatera yatu?



Ze iya mahara, ketir
ma ita kan amulu
temerin, uwo bi
kunu aksen.fi
zede....



Ita bi agider amulu
temerin abu guser ta
wahid awu itnein dagaig,
wu temerin abu towil ta
kamusa le ashara dagaig.

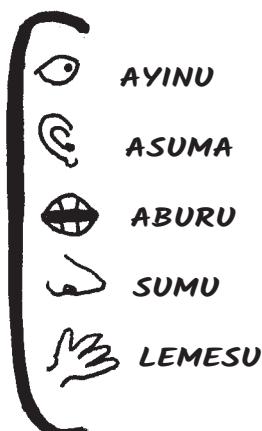


Ta kalasu temerin de, reja nafsi taki taani mara

NENZIL berah.
Berah taala nafasi. bara beraha
Midu ita berah lizu kura taki
tehet.



Taani REJA
KUTU BALA
wu istakal
ma duniya.
Kutu bala be
ihtimam fi
haja abu ita bi
agider...



Ayinu mahali ita fogo, munu fi jambu ita wu ita gi amulu sunu.

Ita bi agider amulu temerin ta Reja nafsi 3 aside be rua le katua ta asuar wu ketif del.

Ita kede akudu zaman ta be rudu gali iya zaman al ita amulu temerin de...



Ana gi geni be akhlak tai ta ayinu wara ...

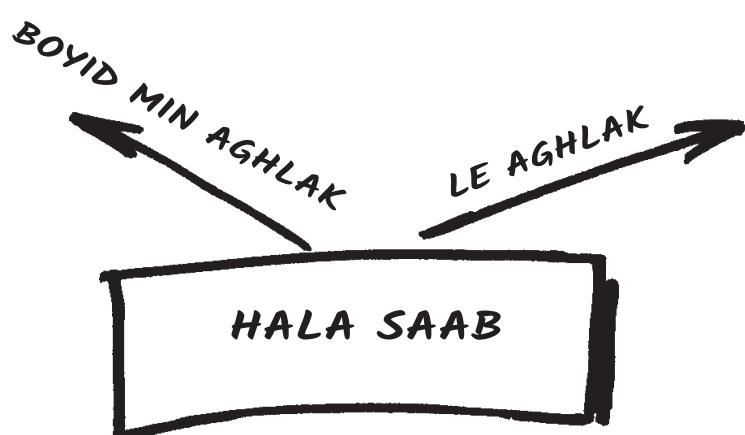
...saha tayi, taanin wu mujitama tayi.





De kalamu sah! Lianu maharat de be saadu ita lamani ita be istakal, kutu bala wa fiku ita min fikira wa ihsas al/abu saab...

...ashan ita be ruwa le akhlag taki.



Yaa fi zede, ita kede zakir, amulu temerin ta maharat de fi iya furusa abu ita ligo. Uwo bi agider saidu fi kutu kuta. Masalan, fekir fogo miten, wen wu kam maraat fi kulu yom ita bi amulu temerin ta reja nafsi .Ma lazim kede ita kutu mahal! Ita bi agider amulu iya zaman, fi iya mahal, salakun besi ta 1-2 dagaig. Besi, silu aksen wahid awu itnein yom ta amulu maharat al fi juzu de, gubal rua fi juzu al jai.

Fi akhir ta kitab de ita bi agider ligo keshif guser ta iya mahara, abu bi agider zekir ita ma nukta abu muhim.

Juzu 2

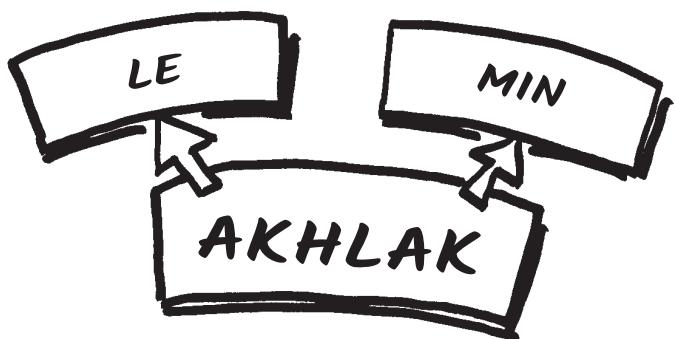
FIKU SHOK



Marhab. Ana fekir ita be kunu ita amulu temerin ta istakal fi haya ma kutu bala fi sokol wu reja nafsi taki fi zaman ta awasif.



Gibel, ita bi agider zekir, ina wonusu fogo juru "Le" wu "boyid min".



Kani ina kunu ma aligu be fikira wu shuur, ina be ruwa boyid min tarbiya/akhlag ta ina.



Ina mumkin be dakulu fi shakila, galatu awu korekore.



awu Au mumkin ina be juru ina wara mini anasi ina be hibu.



Au ina be geni zamani towil fi seriri.



**Fi zede, aleila ina be alimu
aktari fi fiku ina min fikra
wu shuur abu saab.**





Haya tayi biga
saab. Sei afkar wu
shuur tayi abu saab
bi rua.

De suwal kwes.
Uwo indu maana
kan ita deru kede
umon intah.



Lakin uwo muhim ta fekir

Sei ina bi agider aragu uwo ze
wasaka?



Sei ina bi agider kati umon fi
hufura?



Sei ina bi agider gofulu umon,
awu dusu umon boyid?



Sei ina
bi agider
jere awu
sebu umon
wara?



Silu zaman ta fekir fogo
kulu teriga abu ita jeribu ta
wasa afkar wu shuur del.



Ketir ta anas gi jeribu baad teriga del:

Korerat!



Jeribu ma ta fekir
fogo



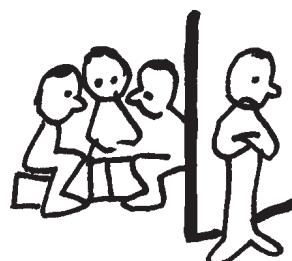
Juru boyid min nas,
mahalat awu haalat



Geni fi serir



Kunu baru



Sibu iya kalam



Merisa



Sijara



Dwayat abu batalin/
mukdarat



Bada galatu

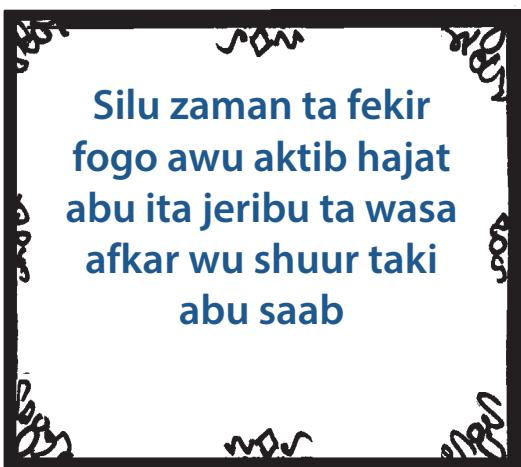


Lawum nefsa awu
gata hakum fi nefsa



Sunu taani abu ita
jeribu?

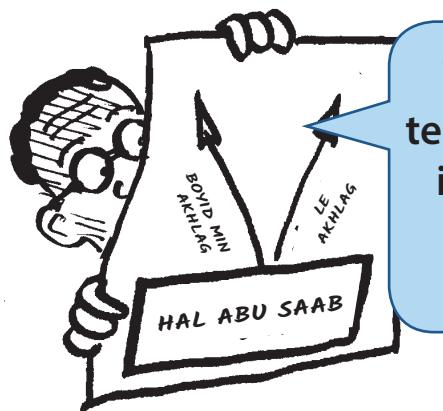




Taabon, ketir
ta teriga del gi
kutu afkar wu
shuur gi wasa.

Lakin ma
ta fatera
towil!

Umon
besi bi
reja wara!



Wu kam min
teriga del gi juru
ita boyid min
akhlak taki?

Ketir
min
umon!



Taabon, kan anina jeribu wasa
afkar wu shuur...



...Haya tanina
bi kunu batal
kalis!

Asa ita deru
alimu teriga
abu jedid?



Uwo teriga
jedid ta
istakal be
afkar wu
shuur abu
saab.



Min lizu umon bara...



Sibu sakila be umon



Wu kan ita
kunu ma
aligu be
umon...



Ina bi amulu
de keif?

.....fiku ita mara taani

Ana bi wori le itakun asa. Lakin awel
kede ina ligosunu afkar wu shuur
abu gi aligu ina?



Hal ita ma aligu be afkar wu shuur fogo...

Hajat batal al
hasil fi zaman
al faat

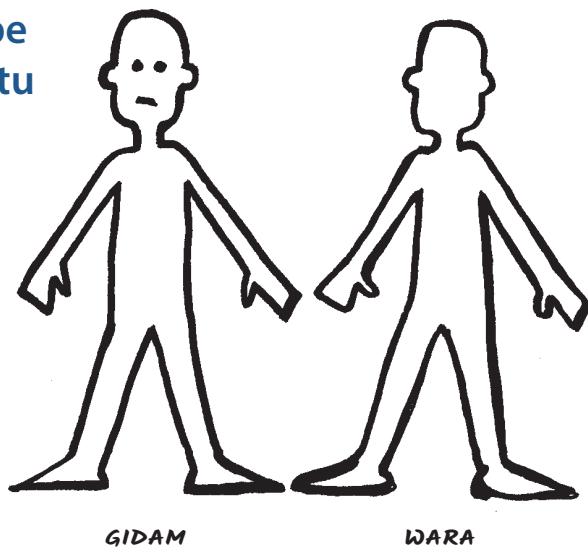
Kunu ma kwes- kunu
daif awu majnun
awu batal

Hajat abu batal
abu bi agider hasil
fi mustakbal

A large rectangular frame with a decorative border. Inside the frame are five horizontal lines spaced evenly apart, intended for the child to write their responses.

Aktib baad min
afkar abu gi
aligu ita:

Sei ita kunu ma aligu be
shuur ta gisim taki? Kutu
nukta fi mahalat abu
shuur de fogo:



Katuat itnein ta awul yau:



Awul ita kede LAIZU gali afkar wu shuur gobudu ita. Yau biga KUTU LE UWO ISIM.Ta kutu le uwo isim, ita bi gulu le nefsa taki beraha haja taani ze...







Asade kutu isim gi bada be gulu beraha
gali, "Inu yau afkar" awu "Inu yau shuur"

Lakin, kani ina zidu kalamu ze "Ana lahizu", ina be
ligo uwo gi fiku ina.



