

Umwigisha Kibirengeye Ching Hai

**Urupfunguruzo rw'Ukwakirwa
n'Umuco Giturumbuka**

Agatabu k'Imponjo Gatangwa ku Buntu

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Agatabu k'Imponjo Urupfunguruzo rw'Ukwakirwa n'Umuco Giturumbuka (Kahinduwe mu ndimi zirenga 74). Ukwimura aka Agatabu ku buntu, ja ku Buhinga bwa none:

<http://sb.godsdirectcontact.net> (Formosa)

<http://www.direkter-kontakt-mit-gott.org/download/index.htm>(Austria)

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Ubutumwa Bugufi

Mu kuvuga Imana canke Impwemu iruta izindi, Umwigisha atwigisha gukoresha amajambo adafatiye ku gitsinakugira twirinde ivyiyumviro vy'uko Imana yoba ifise igitsina Gore canke Gabo

We + We = Uwo

Akarorero: Iyo Imana ibishatse Yo ituma ibintu bikoreka nk'uko ubugombe bwayo buri ngo bihwane na Yo ubwayo.

Nk'umuhinga mu vyo gushushanya akaba n'Umwigisha mu vy'Impwemu, Mwigisha Kibirengeye Ching Hai akunda imvugo zose zifatiye ku bwiza bwihishije imbere. Ni na yo mpamvu yita Vietnam "Au Lac" Taiwan na yo akayita "Formosa". Au Lac ni izina rya kera rya Vietnam rikaba risigura "Umunezero". Na ho izina Formosa, risigura « Igihimbaye, » ryerekana ubwiza bushitse bw'iryo zinga n'abantu baribamwo. Mwigisha yumva ko gukoresha ayo mazina bizana ukukura mu vy'Impwemu n'umunezero ku gihugu n'abakibamwo.

Si negukira ivyizerwa vya Buddha canke ivy'aba Katorika. Ndi uw'Ukuri kandi nigisha Ukuri. Murashobora kuvyita ivya Buddha, ivy'Abakatorika, ivya Tawo canke uko mushaka kwose. Jewe vyose ndavyakira!"

Umwigisha Kibirengeye Ching Hai

“Ni twashikira amahoro yo mu mutima tuzoshobora gushikira n'ibindi vyose twipfuzza. Kunezerwa kwose, gushitswa kwose kw'imigambi y'isi n'iy'Ijuru biva mu Bwami bw' Imana- gushika aho muri twebwe tugira umwumvikano udashira, ubwenge budashira, n'inkomezi zihambaye . Ivyo tutarabironka ntituzokwumva tugononokewe n'aho twoba dufise amahera menshi canke tujejwe amabanga ahambaye”

Umwigisha Kibirengeye Ching Hai

“Inyigisho zacu ni uko ico wipfuzza gukora cose muri iyi si gikore, ugikore n'umutima wawe wose. Witahure kandi wame ufata akanya ko kuzirikana buri musu. Aho uzoronka ubumenyi bwinshi, uronke ubwenge bwinshi n'amahoro kugira wifashe kandi ufashe n'isi. Ntiwibagire ko hari ivyiza wokora biri iruhande yawe. Ntiwibagire ko ufise Imana iri mu mubiri wawe. Nti wibagire ko ufise Imana mu mutima wawe.”

Umwigisha Kibirengeye Ching Hai

Intangamarara

Uko ibihe vyagiye bikurikirana, ikiremwa muntu cagendewe n'abantu b'imbonekarimwe, bafise intumbero imwe yo gukuza umuntu mu vy'Impwemu. Yesu Kristo yari umwe muri abo bashitsi, co kimwe na Shakyamuni Buddha na Muhamadi. Aba batatu turabazi cane, ariko hariho n'abandi benshi tutazi amazina; bamwe bigishije ku mugaragaro kandi bari bazwi na bake, abandi nta mazina yabo yigeze amenyekana. Abo Bantu biswe amazina atandukanye, mu bihe bitandukanye no mu bihugu bitandukanye. Biswe amazina nka: Umwigisha, Uwejejwe, Urimwo umuco, Uwejejwe, Umucunguzi, Mesiya, Nyina w'Imana, intumwa, Guru, Umutagatifu muzima, n'ayandi nk'ayo. Baje batuzaniye ivyiswe: Umuco, Agakiza, Gutahura, Kubohorwa, canke Umuvyuro. Ayo majambo ashobora kuba atandukanye, ariko mu bisanzwe afise insiguro imwe.

