



Isipinitjhi mrorho omakari. Amakari waso ayakhula
aphumele ngaphandle ehlabathini.

Ungasidla sikhaza nalokha nasivuthiweko.

Isipinitjhi silungele boke abantu.

Imirorho isilungele!



Ikhabitjhi nayo imurorho omakari omila ngaphezulu kwehlabathi.

Ikhabitjhi iba yihle khulu nayenziwa isaladi nalokha nayiphekiweko.

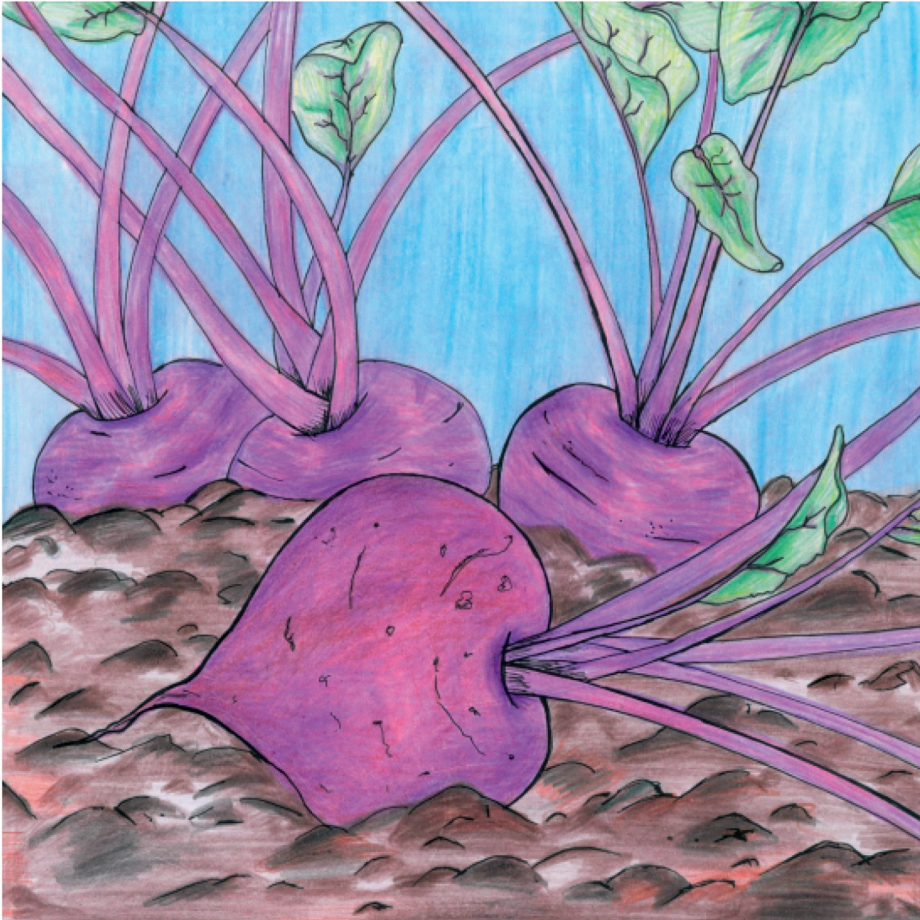
Abantu abanjingileko nabatlhagako kufanele bayidle ikhabitjhi ukuze babe nemizimba enepilo.



Amakherodi amurorho oba mirabhu. Amila ngaphasi kwehlabathi.

Esikhathini esinengi amakherodi aba orentji ngombala. Enza ukudla kube nombala omuhle.

Amakherodi enza amehlo wethu abe nepilo.



Omunye umrorho oba mrabhu yibhedirudi. Esikhathini esinengi iba nombala obomvu.

Esikhathini esinengi ibhedirudi idliwa iphekiwe, kodwana ungayidla ihlaza.

Ibhedirudi yenza iinhliziyi zethu zihlale zinepilo.



Imigade ikhula ngaphezulu kwehlabathi.