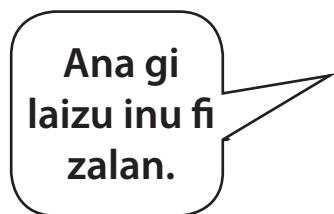
Ita kede jeribu
de asa wu ayinu
sunu bi hasil



Ana gi laizu inu fi
tegil fi dus tai

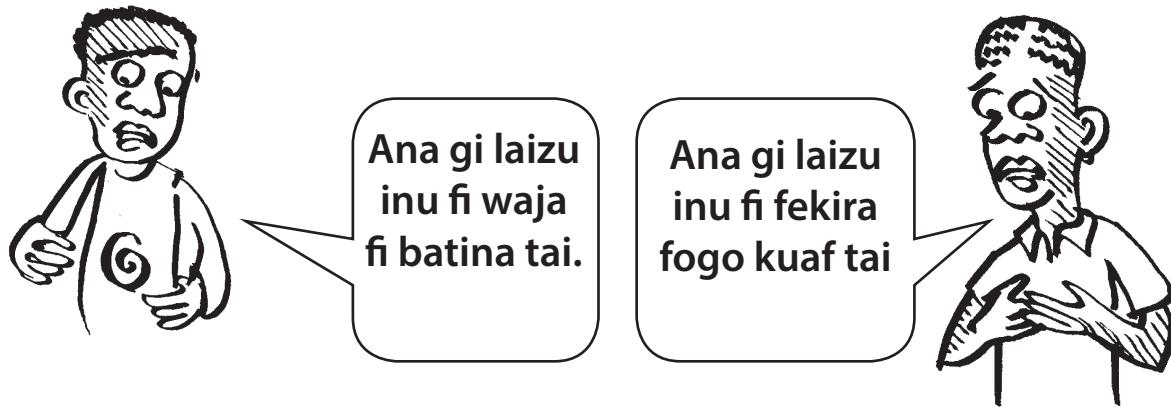


Ana gi laizu
inu fi fekira
abu gi waja.



Ana gi
laizu inu fi
zalan.





Wekit taani ita bi kunu
wonusu be sabi, indu niya
fi asuma kalam abu uwo gi
wonusu...



...wu fi wekit baad da, ita bi kun ma aligu



Beghafula, ita ma be kunu ga asuma saabi taki.



Ita lisa mumkin be wonusu ma saabi taki...



... lakin ita osulu ma mashgul fi wonasa de.

Ita ga asuma be nusu besi. Ita ma gaid wedi lehu bala taki bikamil. Mafi lee? Li anu ita ma aligu be fikira taki au ihsas taki.



Awul katua "fi fiku ita" uwo laizu ita ma aligu.
Katua ta itnein uwo ita KUTU ISIM Ta haja
abu aligu ita de. Ita bi gul le nefsa taki be sir
gali...

Ana laizu ana ma
aligu be afkar tai.

Inu fi fekira
saab.

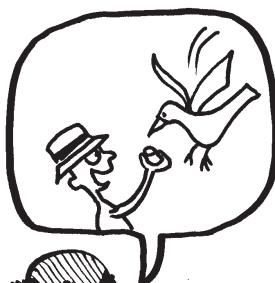
Ana gi laizu
tegil fi dus tai.



Katua baada uwo de KUTU BALI jedid fi haja abu ita ga amulu-salakuni
ita gi rakabu awu ita gi akulu au ita gi alabu, au ita fi ghasil, au ita fi
wonasa maa saabian taki- ita kunu MASHGUL bilkamil fi sokol de. WEDI
BALA TAKI BILKAMIL le ayyi zol ma ita wa kamani ayyi sokol ita gi amulu

Ana gi laizu waja
shedid fi roho tai.

AFKAR
WU
SHUUR





Mumkin ina ba agidere amulu nafsi haja kani
ina bekunu ma aligu wu ina agifu min kutu
bala fi haya.



Ana gi laizu shuur
ta zalan.

Wu salakun ana indu shuur ta zalan, ana iktar geni be
akhlak tai ta kun abu gi ayinu wara anas be kutu bala
wu istakal be usura tai.

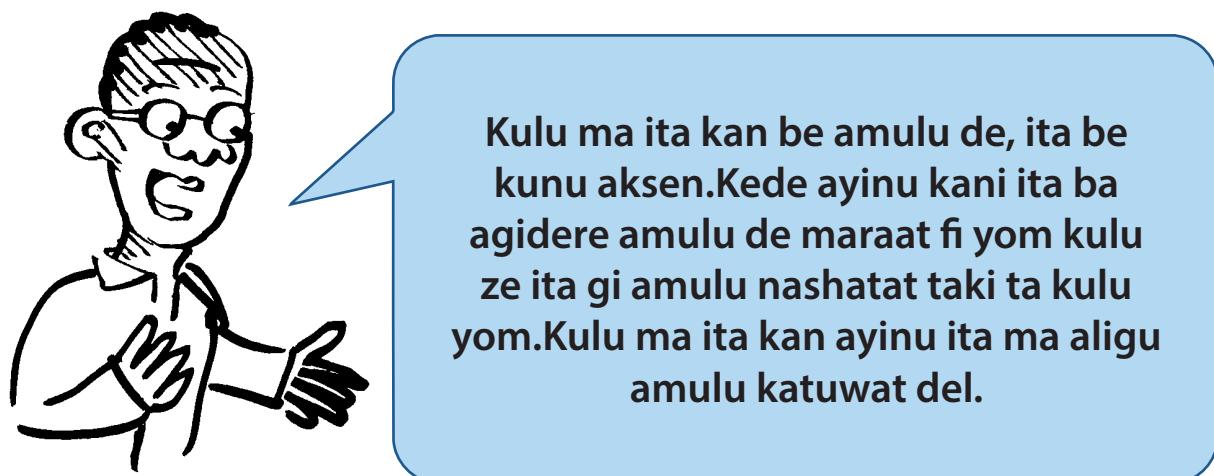




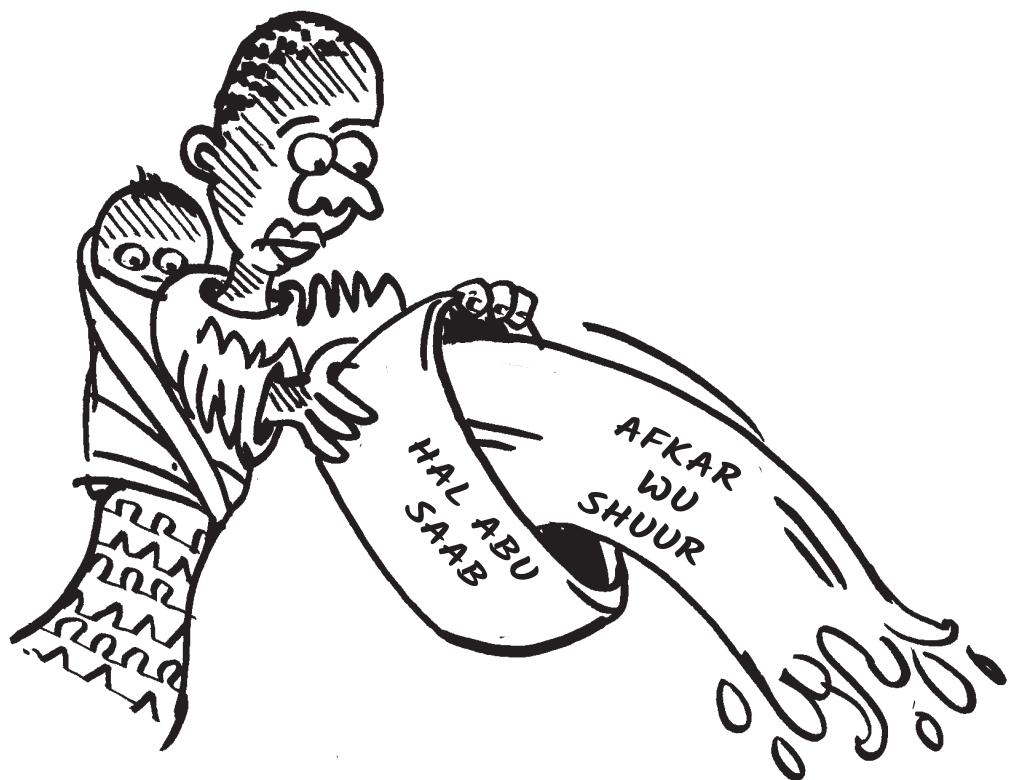
Wu lisa be fekira shedid de, Ana ikhtar
geni be akhlak tai ta kunu abu gi kutu
bala wu gi ayinu wara iyal tai.



Aside ta fiku min afkar wu shuur...



**Wu kede ita zakir de kalam aadi/tabi kani
afkar be beinu ina kani ma aligu.
De be kunu ma ayyi zol!**





Wu baad ina KUTU BALA wu KUTU ISIM to, ina bi REJA KUTU BALA fogo dunia abu jambu ina.

Ina bi ISTAKAL fi haya be laizu hajat abu ina bi agider...



Aside ita kalas indu
hajat al muhimu
itnein.

HAJA TA I REJA
NEFSA TAKI FI
ZAMAN TA "AWASIF
ATIFIA" LAIZU ITA
GI ASUMA KEIF.

NENZIL BERAH
WU LIMU BE GISIM
TAKI. REJA KUTU
BALA TAKI WU
ISTAKAL BE DUNIA
JAMBAK.



HJAT 2 FIKU
NEFSA MIN
AFKAR WU
SHUUR BE
LAIZU WU KUTU
ISIM YALA REJA
KUTU BALA FI
HAJA ABU ITA
GI AMULU.

Wu ina bi agider
amulu temrin ta
katuat del fi iya
zaman wu fi iya
mahal.



Tabaan, fi
nas abu gi
nesitu amulu
temerin.



Fi zede, kutu zamani al ita be amulu tamrin ta
maharat de. Masalan, fi seriri, awu gobul awu
baad akili.



Zekir fogo wekit, mahal awu
nashatat ta amulu temerin de
kulu zaman.

Kani ita gi regedu fi seriri bileil,
wu ita ma be agidere numu, kede
ita amulu temerin ta kunu beraha
wu limu be dunia al jambu ita. De
ma be agidere kutu ita kede numu
(salakun baad marat be kutu ita
kede numu), lakin de be saadu ita
fi raha.





Ita mumkin bi asuma taban...



Ita mumkin bi asuma singa awu zajan awu kuaf...





De besi ze alimu rutan al jedid.Gi silu temerin!