Abashitsi bavuye mw'isoko rimwe ry'Imana, banganya icubahiro mu vy'Impwemu, ukwigenza neza n'inkomezi vyo gushira hejuru abantu nk'Abera kuva kera bari kumwe natwe ubu, ariko ni abantu bake bazi ukubaho kwabo. Umwe muri bo ni Umwigisha Kibirengeye Ching Hai.

Umwigisha Ching Hai ni umuntu atitezwe kumenyekana nk'Umutagatifu Muzima. Ni umukenyezi, kandi abenshi mu ba Buddha n'abandi bizera ko ata mukenyezi ashobora kuba umu Buddha. Akomoka muri Aziya, kandi abo mu Burasirazuba benshi biteze ko Umucunguzi wabo azoza asa na bo. Ariko, abo muri

twebwe, bava kw'isi yose, mu madini atandukanye bamaze kumumenya, kandi bagakurikira inyigisho ziwe barazi uwo ari we n'ico ari co. Kugira ushike ku gutahuzwa ibi, ugurura umushaha wawe n'umutima udahengeshanya. Bizogusaba umwanya wo kwitanga, ariko nta kindi.

Abantu bamara umwanya wabo munini mu gukorera ubuzima hamwe no kubungabunga ivyabo. Dukora uko dushoboye kugira ubuzima bwacu n'ubw'abo dukunda bube bwiza cane. Iyo umwanya ubitwemereye turanitaho ibikorwa vya Poritike, ukunonora imitsi, kuraba imboneshakure canke igihuha kigezweho. Abo muri twebwe bamaze gutahura inkomezi z'urukundo ziri mu kwegerana n'Imana barazi ko hari ibindi bintu bikenewe mu buzima kuruta ivyo. Twumva Bibabaje kubona Ubutumwa Bwiza butazwi henshi. Inyishu ku ntambara zo mu buzima zibereye muri twebwe, ukurorera. Turazi ko Ijuru riri hafi cane. Uratubabarira mu gihe twokwihenda kubw'igihababu tukavuga ibitandukanye n'ukuri kw'umushaha wawe. Ntibitworohera kuguma mu gacerere, twihweje ivvo twabonye kandi turavye n'ivyo tuzi.

Twebwe twiyizi nk'abigishwa b'Umwigisha Kibirengeye Ching Hai tukaba n'abisunga ubuhinga bwawe (ubuhinga bwa Quan Yin) tugushikirije aka gatabu k'intangamarara twizigiye ko kazogufasha kugira ico ukora wewe ubwawe mu Guhaga mu Mana nimba biciye mu nyigisho z'Umwigisha wacu canke mu z'uwundi.

Umwigisha Ching Hai arigisha akamaro ko kwirimbura, kwisuzuma hamwe no gusenga. Asigura ko dutegerezwa kuvumbura ukubana n'Imana kwacu kuri muri twebwe nimba dukeneye koko kunezererwa muri ubu buzima. Atumenyesha ko umuco atari igihishijwe kidashobora gushikirirwa uretse gusa ku woba yitandukanije n'abantu. Igikorwa ciwe ni ugukangura ukubana n'Imana muri twebwe, mu buzima bwacu busanzwe. Atangura avuga ati: Bimeze birya: Twese turazi ukuri. Gusa

turashobora kukwibagira. Kubw'ivyo, rimwe na rimwe birakenewe ko hagira uwuza kutwibutsa intumbero yo kubaho kwacu, igituma dutegerezwa kuronka ukuri, igituma dutegerezwa kurimbura, n'igituma dutegerezwa kwizera Imana canke Buddha, canke uwundi uwariwe wese twibaza ko ariwe Bushobozi Nsumbavyose mu vyaremwe. Nta n'umwe ahamagarira kumukurikira. Ashikiriza gusa umuco wiwe nk'akarorero kugira n'abandi bashikire ugucungurwa.

Aka gatabu ni intangamarara y'inyigisho z'Umwigisha Kibirengeye Ching Hai. Womenya ko inyigisho, insiguro n'ivyanditswe n' umwigisha Ching Hai birimwo vyose vyavuzwe nawe; vyafashwe amajwi vyandikwa rimwe na rimwe bikuwe mu zindi ndimi, biratunganywa kugira ngo bikwiragizwe. Tugusaba kwirabira canke kwumviriza amakaseti yiwe. Uzotahura vyinshi kuri we kuruta biciye mu gusoma ibi vyanditswe. Kanatsinda, igishingantahe nyaco cova mu kumwibonera amaso mu yandi. Kuri bamwe Umwigisha Ching Hai ni nka Nyina wabo, ku bandi ni nka Se wabo, ku bandi ni Umukunzi. Mu ncamake, ni we Mukunzi mwiza woshobora kuronka muri iyi si. Ari hano ngo aduhe, atari ukudusaba. Nta kiguzi mu buryo ubwo ari bwo bwose asaba ku nyigisho ziwe, infashanyo canke umwimenyerezo. Ico azogukurako conyene ni ukubabara kwawe, amagorwa yawe n'umubabaro. Ariko mu gihe uvyishakiye gusa.