Esikhathini esinengi siyayipheka imigade. Wona-ke
usarulani, uhlaza satjani namkha u-orentji ngombala
begodu uneentanga ezinengi.

Umgade usiza ngokwenza imizimba yethu ihlale inepilo.



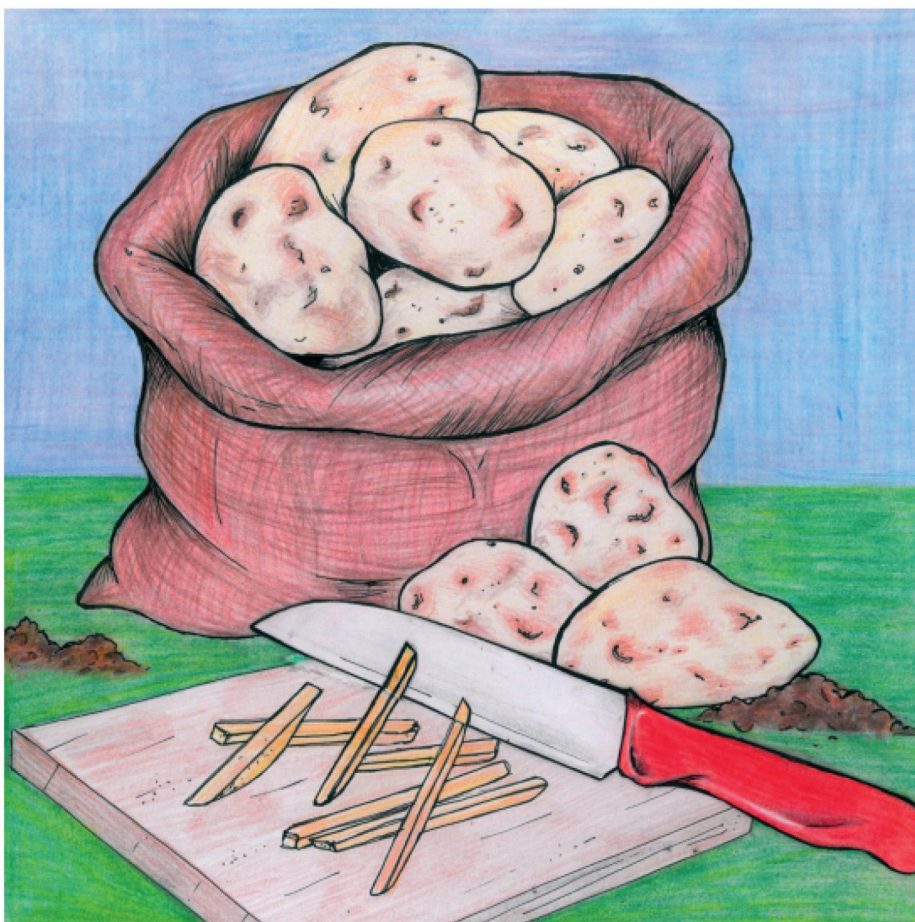
Amatamati amila esiruthululwini semithi namkha endaweni emvini.

Aba hlaza satjani nakasakhulako begodu esikhathini esinengi aba bomvu nasele avuthiwe.

Aba yindulungu namkha aba nejamo elisaqanda. Anepilo khulu nakadliwa angakavuthwa nalokha nakavuthiweko.

Aneenzuzo ezinengi zepilo.

Angasetjenziselwa nokwelapha imbala.



Izambana limila ngaphasi kwehlabathi begodu liba nesiqu.

Amazambana aba nejamo elisaqanda abe namakele azotho bese aba mhlophe ngaphakathi.

Amazambana kufanele aphekwe ngaphambi kobana adliwe.



I-eyi mrorho osigadla okhula ngaphasi kwehlabathi.
Esikhathini esinengi iba mhlophe ngaphakathi.

Ama-eyi ayaphekwa begodu ayadliwa nalokha ahlaza
(kodwana adliwa kancani).

Umrorho lo usiza ukuvikela imizimba yethu emalweleni.