Ita kam bi agider kun ma aligu be afkar abu ma gi saidu



DE KALAM BELID!
DE MA INDU FAIDA!
DE MA BI SAIDU!
ANA MASHGUL!
MAFI NUKTA!
DE DAYA ZAMAN!
ANA MA BI AGIDER
AMULU UWO!

Asa besi kan ita laizu ita ma
aligu be shuur del...



Iya temerin suker abu ita gi
amulu bi jibu ferik.



Wu iya zaman ina gi amulu
temerin, ina bi istakal be
akhlag ta ayinu wara!



Ayi, de hagiga. Wu fi
juzu ta kitab de al jai,
ina bi ayinu akhlag
bil kamil.

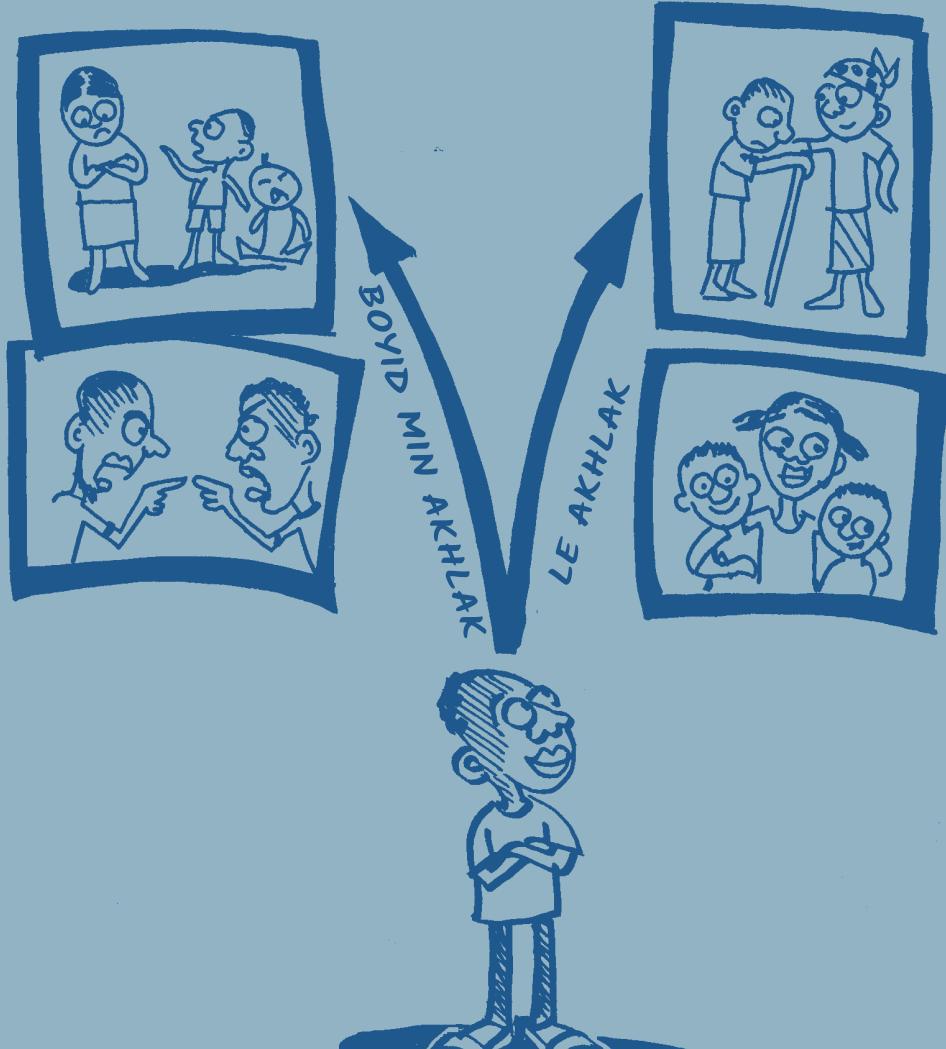


Lakin gubal lisa ina
rua fi juzu al jai, silu
yom awu itnein ta
amulu temerin ta
hajat abu ina kati fi
juzu de.

Wu zekir, fi akhir ta kitab de, ita bi
ligo guser ta iya mahara abu ina
alimu.

JUZU 3

ISTAKAL BE AKHLAK TAKI





Marhab. Sei ita geni amulu temerin ta fiku jabada wu reja nafsi?

Kede ita arufu amulu tamarinat del fi ze alimu iya mahara jedid. Be temerin, ita bi kun tamam aktar wu uwo bi kun sahil.



Aside ina bi rua ayinu akhlak bil kamil.

Akhlek taki gi wori ita deru kunu zol sikil yatu; keif ita deru gobudu nefsa taki wu nas taanin wu dunia al jambak.



Sei akhlak uwo sawa ma hadafu?



Mafi!

Hadafu gi gasid hajat abu ita deru ligo. Akhlak gi wori sikil ta zol abu ita deru kun.



Masalan kan
hadaf taki fi ta ligo
shokol asan ita bi
saidu nas abu ita
gi ayinu wara.

**Wu kan akhlak taki yau- teriga abu ita deru geni be usura taki
awu nas al jambu ita- deru kele ita kun be geliba kwes, gi ayinu
wara nas, gi hibu nas wu abu gi saidu nas.**





**Uwo bi agider kun ma
mumkin ligo hadafu
taki...**

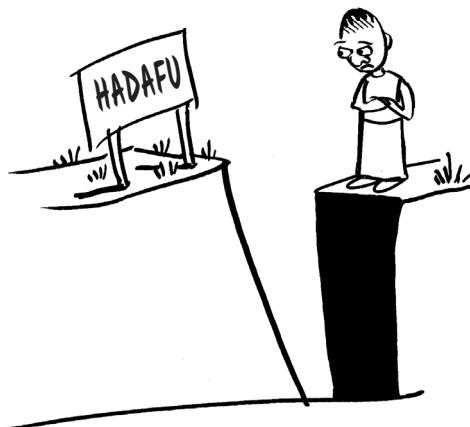


**...Lakin ita lisa bi agider geni
be akhlak taki ta kun be geliba
kwes, ayinu wara nas wu saidu
nas ta usura taki, sauban, awu
nas abu jambu ita.**

**Wu salakun ita fi hal al saab wu ita
gesim badun be usura taki wu sauban,
ita lisa bi agider geni be akhlak taki wu
kun be geliba kwes, gi ayinu wara nas,
wu gi saidu. Ita bi agider ligo teriga
sukerin ta istakal be akhlak del be nas
abu jambu ita.**



**Ketir min akhlak taki bi
beinu ze ma mumkin asa.**





Lianu teriga al ita be jibu
muku ta anasi jambo ita
uwo teriga ta AMALI taki.

**AMALI uwo hajati al ita be amulu be
eiden taki wa kura taki wu kelmat al ita be
wonusu be kasuma taki.**



**... kulu ma ita bi asir muku to anasi fi duniya
jambu ita:
anasi wa halat al ita be ligi kulu yom.**



Beledi taki kani fi mashakil, ita ma bi agidere wogifu mashakil de...



...wu lekin ita bi agidere wogifu korekore maa anasi fi jamaa taki...

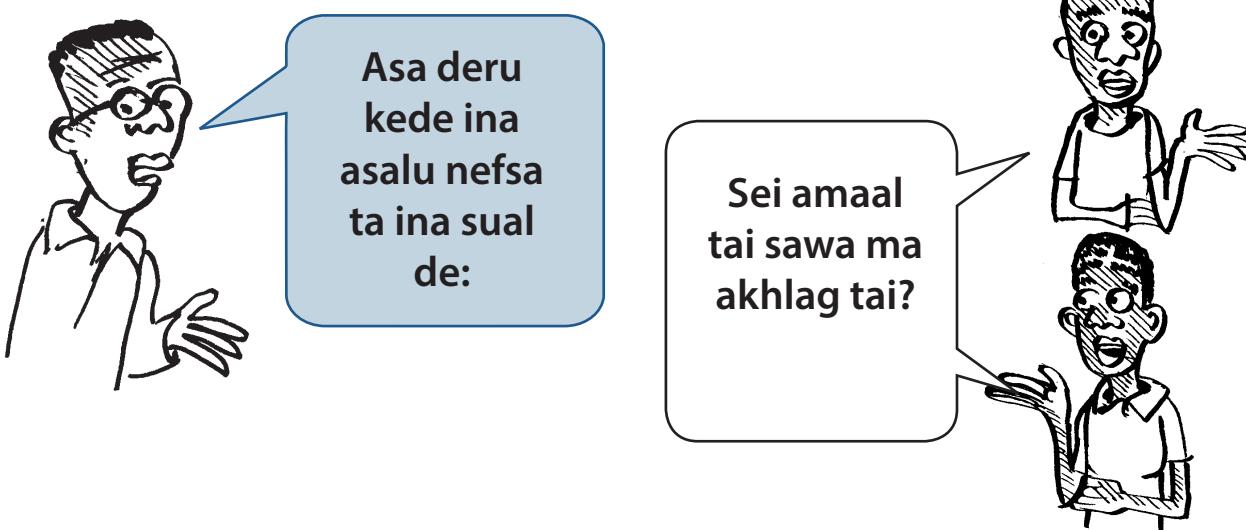


...wu ita bi istagalu be akhlag taki

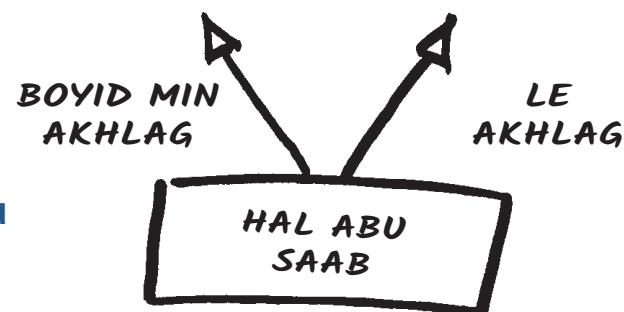


Wu laizu: ita be agider asir muku ta anasi be AMALI taki.





Ayi. Sei amal taki gi rua le awu boyid min akhlag taki?



Ashan ita bi arufu teribiya/akhlag taki, ini fi kashifu/list. Del ma akhlag "sah" awu al "aksen"-umon bes al ketir.