“Umwigisha ni uwo afise urufunguruzo ruguhindura Umwigisha...agufasha kumenya yuko nawe uri umwigisha kandi ko wewe n’Imana muri umwe. Ni ico conyene... ico ni co gikorwa c’Umwigisha.”

Umwigisha Kibirengeye Ching Hai

“Intumbero yacu si iy’idini. Nta n’umwe mpindura kuba umu Katorika, canke umu Buddha, canke mu bindi “vyizerwa.” Gusa ndabafasha kwitahura, kumenya iyo muva, kwibuka igikorwa canyu hano kw’Isi; gutahura neza amabanga y’ivyaremwe. Gutegera igituma hari amakuba menshi, no kubona ikiturindiriye inyuma y’urupfu”

Umwigisha Kibirengeye Ching Hai

“Twaratandukanye n’Imana kubera ko dufise vyinshi dukora. Iyo umuntu ariko akuvugisha hanyuma iterefone ikaguma ihamagara ntiwitabe, maze ukaguma witekerwa canke wiganirira n’abandi bantu, ico gihe ntawushobora kuronka ingene avugana nawe.Uko niko bigenda no ku Mana. Irahamagara buri musu ariko nta mwanya tuyiha, ah’ubwo dukomeza guca iterefone yayo. ”

Umwigisha Kibirengeye Ching Hai

Incamake y'Ubuzima bw'Umwigisha Kibirengeye Ching Hai

Umwigisha Ching Hai yavukiye mu muryango utunze wo muri

Aulac, ni umukobwa w'umuhinga mu gukingira ibidukikije. Yarerewe muri Katorika hanyuma yigishwa inyigisho z'ifatiro za Buddha na nyinakuru. Kuva akiri muto yarerekanye kwitaho ivy'ubwenge n'inyigisho z'idini, hamwe n'umutima w'impuhwe zidasanzwe ku vyaremwe vyose bizima.

Umwigisha Ching Hai amaze imyaka icumi n'umunani yaciye aja mu Bwongereza kwiga, maze mu nyuma aja mu Bufaransa, hanyuma aja mu Budagi aho yakoreye ishirahamwe ry'Umusaraba Utukura aca yubakana n'umuhinga w'ubumenyi w'umudagi. Amaze imyaka ibiri yubatse mu munezero, yahukanye avyumvikanyeko n'umugabo wiwe ngo yironderere umuco, kugira ngo ashitse icyumviro yari afise kuva akiri muto. Muri ico gihe yariko yiga uburyo butandukanye bwo kuzirikana n'imyimenyerezo y'impwemu abifashijwemwo n'abarimu hamwe n'abigisha yashoboye kuronka. Yahavuye abona ko ari ivy'ubusa ko umuntu umwe yogerageza gufasha abantu mu mibabaro yabo, ahubwo amenya ko uburyo bwiza bwo gufasha abantu ari ukwitahura ubwawe. Yishimikije ibi nk'ihangiro ryiwe ryonyene, yatembereye mu bihugu bitandukanye arondera

Biciye mu myaka myinshi yo gupimwa, kugeragezwa hamwe n'amakuba, Umwigisha Ching Hai yahavuye atora Uburyo bwitwa "Quan Yin" **aranabonekerwa** n'Imana mu misozi ya Himalaya. Haheze igihe co kwimenyereza gutomoye, **atama** aho yari yagiye

kwibera wenyene muri Himalaya, yahavuye aronka umuco ukwiye. Mu myaka yakuriye kuronka umuco, Umwigisha Ching Hai yabayeho ubuzima bw'agacerere, **unassuming** bw'umubikira w'umu Buddha. Kuko yari afise kamere y'isoni, yanyegeje ubwo Butunzi kugeza aho abantu baje kumusaba inyigisho n'ukubamenyereza. Bivuye ku gushishikara gusaba hamwe n'akigoro vy'abigishwa biwe ba kera bo muri Formosa no muri Reta Zunze Ubumwe za Amerika, Umwigisha Ching Hai yashoboye kwigisha mw'isi yose, anatanguza ibihumbi n'ibihumbi vy'aba **aspirants** nyakuri b'ivy'impwemu.

