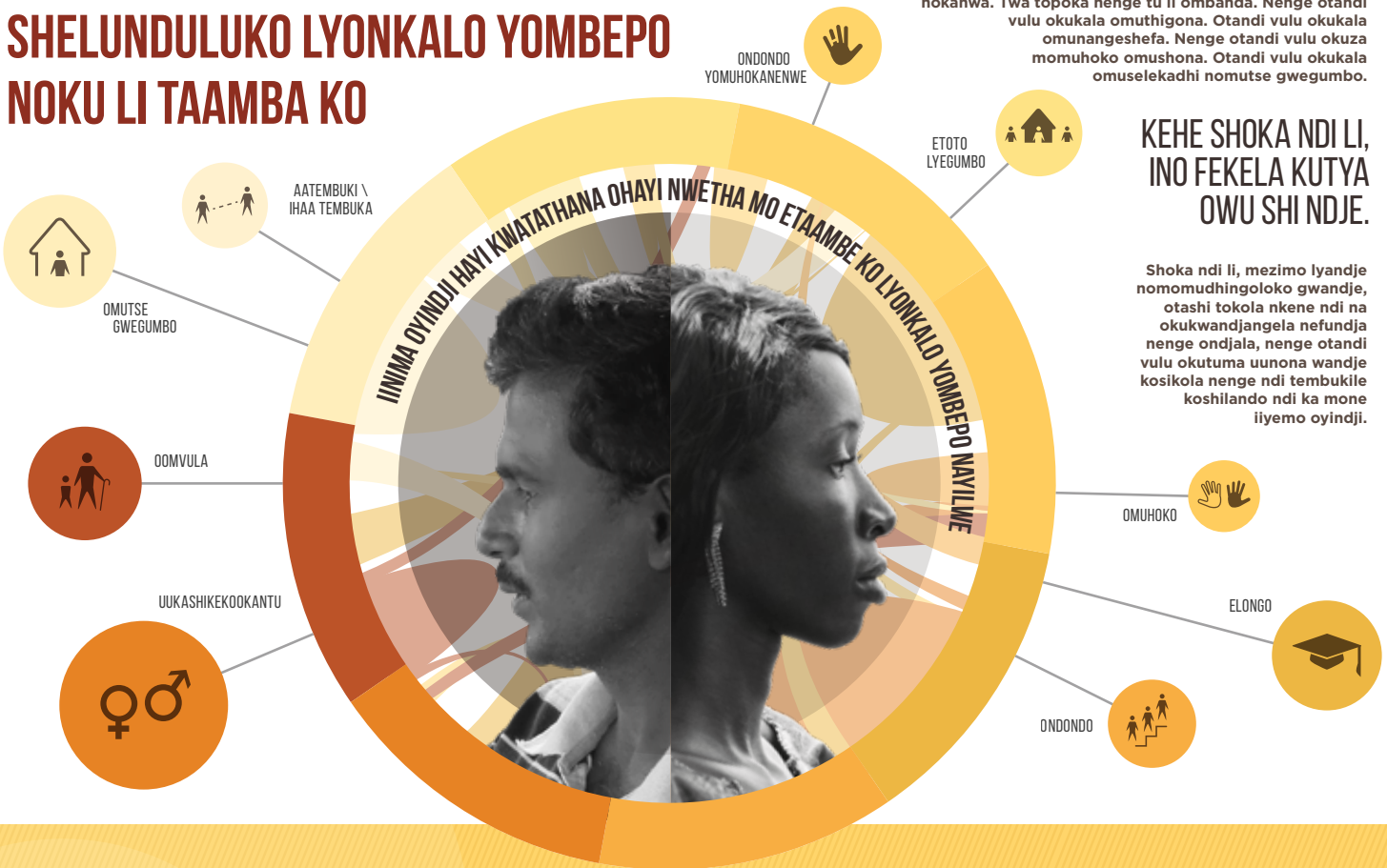


# UUKASHIKEKOOKANTU OSHO SHIMWE SHOMIINIMA MBYONO HAYI NWETHA MO NKENE HATU NINGI OSHIHAKANWA SHELUNDULUKO LYONKALO YOMBEPONOKU LI TAAMBA KO

ALUHE OTU LI OSHIHAKANWA MOMIKALO DHA YOOLOKA. ONKENE ITATU VULU OKUKALA MOLUDHI LUMWE.

Otandi vulu okukala omugundjuka nenge omukuluntu. Nenge nga lwopokati mpo. Pamwe inandi hokanwa. Pamwe onda hokanwa. Twa topoka nenge tu li ombanda. Nenge otandi vulu okukala omuthigona. Otandi vulu okukala omunangeshefa. Nenge otandi vulu okuza momuhoko omushona. Otandi vulu okukala omuselekadhi nomutse gwegumbo.



KEHE SHOKA NDI LI, INO FEKELA KUTYA OWU SHI NDJE.

Shoka ndi li, mezimo lyandje nomudhingoloko gwandje, otashi tokola nkene ndi na okukwandjanga nefundja nenge ondjala, nenge otandi vulu okutuma uunona wandje kosikola nenge ndi tembukile koshilando ndi ka mone iiyemo oyindji.

## OOMEME NOTATE KAYE LI MOLUDHI LUMWE.

Ashike, omapyokoko gandje itaga ulikwa nkene omikalo dhoohedhi dhopankalathano nomilandu dha tetathana noombinga dha yooloka dhaashono ndi li.

Oshihakanwa shandje komaudhigu gelunduluko lyonkalo yombepo oli ikwatelela kutya ngame omulumentu nenge omukiintu, omugundjuka nenge omukuluntu nondondo yandje yopankalathano noyopashigwana.



## OMAPOILO

01



Uukashikekookantu niinima yilwe yonkalathano yopashigwana ohayi nwetha mo okwaavula okwiikwathela mwene kwaantu nokuvula kwawo okutaamba ko elunduluko lyonkalo yombepo nomithindo dhilwe. Omilandu odha pumbwa okulonga nuuhwenge ngele tashi ya kontopolwa yuukashikekookantu koshili nontseyo yakehe esiku.

02

Mbono itaa vulu okwiikwathela otashi vulika ya kale haa mbono taa dhiladhila, onkene omukalo gwokutunga okupondola nagu kale gwa yoololwa pashikalimo nopankalathano.



03



Omvongokonono ogendji, nomilandu nomathaneke oga kankama piizemo yuukashikekookantu netulomiilonga. Okukundathana iiyethithi iinene okuninga oomeme iihakanwa yokunawapaleka omataamboko gokwiigilila, otwa pumbwa okutula miilonga ekwatathano lyiinima oyindji ya tetathana.

04

Okulundulula oohedhi ndhoka dha kala po ethimbo ele omikalo dhoveta odha pumbwa okupopya onduge yokatongo ndjono ye etwa komukalo gwomusamane oye ha ningi elenga lyegumbo. Otwa pumbwa wo okukundathana naasamane osho wo aamati.



05



Sho oomeme taa waimine iilonga momwaalu omunene, osha simana okutula miilonga omikalo ndhoka tadhi nkondopaleke unene nuutekenika wawo, nokunawapaleka omukumo nelongo lyawo.