Kunu ma geliba kwes
Kunu ma bali fogo taani
Kun kerim
Kun be musaada le taanin
Kun be faida

Kun ma sabur
Kun mosul
Kun mudafi
Kun ma adab
Kun zol ta shokol
Kun multazim

Kun be suja/ ma bi kafu

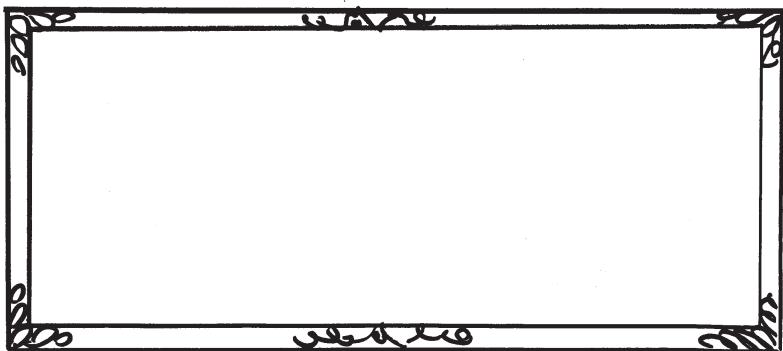
Kun sabur
Kun abu gi aafi

Kun moskur
Kun muwali/ gi rudu kalam
Kun zol mutaram
Kun zol saadiq/ameen
Kun zol adeel/ abu gi gesim hak
Kun...
Kun...



Asade ikhtar talata au aruba mini akhlag abu ita bi ayinu muhim le ita, wu ita kede akitibu fi sanduku al tehti da

Asede ina be amulu temrin taani. Kede ita fekir fi azol namuzaj fi jamaa taki; Zol abu ita hibu amaal to.



Zol de bi wonusu sunu al ita be hibu?



Hal azol da be amulu anasi be teriga kwesi/jamila?



Teribiya yatu azol de be weri fi amali to?



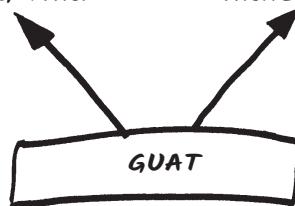
Yatu min akhlag del ita bi deru kede kunu le anasi abu jambu ita?



Aside fekir fogo anas abu jambu ita. Ita deru geni be akhlak yatu, fi teriga ta geni be nas del?

KUNU BOYID MIN AKHLAG TAKI

GENI BE AKHLAG TAKI



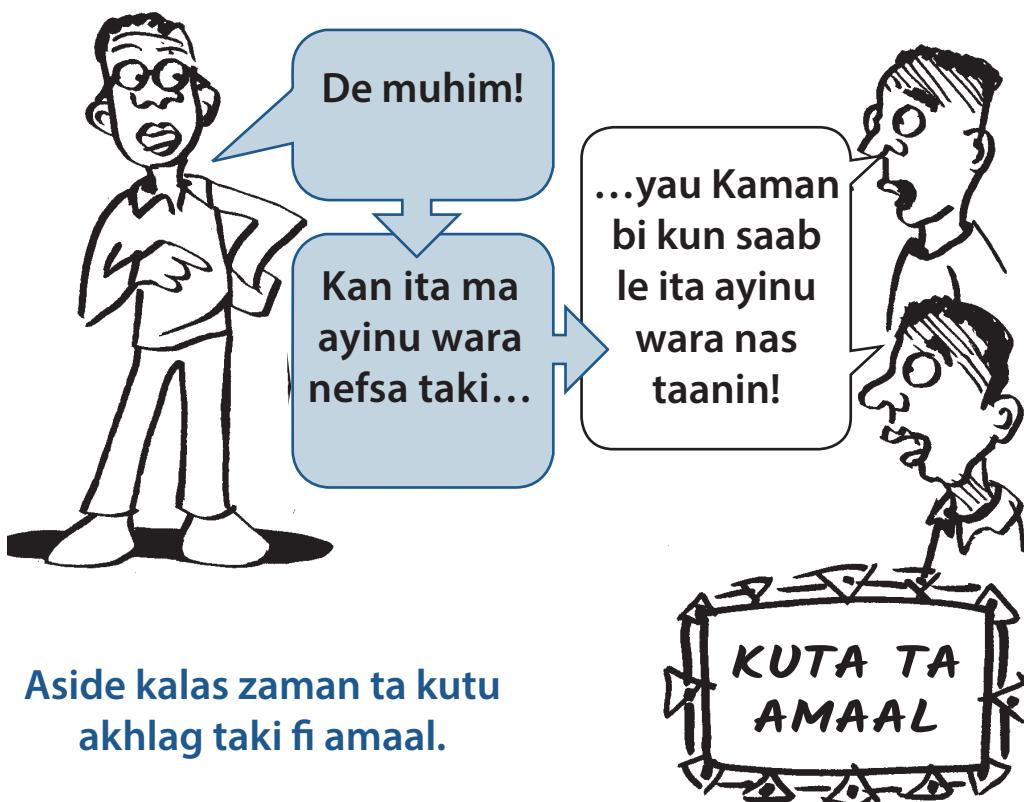
Akhlag gi rua le teriga itnein: le nefsa taki wu le nas taanin.



Asa kan akhlag
taki yau kun abu
gi ayinu wara
nas wu kun ma
geliba kwes...



...yau niya taki bi kunu ta geni be akhlag del le nefsa taki wu nas taanin



Aside kalas zaman ta kutu akhlag taki fi amaal.

Silu guat al muhim le ita; ikhtar zol al ita hibu kalis, abu ita gi ayinu kulu yom.



Ita deru indu akhlag yatu fi guat de?



Masalan, kan ita iktar jena taki.



Wu aklag abu ita deru kun
be hu yau:



51B

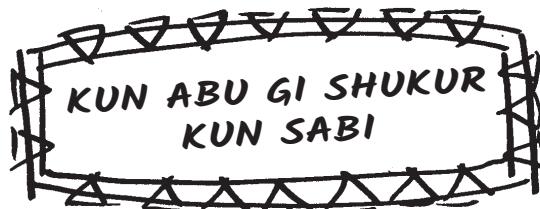
Asa katua besit bi agider kun
alabu ma hu awu agar le jena
taki de ta 10 dagaig kulu yom.



Awu kan ita iktar zol
min usura.



Wu aklag abu ita deru kun be hu
yau:



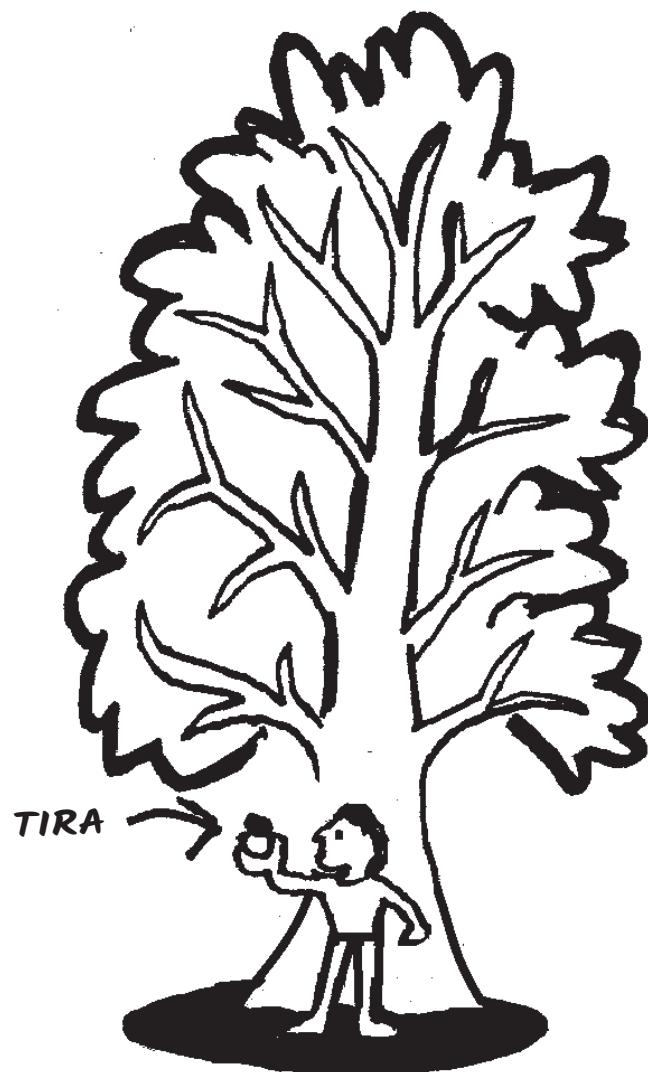
Shukran kalti, ashan musaada
abu ita wodi le ana

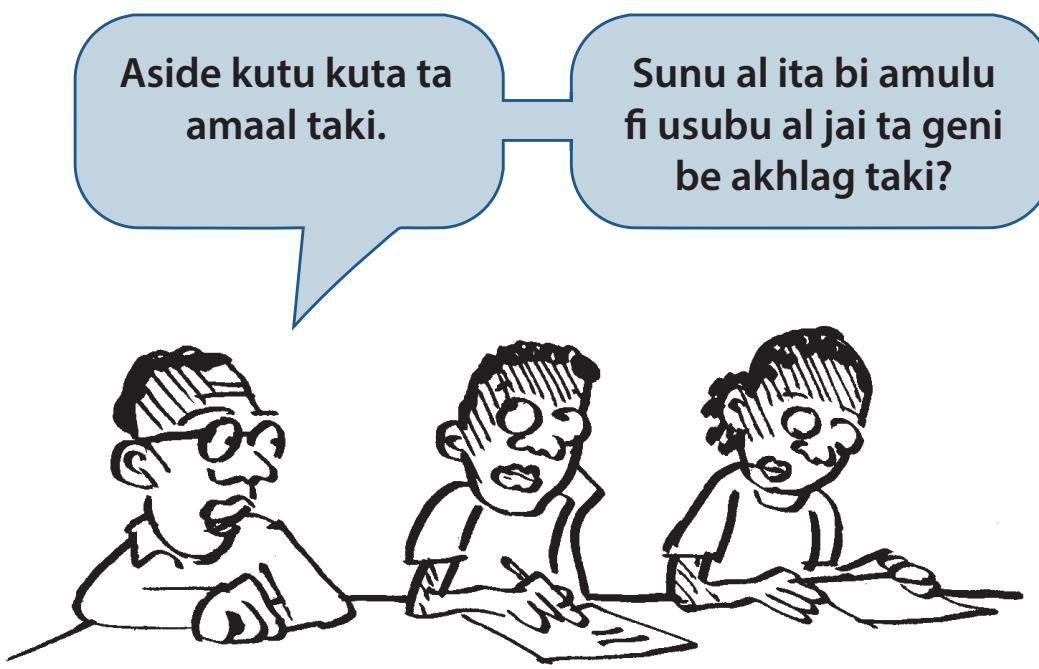
Yau khatua suker bi kun ta selim
zol de be ihtram wu wori shuur
ta shukur.