Muri iki gihe abantu benshi barondera Ukuri bava mu bihugu bitandukanye no mu madini yose bama baje kuri we ku bwinshi kubw'ubwenge bwiwe bwo mu rwego rwo hejuru. Kuri abo bipfuzza bivuye ku mutima kwiga no gushira mu ngiro uburyo bwo kurondera Umuco Wihuta, ubwo we ubwiwe yagerageje akabona ko ari bwo bwo hejuru — ubwitwa Quan Yin, Umwigisha Ching Hai yiyemeje kubafasha mu myimenyerezo no mu zindi mpanuro mu vy'impwemu.

*Iyi si yuzuyemwo ingorane
Ni jewe Gusa nuzuye Wewe!
Iyo uba wari washizwe mw'isi
Ingorane zose zohavuye.
Ariko kuko isi yuzuyemwo ingorane,
Nta kibanza ndakuronkera!*

*Nogurishije amazuba yose, amezi n'inyenyeri
Vyo mu kirere,
Kugira ngure gusakimwe mu bwiza bwawe busayangana.
Oh Mwigisha w'Ubwiza budashira!
Ngirira ubuntu urasire imishwarara na mike mu mutima wanje
ubinyotewe.*

*Ab'isi baja gutambira no kuririmbira hanze mu gicugu,
Barongowe n'umuco w'isi n'umuziki w'isi.
Jewe jenyene nicara **mbabaye,**
Mvuna ihunja n'Ugukayangana hamwe n'Umuziki vy'imbere.*

*Kuva mpawe kumenya Icubahiro Cawe Ewe Mwami,
Nta kintu na kimwe ngikunda muri iyi si.
Nyakira mu Buntu bwawe bw'Urukundo,
Ibihe vyose!
Amina*

*Vyakuwe muri Amosozi y'Agacerere "Silent Tears", agatabu kanditwese
n' Umwigisha Kibirengeye Ching Hai*



IBANGA RY'ISI YO HIRYA

Vyavuzwe n' *Umwigisha Kibirengye Ching Hai*

Kuwa 26 Ruheshi, 1992 (DVD#260)

Ku cicaro c' Ishirahamwe Mpuzamakungu ONU, New York

(Vyavuzwe mu Congereza)

Kaze mw' Ishirahamwe Mpuzamakungu ONU. Muheze munkundire musengere hamwe mu kanya gato mu kwizera kwanyu ko dushima ku vyo dufise, ku vyo twahawe n' ivyo twipfuzaga, twizera ko abadafise ibikwiye bazohabwa nk' uko duhabwaga; impunzi ziri mw' isi, abasinzikajwe n' intambara, abasirikare, abarongoye amareta na ntaryo abarongoye Ishirahamwe Mpuzamakungu ONU ngo bazoshobore kurangura ivyo bashakaga kandi bazobane mu mahoro.

Turizera ko ivyo dusavye tuzabironka kuko ari ko vyanditswe muri Bibiriya. Murakoze!

Murazi ko indangamajambo y' inyigisho z' uno musi ari "Hiry a y' Iyi Si" kuko ntibaza ko nobabwira ivy' iyi si ukundi. Ivyo mwese murabizi. Ariko hirya y' iyi si dufiseyo ibindi bintu. Nibaza ko mwese mwaje hano mwonezerezwa no kubimenya. Ntibimeze nk' ivyo mugenzi wacu w' umwigishwa amaze kuvuga ku vy' ibitangaza

canke ivyo ari vyo vyose mudashobora kwizera. Ni ikintu c'ubumenyi bwa cane, bitondetse neza cane kandi bifise akamaro kanini.

Twese twarumvise ko mu bwoko butandukanye bwa Bibiriya z'amadini canke Ivyanditswe, handitswe ko hari amajuru indwi, hari ingero zitandukanye zo kubitegera. Harimwo Ubwami bw'Imana, harimwo Akameremere ka Buddha, n'ibindi. Hari ibintu bimwe vyasezeranywe hirya y'iyi si. Ariko si abantu benshi bashobora gushikira ivyasezeranywe muri ibi Vyanditswe, si benshi. Sinovuga nti nta n'umwe, ariko si benshi. Dufatiye ku Bantu bose baba kw'isi, abantu boshobora gushikira Ubwami bw'Imana imbere canke ico twita, "ibiri hirya y'iyi si", ni bake cane.