**Zekir, salakun khatua suker khalis uwo
muhim.**

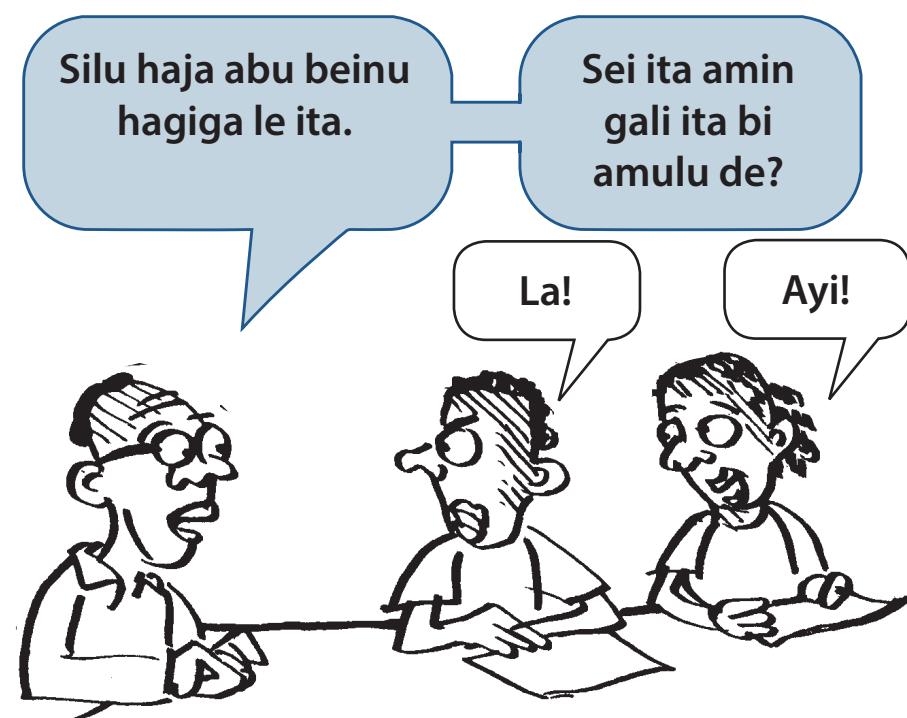
**Sejera kobir gi bada min tera suker. Wu
salakun fi hal abu saab awu zaman ta afkar
shedid, ita lisa bi amulu AMAAL suker ta
geni be akhlag taki.**

**Kan ita geni be akhlag taki, ita bi bada haya
abu gi saban ita.**





Fekir le teriga ta AMAAL. Sunu yau ita bi wonusu be kasuma taki? Sunu yau ita bi amulu be iden taki we kuren taki?





Kan kuta taki beinu saab
le ita- kan ita ma amin ita
bi amulu uwo- silu haja al
suker wu sahil.



Tamam!

Minfadlak kutu
kuta de aside, gugal
agara le gidam. Uwo
muhim!

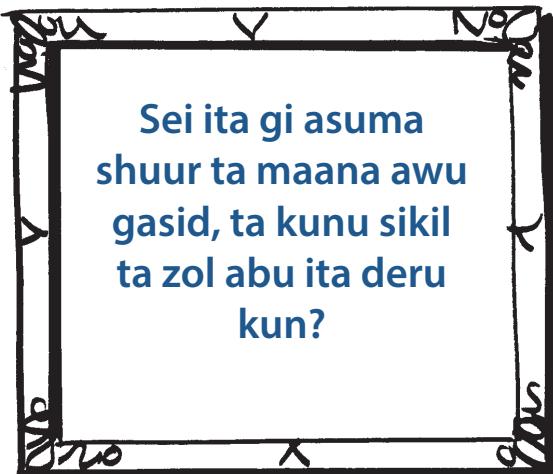


Silu guat abu muhim. Munu yau zol abu
ita hibu wu gi ayinu wara to, abu ita gi
ayinu kulu ma yom?
Sunu yau akhlak abu ita deru kun ma hu
fi guat de? Ita bi agider ayinu safra 85 ta
masalan ta akhlag al ketir.

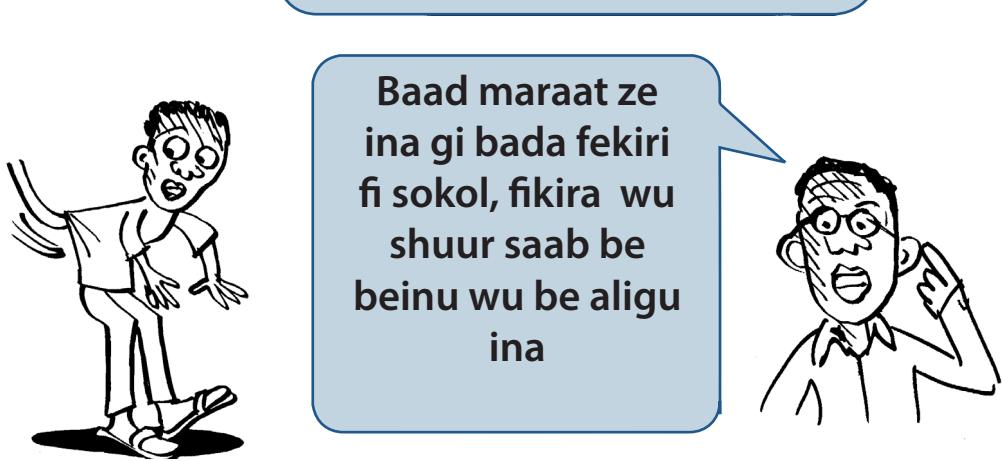
Be zol de, sunu yau wahid awu itnein
AMAAL abu ita bi agider silu fi usubu al
jai ta geni be akhlag taki? Sunu al ita bi
amulu awu gul le zol de?

Sei kuta taki gi beinu hagiga le ita? Kan mafi,
silu haja abu suker wu sahil.

Sei amaal taki bi juru ita le awu boyid min akhlag taki?



Asa laizu: sei afkar wu shuur abu saab gi bada aligu ita wu wegifu ita min rua le kuta ta amaal taki?



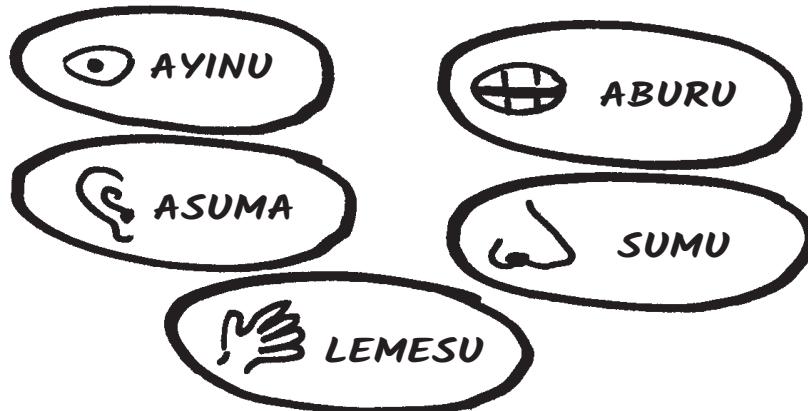
Kan kida, ita arufu haja ta amulu.



LAIZU wu KUTU ISIM toumon.



Wu limu be dunia abu jambu ita.





Kutu hadaf ta
fekir fogo itnein
awu talat akhlag
abu ita deru geni
behu.

Ze ita fi serir, awu fi zaman al ita gi
gumu.



Wu fi yom
kulu...

Fetis teriga ta geni be
akhlag taki.



Ayi! Salakun katua
suker, uwo muhim



Momoria ta 1000 mile gi bada be
katua wahid!



De yau haja al muhim taani le
ita.





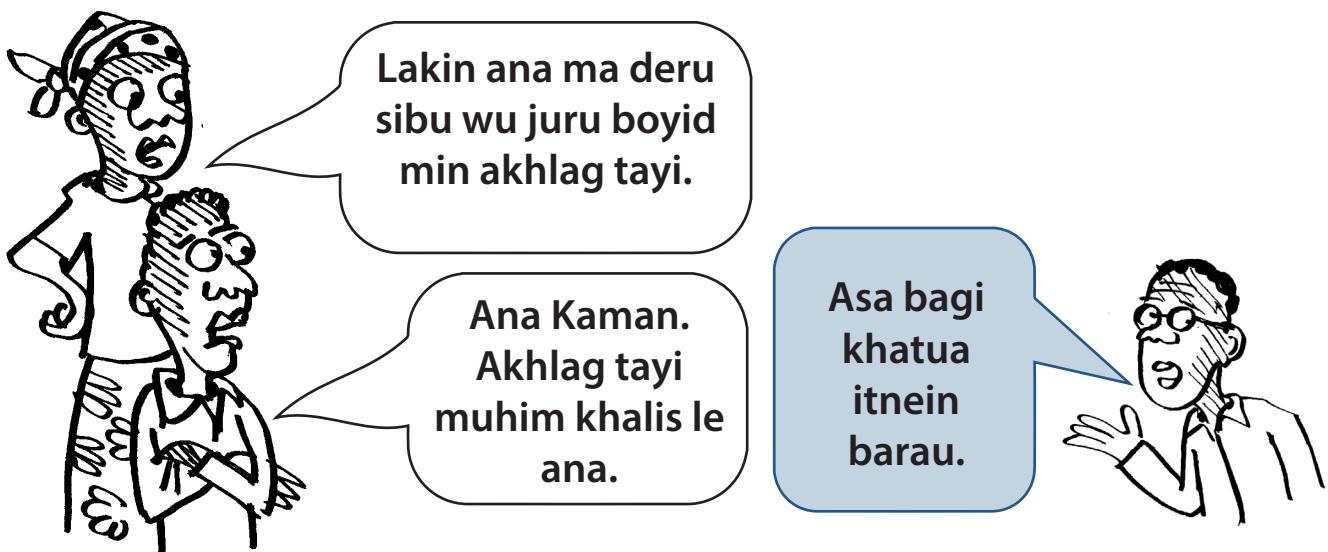
-
1. SIBU
 2. GERU HAJA ABU BI GERU BADUN,
RUDU WAJA TA HAJA ABU MA
BI GERU BADUN, WU GENI BE
AKHLAG TAKI.
 3. SIBU WU JURU BOYID MIN
AKHLAG TAKI.