Kandi niba woba uba muri Amerika, birashoboka ko ufise igihumana co gusoma ibitabu vyinshi bivuga ku biri hirya y'isi yacu. Mbere n'amwe mu masinema Abanyamerika bakoze si yose arimwo ibitabaho. Mbere hari n'amwe mu masinema yakozwe n'Abayapani usanga atari yose ari mwo ibitabaho gusa. Ni kubera ko abo bantu bashobora kuba barasomye ibitabu bimwebimwe mu vyanditswe n'abagiye hirya y'iyi si canke na bo ubwabo bakaba bamaze kubona agace ko mu Bwami bw'Imana.

None rero, ni ibiki biri mu Bwami bw'Imana ? Kubera iki twokwitaho ivy'Ubwami bw'Imana mu gihe dufise ivyo dukora bikwiye hano kw'isi, dufise n'akazi duhemberwa, dufise amazu atekanye, kandi dufise n'imigenderanire y'urukundo ikwiye, n'ibindi? Mu vy'ukuri, kuko tuza dufise ivyo vyose, twari dukwiye kwitaho ivy'Ubwami bw'Imana.

Iyo tuvuze Ubwami bw'Imana humvikana cane ivy'amadini. Mu bisanzwe ni intambwe yo hejuru mu gutahura. Abantu ba kera bavuga ko ari ijuru, ariko dukoresheje ubumenyi twovuga ko ari igitandukanye — ni intambwe yo hejuru y'ubumenyi, intambwe

Ku bw'ivyo, twese twarumvise ivy'ubuhinga bushasha buherutse gutorwa muri Amerika; ko abantu bafise n'imashini yo

gushira umuntu muri **samadhi**. Woba warabiciyemwo? Irigurishwa muri Amerika. Kuva ku majana ane gushika ku majana indwi, biva ku rugero ushaka. Bavyita ngo — ibi ni ivy'ibanabwewe badashaka kurimbura, bakeneye kwibera muri **samadhi** gusa. Mugihe mwoba ataco mwari mubiziko, reka mbacire ku mayange.

Bavuga ko iyi mashini bakoresha ishobora kugufasha kuruhuka mu mutwe, ugaheza ukaba woshika ku rugero rwo hejuru rw'Ubwenge "QI". Iyo bitegerezwa kukwungura ubumenyi, kwungura ubwenge hanyuma ukiyumva neza, n'ibindi. Iyi mashini kandi ikoresha imiziki irobanuwe, imiziki yo hanze, kubw'ivyo uca ukenera ibinyamajwi vyo kwambara mu matwi, bagashiramwo n'ukayagankuba gake ko kugukabura, birashika ukanabona n'ibikeke. Ibinyamajwi vyo kwambara mu matwi n'igitambara co kwifuka mu maso ni vyo vyonyene ukeneye kuri **samadhi**. Ibi ni vyiza cane, kandi ni amatorari amajana ane gusa — birazimbutse cane. Ariko **samadhi** yacu izimbutse gusumba, ntaco igurwa, kandi ni iy'ibihe vyose, ibihe vyose. Kandi ntukenera kwongereza umuriro n'amabeteri canke umuyagankuba, gucomeka, gucomora; canke mu gihe imashini yoba itagikora, ntibikenewe kuyikora.

Naho umuco n'umuziki vy'ibikorano vyoshobora gufasha abantu kugononokerwa no kuba abanyabwenge — vyotegerejwe kubibaha, ariko nasomye mu kinyamakuru ico vyotegerejwe gukora, ntavyo ndageza jewe ubwanje. Ni co gituma zishushwe cane kandi zikagurishwa cane, niko navyumvise. N'ivyo bintu vy'ibikorano kudufasha mu kworoherwa, mbere bikanaduzza n'urugero rwacu rwo kwiyumvira, none mwoshobora kwibaza ukuntu ikintu c'ukuri codufasha mu bwenge bwacu? Ikintu c'ukuri kiri hirya y'iyi si ariko uwo ari we wese ashobora kubushikira mu gihe avyipfuye. Iyo na vyo ni umuziki n'umuhindo vy'ijuru muri twebwe. Bivuye rero ku nguvu z'uwo muziki, z'umuco canke umuziki muri twebwe, turashobora kwijana hirya y'iyi si tugashika no kure cane mu gutahura.