Lakin baad zaman ita ma bi agider sibu... masalan kan ita fi sijin, awu kani sibu bi kun batal Akhtar mini geni.

Adil! Kan kida, deru kele ita ikhtiar min kiyar itnein awu talata.





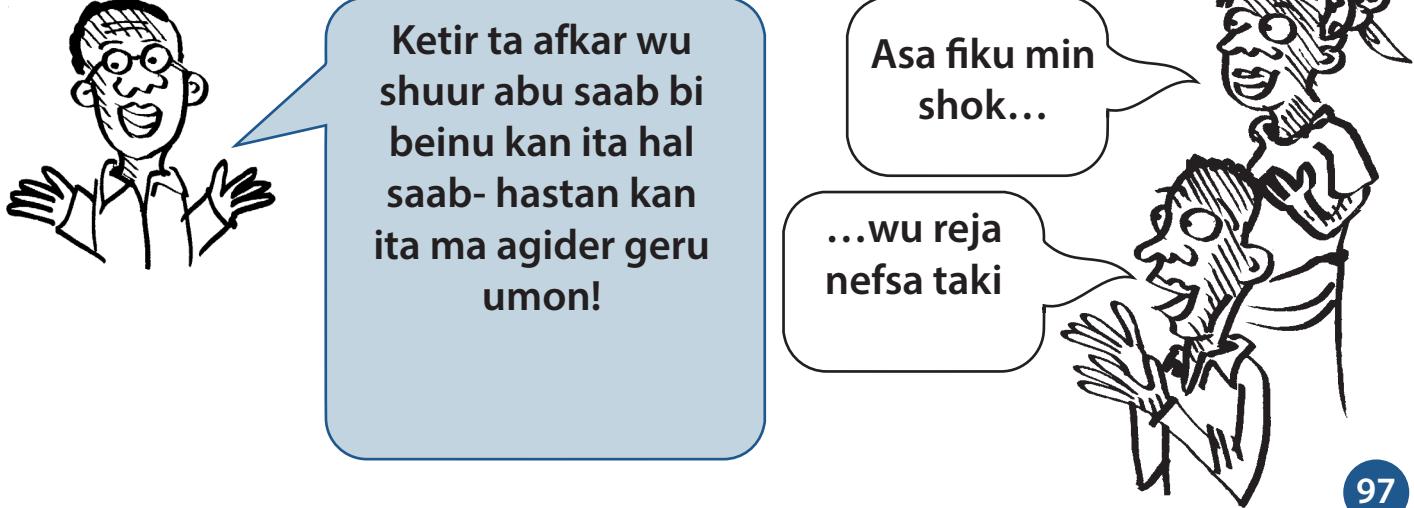
**GERU HAJA ABU BI GERU BADUN, RUDU WAJA
TA HAJA ABU MA BI GERU BADUN, WU GENI BE
AKHLAG TAKI.**

GERU HAJA ABU BI GERU BADUN...

Istamil iden wu kuren taki wu kasuma ta silu AMAL: ta amulu iya haja abu ita agider, salakun suker, ta geru hala de.



RUDU WAJA TA HAJA ABU MA BI GERU BADUN...



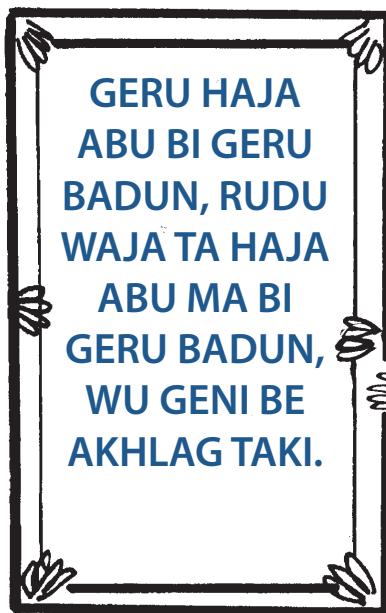
WU GENI BE AKHLAG TAKI.



Asa kan mafi
haja abu ita bi
agider amulu ta
geru hala de...



Ina bi ligi teriga
taani ta geni be
akhlag tanina.



Ayi! Asa kutu
de fi muk taki,
wu istamil
uwo ta istakil
be mushkilat
taki.

Wu aside, kalas
zaman ta



Fi haja abu ita bi
agider amulu ta geru
iya hala abu saab,
aksen suker.

Uwo
sunu?



Suwal kwes! de yau haja al ina bi kati fi juzu al jai.
Lakin awul, zekir silu yom awu itnein ta amulu
temerin ta hajat abu ina alimu fi juzu de. Ita bi
agider istamil al fi guser fi nihaya ta kitab de ta
zekir nefsa taki keif ita bi agider istamil hajat mu-
him al ina deresu min bidaya.

Juzu 4

KUNU BE GELIBA KWES



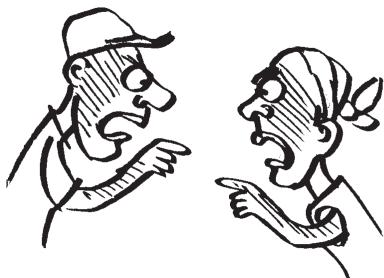


Salakun al hala
batal keif

Salakun ita fi khatar...



Awu fi galatu ta usura...



Awu mafi gurus...



...ita bi kun kwes iya zaman kan
ita indu sabi fi jambu ita.



Zol al indu geliba kwes wu gi
ayinu wara nas wu gi saidu...



Zol abu bi wonusu kelmat kwesi
kan ita fi waja.

Ana ayinu de saab
le itaku. Kede ana
saidu.



Ketir min ina ma bi kunu be
geliba kwes le nefsa ta ina kan
ina fi hal abu saab.





Kelimat abu ma kwes umon ketir wasat
wu gi hasil daimam; de TAMAM. Lakin
ma bi saidu kun ma aligu be umon,
asan...

...kan ina kun ma aligu be fekira
al ma kwes del, ina bi juru boyid
min akhlag taina.



Asa deru kede
ina LAIZU wu
KUTU ISIM
taumon.

Jerib de asa. Ikhtar afkar al batal fi
gisim taki

Ana uma
batal

Ana
daif



Wu be sir gul le nefsa taki...



Asa kutu wonusa ze “ana laizu”



Asa REJA nefsa taki wu LIMU/ISTAKAL be dunia al jambu ita.



**Ita bi agider amulu temerin ta fiku min
afkar al ma kwes be rua le khatua ta
asuwar wu ketif fi kitab de.**

Ita gi asuma kefin kani ita gi istakal shedid, ma mushakil, fi waja, wu azol ja le ita biegeliba kwes, uwo gi ayinu wara ita kwes, wu uwo gi faimu ita tamam?



Sala fi hala abu saab, lisa fi teriga ina bi agidere istakal be akhlag ta ina ta bi geliba kwes wu bi ayinu wara nas.



Sokol besit ta geliba kwes bi agidere geru haja.



De be geliba kwes Kaman

De gi waja kalis

Ana inu le ita



Kan ita ayinu zol fi waja, bi istakal shedid wu tab, sunu yau amal sukerin ta geliba kwes al ita ni amulu?



Iya amaal suker, ta geliba kwes bi geru hala.

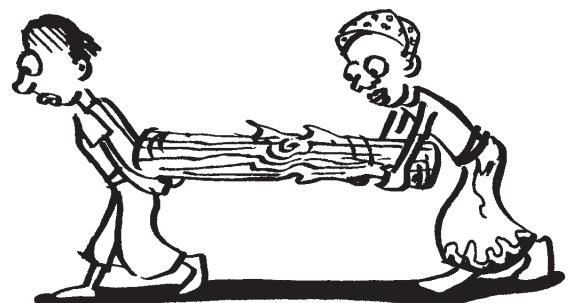


Ana ma bi
kun deru
geliba kwes

Aside fiku ita min afkar ze...



Iya zol deru sabi. Iya zol deru
geliba kwes.



Wu kan ita indu geliba kwes
le nefsak...



...ita bi indu guwa ta saidu nas
taanin, wu bi indu niya ta geni
be geliba kwes le
nas taanin, wu
iya zol bi lig
faida to.



Zekir: ze iya akhlag, geliba kwes bi rua le safat itnein



Asa wonusu le nefsa taki be geliba kwes



De saab.
De bi waja



Ana lisa be ayinu
wara tai wu nas
taanin.

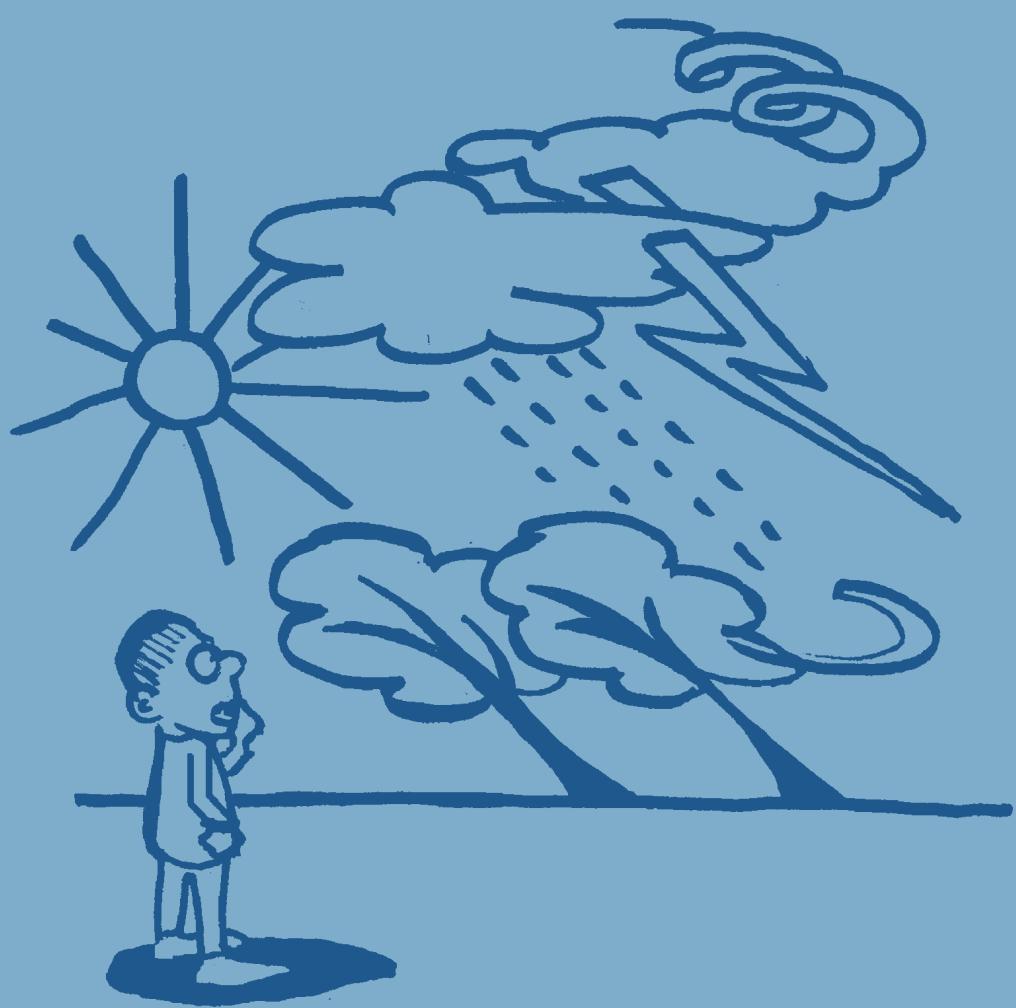


Ayi! De sah! Wu asa fi juzu ta
akhir ta kitab de, ina bi alimu
mahara taani al muhim kalis ta
saidu be afkar.

Guba lisa ina rua fi juzu ta akhir de, minfadlak zekir silu
aksen yom awu itnein yom ta amul temerin ta hajat abu
ina ayinu fi juzu de. Guser taumon fi akhir ta kitab de
Kaman bi zekir ita fi amulu temerin ta iya maharat al ita
alimu.

Juzu 5

SALA ODA/MAHAL/ GURUFA





Fi safa 56-57, ina ayinu fogo mushkilat al ketir wasat al bi hasil kan anina kun dusuman be afkar wu shuur tanina: kan ita nesitu, minfadlak agar umon taani mara,gubal ita rua gidam be agara.

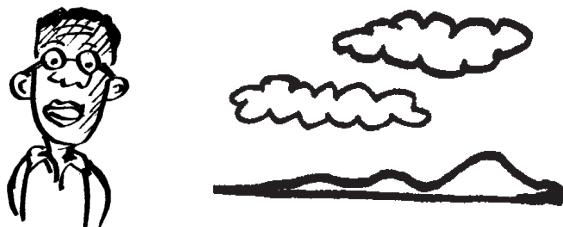


Asa FIKU JABADA yau wahid min teriga ta wegifu sakila be afkar wu shuur ta ina.

Fi teriga taani ta amulu de, gi nadi SALA ODA.



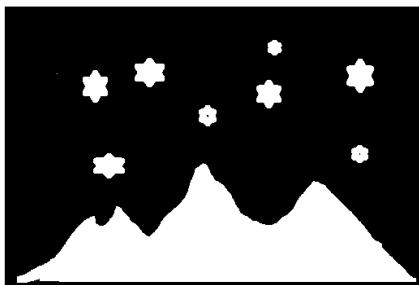
Ta alimu teriga de, uwo kwes fekir
fogo samai.



...Samai indu oda le uwo!



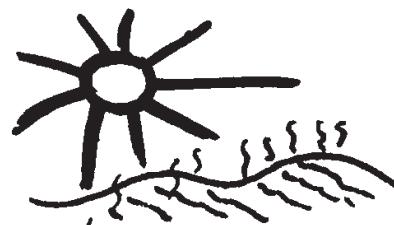
...awu baarid



Salakun jaw batal keif...



Wu samai ma bi ligo waja be jaw;
salakun uwo hari...



Wu asa awu badein, jaw besi bi
geru.



Afkar wu
shuur ta ina
besi fi ze jawu



Ayi! Bi geru
iya zaman!

Wu ina bi alimu kun ze samai, wu
bi sala gurufa le “jawu al batal”
awu afkar wu shuur abu saab
mindum awugu ina.





Asa jeribu
de. Awul,
be sir
LAIZU
wu KUTU
ISIM.

Ana bi laizu
waja fi
dus tai wu
batina tai.



Inu yau
afkar wu
shuur abu
saab.



Laizu afkar del
be HIMA.

Wu fekir ze afkar wu shuur del fi ze
jawu...



Wu ita yau samai



...le
jawu de

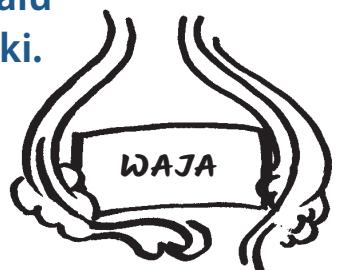
Kutu bal taki fogo afkar wu shuur
wahid. LAIZU wu
KUTU ISIM to,
yau ayinu be
ihtimam.



Wu ze ita gi amulu de, tala nafsi
beraha.ze fas fas
taki fadi, wegifu
wu idu tlata



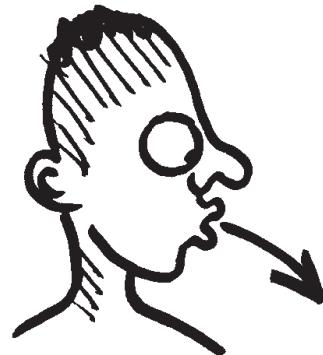
Wu akudu nafsi beraha, wu ayinu
ze nafsi taki bi dakalu
fi wu baina waja taki.



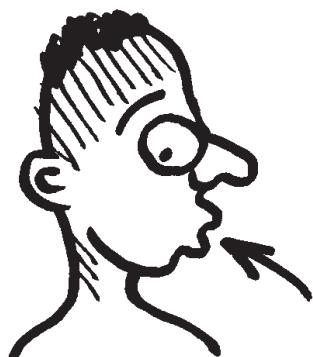
Fekir de ze ita deru.



Akudu nafsi bara, fadi fas fas
taki...



Akudu nafsi berah...



Akudu nafsi fi wu baina waja
taki...



Kunu fadi wu sala oda le
uwo....



sibu uwo kede geni ina...





Uwo bi saidu
ayinu afkar ab
saab ze haja.

Kede ita fekir ze uwo indu
hajim,loun wu hari to.



Ze tub tegil wu baarid fi
dus tai



Wu besi laizu akudu nafsi fi wu
baina haja de- be sala oda le
uwo.



Ita bi agider amulu temerin ta
sala oda de be rua le khatua ta
asuwar wu ketif al fi kitab de.



Wu de bi saidu fi
fekir fogo afkar
abu saab...

... ze wonusa awu asuwar fi safat
kitab.



Minfadlak
jerib de
asa.



Ana daif

... wu laizu uwo ze wonusa wu
asuwar fi safa ta kitab

...wu laizu uwo beraha kutu uwo
agudu raha fi wirik taki.



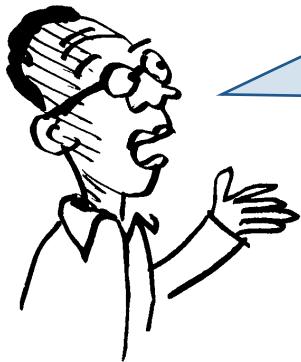
Wu ISTAKAL be dunia abu
jambu ita.

Ita kede fekir ita kutu kitab de fi
abati taki wu ita gi silu ma ita.



Aside afkar de lisa fi
ma ita, lakin ita agider
ISTAKAL be dunia abu
jambu ita.





Ta bidaya,
temerin de
bi agider silu
zaman besit.
Lakin ze alimu
iya mahara
jedid...



Be temerin
uwo bi kun
sahil!

Wu guwam
kalis!



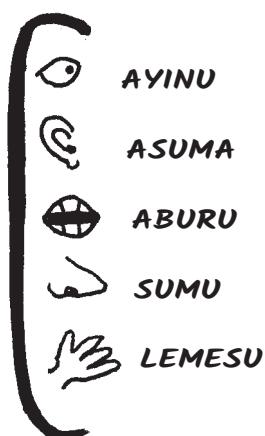
Aside reja wara wu amulu
temerin de asa, gubal ita
agara le gidam.ita Kaman
bi agider amulu temerin
be nahar, fi iya zaman abu
ita ligo afkar eu shuur abu
saab.

Zekir: uwo fi ze alimu iya
mahara jedida!



**Wu baad SALA ODA, ita biga bi
ISTAKAL be dunia jambu ita.**

**LAIZU ita weni, ita fi ma munu, wu
wedi bala taki bil kamil fogo haja
abu ita gi amulu.**



Aside ita indu
haja taani abu
muhim.



Wu zekir: temerin, temerin,
temerin.



Hastan kan ita fi serir wu ita bi agider numu; ita bi agider limu SALA ODA be temerin ta akudu nafsi.



Akudu nafsi fogo afkar wu shuur abu saab de...



...wu sibu kede nafsi futu le
umon wu baina umon.



Kan ita bi asuma
waja fi gisim taki,
laizu uwo be
hima.



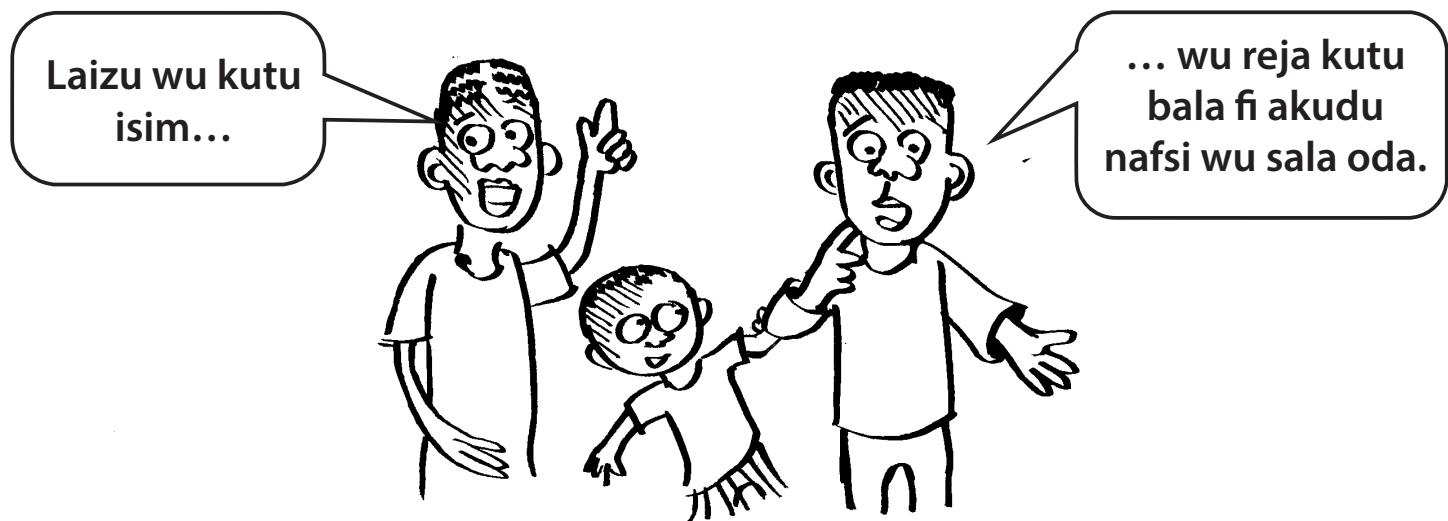
Laizu hajimu to, tegil too wu hari to...