Nibaza ko ari ko bimeze no mu vy'ubumenyi bwa "**physique**". Nk'iyoye ukeneye kurungika ikigendajuru utegerezwa kuba ufise inguvu zikwiye kugira ngo ushobore kugisunika, kandi naco iyo kigurutse cihuta cane kizana umuco kanaka. Kubw'ivyo nibaza ko natwe dushobora kuzana Umuco kanaka mu gihe twogenda hirya y'isi twihuta, kandi twokwumva umuhindo.

Uyo muhindo ni ubwoko bw'Inkomezi Zitigita zidusunukira mu ngero zo hejuru ariko zibikora ata rwamo rwukumvikana, ata ngorane nyinshi, ata kiguzi, kandi bitabuza amahoro Âuwubigirirwa. Uko ni ko baja hirya y'isi. None ni ibiki biri hirya y'iyi si biruta isi yacu? Ni ibintu vyose dushobora kwiyumvira n'ivyo tudashobora kwiyumvira. Iyo tubiciyemwo duca tubimenya. Vy'ukuri nta wundi muntu yoshobora kubitubwira. Dutegerezwa rero kubigumirizako kandi tugashimika vy'ukuri, atari uko nta wundi muntu ashobora kubidukorera. Ni nk'uko ata wundi muntu yoshobora kuza kugusubirira aha ukorera Ishirahamwe Mpuzamakungu ONU hanyuma ngo ugume uhembwa. Ni nk'uko ata muntu yoturira hanyuma tukumva duhaze. Kubw'ivyo igikenewe ni uko twokwigeragereza. Turashobora kwumviriza uwabiciyemwo atwiganira ukuntu vyamugendeye, ariko ivyo ntibituma natwe tubicamwo. Dushobora kubicamwo incuro imwe, incuro kanaka bitumwe n'inkomezi z'uwo yamazwe kwegera Imana. Ni ho twoshobora kubona Umuco kanaka canke kwumva ijwi kanaka? Mu buryo busanzwe ata kigoro dushizemwo, ariko rero usanga akenshi bitamara umwanya munini. Ni co gituma dukwiye kubicamwo kandi tukabikora ubwacu.

Hirya y'isi yacu hari isi nyinshi zitandukanye. Twotanga nk'akarorero k'iyiri hejuru yacu gatoya. Ico twita isi y'ibinyamuco mu mvugo y'i Buraya. Mw'isi y'ibinyamuco baranafise ingero ijana n'imisago zitandukanye. Kandi urugero rwose ni isi ubwarwo. Kandi rwerekana urugero rwacu rwo gutahura. Ni nk'iyoye tugiyeye muri

kaminuza, buri ntambwe tugira muri kaminuza idufasha gutahura inyigisho zayo, buhoro buhoro tukaba turiko twerekeza gutsinda.

Mw'isi y'ibinyamuco, tuzohabona ubwoko bwinshi bw'ivyitwa ibitangaza kandi dushobora kuzonageragezwa n'ivyo bitangaza kandi tunabironke. Turashobora gukiza abarwaye, turashobora rimwe na rimwe kubona ibintu abandi bantu badashobora kubona. Dufise n'imiburiburi ubwoko butandatu bw'ububasha bwo gukora ibitangaza. Dushobora kubona ibiri hirya y'imbibe zisanzwe. Dushobora kwumva ibiri hirya y'imbibe z'ikirere. Kuri twebwe ikirere ntaco gitwaye. Ivyo ni vyo twita amatwi y'ijuru n'amaso y'ijuru. Hanyuma dushobora kubona mu vyiyumviro vy'abantu, n'ivyo umuntu afise mu mutwe wiwe, rime na rimwe dushobora kubibona. Ubwo ni ububasha turonka iyo dushikiriye Urugero rwa Mbere rw'Ubwami bw'Imana.

Kandi muri urwo Rugero rwa mbere, navuze ko dufisemwo izindi ngero turonkamwo ibintu biruta ivyo umuntu yashobora gusigura. Nk'akarorero, duhejeje kwigishwa, duca turimbura hanyuma iyo turi mu rugero rwa mbere duca tugira ubushobozi bwinshi bwiyongeyeko. Turashobora gutera imbere mu vy'indimi kuruta uko twahora. Mbere turamenya n'ibindi bintu vyinshi abandi bantu batazi, kandi vyinshi tubihabwa nk'ingabire ivuye mw'ijuru, rimwe na rimwe mu mafaranga, ahandi mu kazi, rimwe na rimwe mu bindi bintu vyinshi. Maze duca dushobora kwandika neza ivyese, canke gushushanya amashusho asa neza, mbere ugasanga turashoboye gukora ibintu tutigeze dushobora gukora, ndetse tutigeze tuzirikana ko dushobora kubikora. Urwo ni Urugero rwa Mbere. Dushobora kwandika ivyese tukandika n'ibitabu mu mvugo nziza cane. Nk'akarorero, dushobora kuba tutari abasanzwe bakora umwuga wo kwandika, ariko ugasanga turashoboye kwandika. Izo ni inyungu ziboneka dushobora kuronka tukiri mu Rugero rwa Mbere rwo gutahura.