... wu laizu be itmam sunu bi hasil.waja taki bi agider tala kobir wu suker; uwo bi agider geni awu rua. Gasid taki uwo bes ta sala le uwo oda; sebu uwo geni inak; sibu sakila be uwo wu wodi lo mahal.



Wu iya zaman kan ita kun MA ALIGU wu juru ita bara min temerin...





Asa gerib ina bi
wosul fi nihaya
ta kitab de. Ina
indu zaman ta
temerin wahid ta
akhir.

Temerin ta kun be geliba kwes le
nefsa taki wu
sala oda le
waja taki.



De temerin kwes ta amulu fi serir
awu kan ita fi barau.



Silu wahid min iden taki wu laizu
ita gi mala uwo be geliba kwes...



Asade kede ita kutu eida taki de fi gisimu taki: fi geliba taki, fi botun
taki, fi ras taki awu fi iya mahal abu ita gi asuma fogo waja.



Kede asuma hari abu gi tala min
eden taki le gisimu taki wu ayinu
ita kani be indu geliba kwes le
nefsa taki be teriga ta iden taki de.



**Ita bi agider istamil iden itnein,
kan ita deru.**



Gobudu ita be geliba kwes...



**Kan ita fi serir wu ita ma agidere num,be kun be faida kani zidu de fi
temrin taki ta tala nafai wu juru nafasi wu SALA ODA.**



**Kutu eda taki fi mahali al gi waja.Kede ita ayinu kani bi agidere kunu ma
geliba kwes le nafsi taki be laizu akudu nafsi taki min iden taki le shuur ta
waja de.**

**Ita bi agider amulu temerin ta kum
be geliba kwes le nefsa taki be rua le
katua ta asuwar wu ketif al fi kitab
de.**





Zekir,Kaman: uwo fi ze abinu adalat.
Ketir ma ita kan amulu temerin, uwo
bi kun aksen.



Wu iya katua suker muhim, tira
suker bi raba sejera kobir.

Wu momoria ta alif mail bi bada be
katua wahid.



**Haz kwes be momoria taki! Jeribu amulu
temerin wu agara kitab de taani mara
ta saidu ita fahimu terigat wu maharat
del aktar.shukran asan zaman taki wu
minfadlak gesim kitab de le nas kan ita ligo
uwo muhim.**



Haja 1: REJA NAFSI

REJA NEFSA TAKI fi zaman ta awasif be LAIZU afkar wu shuur taki, NENZIL BERAHA wu LIMU be gisim taki beraha be lizu kuren taki fi turab, midu wu akudu nafsi, wu Kaman REJA KUTU BAL wu ISTAKAL be dunia abu jambu ita.

Sunu abu ita bi ayinu, asuma, lemesu, aburu wu sumu? kutu bal be ihtmam fogo haja abu gidam ita. Laizu ita weni, be munu wu ita bi amulu sunu.

Agil ta amulu temerin:

Reja nafsi uwo muhim hastan fi zaman ta afkar shedid wu awasif atifia. Ita bi agider amulu temerin ta reja nafsi bes ta wahid awu itnein dagaig kan ita indu, ze kan ita bi istena haja taani, awu gubal awu baad nashatat abu ita bi amulu kulu yom, ze kasil, akulu, rakaba awu numu. Kan ita amulu temerin del, ita bi ligi ita bi hibu nashatat abu kan ita ma hibu, wu bi kun sahil ta istamil reja nafsi fi zaman ta afkar saab.



Haja 2: FIKU JABADA

FIKU NEFSA be katuat talata:

1) LAIZU ze afkar wu shuur saab aligu ita. Laizu gal bala taki ma ferteg be afkar wu shuur abu saab, wu laizu uwo be hima.

2) Asa beraha KUTU ISIM ta afkar wu shuur abu saab de; masalan:

“Inu fi shuur ta waja”

“Inu fi waja fi dus tai”

“Inu fi shuur ta zalan”

“Inu fi afkar shedid ta zaman abu faat”

“Ana laizu inu fi afkar abu saab”

“Ana laizu inu fi kuaf fogo mustakbal”

3) Asaa, REJA KUTU BAL fi haja abu ita bi amuluu. Kutu bal bil kamil fi iya zol abu jambu ita wu iya haja abu ita bi amulu.



Haja 3: GENI BE AKHLAG TAKI

Ikhtar akhlag abu muhim kalis le ita. Masalan:

- Kunu be geliba kwesi wu bi ayinu wara nas
- Kunu abu bi saidu
- Kunu abu ma bi kafu
- Kunu istakal shedid

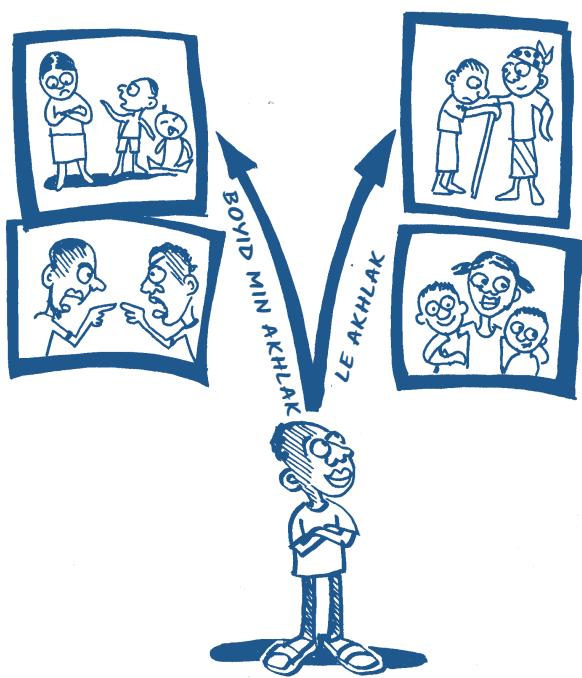
Ita kede ikhtar akhlag abu muhim kalis le ita!

Asa silu teriga suker abu ita bi istakal be akhlag taki fi ususbu al gidam.

Sunu yau ita bi amulu? Sunu ita bi gul? Salakun amaal suker indu faida!

Zekir fi teriga talata le iya hal abu saab:

1. SIBU
2. GERU HAJA ABU BI GERU BADUN, RUDU WAJA TA HAJA ABU MA BI AGIDER GERU BADUN, GENI BE AKHLAG TAKI
3. SIBU WU JURU BOYID MIN AKHLAG TAKI.



Haja 4: KUN BE GELIBA KWES

KUN BE GELIBA KWES. Laizu waja fi nefsa taki wu jawib be geliba kwes.

Fiku nefsa taki min fekir abu ma kwes be LAAIZU wu KUTU ISIM taumon. Biga, jeribu wonusu le nefsa taki be geliba kwes. Kan ita indu geliba kwes le nefsa taki, ita bi indu guwa ketir ta saidu nas taanin wu niya ta kun be geliba kwes le nas taanin, asan iya zol bi ligo faida.

Ita Kaman bi agider silu wahid min iden taki wu laizu ita bi mala uwo be geliba kwes. Kutu ida de fi gisim taki abu ita bi asuma waja fogo. Asuma dafi abu bi futu min iden taki fi gisim taki. Ayinu kan ita bi agider kun be geliba kwes le nefsa taki be teriga ta iden de.

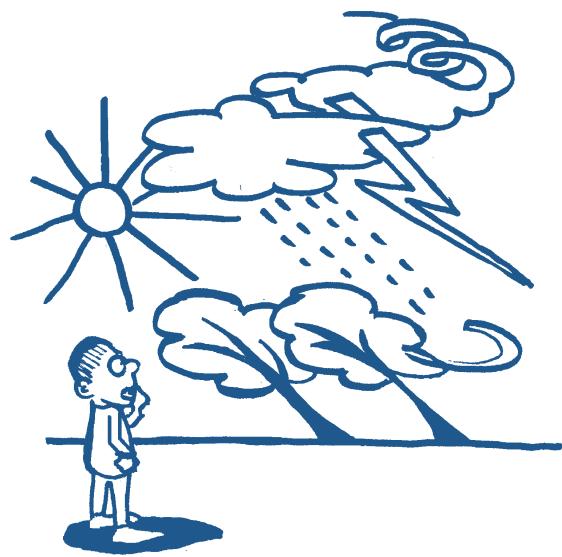


Haja 5: SALA ODA

Jeribu lizu afkar wu shuur abu saab bara daiman ma bi istakal kwes.

Aksen, SALA ODA le umon:

- 1) LAIZU afkar awu shuur abu saab de be hima. Kutu bal taki fogou wo.
Laizu shuur abu bi waja de ze haja, wu laizu hajim to, sikil to, loun to
wu hari to.
- 2) KUTU ISIM le afkar wu shuur abu saab de. Masalan
“Inu fi shuur abu saab”
“Inu fi afkar saab ta zaman abu faat”
“Ana laizu inu fi singa”
“Ana laizu inu fi afkar gali ana daif”
- 3) Sibu kede afkar wu shuur abu saab del jaa wu rua besi ze jawu. Ze
ma ita bi akudu nafsi, laizu ze nefsa taki bi futu fogo wu baina waja
taki wu bi sala le uwo oda. Min sakila be afkar wu shuur, sibu kede
uwo futu fogo ita, besi ze jawu bi futu fi samai. Kan ita ma bi sakila be
jawu, ita bi indu zaman wu guwa ketir ta istakal be dunia abu jambu
ita wu amulu hajat abu muhim le ita.



**Amulu haja abu muhim fi
zaman ta afkar shedid**
Kitab ta keshif wu aswar

Kan ita indu **afkar shedid**,
kitab de uwo le ita

Kitab de indu **malumuat**
wu **maharat** ta saidu ita geni kwes.

Salakun fi hal abu saab,
ita lisa bi ligi **maana, gasid** wu **guwa fi** haya.

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