Mu vy'ukuri izi si ingabire z'Imana. Ibi ni ibintu bisanzwe biri mw'ijuru muri twebwe, gusa kuko tubivyuye, bica bitangura gukora. Hanyuma rero tugaca dushobora gutangura kubikoresha. Izi ni inkuru zimwe zerekeye Urugero rwa Mbere.

Rero, iyo tugiyeye mu rugero rwo hejuru, duca tubona ibindi bintu vyinshi, kandi tugashika ku bindi bintu vyinshi. Kanatsinda sinshobora kubabwira vyose kubera umwanya. Kandi si na vyiza kwumviriza udukuru twose twiza tuvuga ku vy'imikate n'imbombo utari bubirye. Kubw'ivyo, meze nk'uwubatera akayabagu, niyo mwashaka kurya, ivyo ni ibindi. Dushobora gutanga imfungurwa mu wundi mwanya. Ego ! Mu gihe wumva ukeneye kubiryako.

Aho rero, iyo tuvuye muri uru Urugero gatoya tukaja mu Rugero rwa Kabiri, urwo twita "urwa Kabiri" mu kworoshya ibintu. Urugero rwa Kabiri—aho dushobora kuronka ubushobozi buruta ubwo mu ca mbere, harimwo n'ibitangaza. Ariko intambwe idasanzwe dushikako mu Urugero rwa Kabiri ni ukuvuga neza hamwe n'ubushobozi bwo guhanahana ivyiyumviro. Kandi nta muntu n'umwe ashobora kwifatira mu gahanga umuntu amaze gushika mu Rugero rwa Kabiri kuko aba afise ubuhizi budasanzwe mu kuvuga, kandi n'ubumenyi bwiwe **buba buhambaye cane**.

Abantu benshi bafise ubwenge busanzwe canke urugero rwo kwiumvira ruciriye hafi ntibashobora kuba nk'uyu muntu kuko ubwenge bwiwe buba ari ubwo hejuru cane. Ariko ntihatara imbere ubwenge bw'umubiri gusa, ni ububasha budasanzwe, ububasha bw'ijuru, ubwenge bunyegeteye muri twebwe. Ico gihe buca butangura kwuguruka. Mu Buhindi uru Rugero barwiita "Buddhi", bisigura urugero rw'ubwenge. Iyo rero ushikiriye Urugero rwa "Buddhi" uca uba umu Buddha. Aho niho ijambo Buddha rikomoka —"Buddhi" na Buddha. Rero ivyo ni bisigura umu Buddha. Ntibigarukiye aho. Sindababwira ivya Buddha gusa, hari vyinshi birenze ivyo.

Abantu benshi bita umuntu amaze kuronka umuco umu Buddha. Mu gihe yoba atazi ibirengeye Urugero rwa Kabiri, yashobora kuvyishimira cane. Koko, kwibaza yuko ari umu Buddha muzima, kandi n'abigishwa biwe bokwishimira kumwita Buddha. Ariko mu vy'ukuri iyo amaze gushikira Urugero rwa Kabiri gusa, aho ashobora kuraba kahise, kubu na kazozo k'umuntu uwo ariwe wese ahisemwo kandi aho afise ubuhinga bukomeye bwo kuvuga neza, ico gihe iherezo ry'Ubwami bw'Imana riba ritarashika.

Kandi umuntu wese ntabwo kwishimira ubu bushobozi bwo kumenya akahise, kubu na kazozo kuko ari ibiri mu bubiko bwitwa "akashic" nk'uko mubizi mu mvugo y'i Buraya. Umuntu wese muri mwebwe yoba akora yoga canke ubundi buryo bwo kurimbura aratahura ubu bubiko bwitwa akashic, ni nk'inzu basomeramwo ibitabu nk'iyi iri mu nyubakwa ikurikira y'Ishirahamwe Mpuzamakungu (ONU) harimwo ubwoko bwose bw'indimi. Usangamwo Icarabu, Ikirusiya, Igishinwa, Icongereza, Igifaransa, Ikidagi, vyose nk'uko biri mu nzu y'ibitabu ikurikira, ubwoko bwose bw'indimi. Mu gihe woshobora gusoma izo ndimi zose, woca umenya neza ibiriko biraba mu gihugu. Ni co kimwe rero n'umuntu afise uburenganzira bwo mu Rugero rwa Kabiri, aratahura, ashobora no gusigura neza **ibiriko biraba** mu muntu, nk'uko ubwawe uzi ubuzima bwawe.

Hari ibindi vyinshi ushobora kwungukira mu Rugero rwa Kabiri rwo gutahura. Ariko iyo umuntu amaze gushika mu Rugero rwa kabiri, biba bimaze kuba ibidasanzwe, aba amaze kuba umu Buddha, kuko uba wuguruye Buddhi, ubwenge. Aho tuba tuzi ibintu vyinshi, ibintu vyinshi tutashobora no guha amazina. Kandi ivyitwa ibitangaza vyose bishobora kudushikira, dushobora kuba tubishaka canke tutabishaka, kuko ubwenge bwacu buba bwugurutse kandi bushoboye gushikira isoko ry'ugukiza ryo hejuru, no gutunganya ibintu gushika aho ubuzima bwacu bushobora kuba ubwiroshye kandi bwiza gusumba. Kandi ubwenge bwacu canke Buddhi, buba

bwugurutse ku buryo bushobora kuronka inkuru zose zikenewe za kahise na kubu kugira dutunganye neza, canke tugerageze gusubira gutunganya canke gukosora ivyo twakoze nabi muri kahise. Aho ni kugira dukosore ikosa hanyuma ubuzima bwacu bube bwiza kurusha.

Nk' akarorero, iyo tutamenye ko twababaje umubanyi vyo wacu mu vyo twakoze tutabishaka, ico gihe duca tubimenya. Biroroshe cane! Iyo tutabimenye hanyuma uyo mubanyi wacu akatubikira inzikira yihoreye kandi rimwe na rimwe ugasanga agerageza gutegura kutugirira nabi tutabizi kubera ukudatahura canke kubera ikibi twamukoreye. Ariko ico gihe duca tumenya icatumye bishika. Rero biroroshe. Dushobora guca tuja kuri uyo mubanyi canke tukamuterefona, canke tukagira umusi mukuru, tukamutumira hanyuma tugatorera umuti ukwo kudatahura.

Ni co kimwe n'iyi tugeze ku rugero rw'ubwenge, ubwo nyene, nshatse kuvuga mu gacerere, duca dutahura ivyo vyose, kandi tugaca tubitunganya mu gacerere, canke tugakorana n'isoko kanaka ry'ubushobozi rishobora kudufasha gutunganya ivyo bintu, kugira uburyo tubaho bube bwiza gusumba, kugira igihe co kubaho kwacu kube ciza gusumba. Aho rero dushobora kugabanya isanganya nyinshi, n'ibihe tudashaka canke bitabereye bishika mu buzima bwacu. Egome ! Egome ! Kubw'ivyo, iyo tugeze mu Rugero rwa Kabiri, usanga biteye igomwe.

Kubw'ivyo, ivyo nabasobanuriye ni ivy'ubumenyi rwose kandi biri ku rutonde rukomeye kandi ntibikenewe kwiyumvira ko umu yogi canke uwurimbura ari umuntu adatahuritse canke atari uwo kw'isi. Ni ibiremwa vyo kw'isi nkatwe, gusa bateye imbere kuko bazi ingene bari bubigenze.

Muri Amerika tuvuga ko vyose biva mu kumenya uko wobigenza, ni ukuvuga ko dushobora kwiga ibintu vyose. Ni ukuri ? Dushobora kwiga ibintu vyose. Ubu rero ni ubwoko bw'ubumenyi bwo hirya y'iyi si, kandi twashobora no kwiga muri yo. Tuvyumva

nk'igitangaza, ariko uko bitera bikomera ni ko bitera vyoroha gutahura. Biroroshe cane kuruta kuja mw'ishure yisumbuye hari ibibazo n'ubufindo vy'ibiharuro bigoye.

No muri uru Rugero rwa kabiri hari izindi ngero zitandukanye. Reka ndabivuge mu nca make kuko ntoshobora kuvuga ido n'ido amabanga yose y'ijuru. Uko biri kwose muzobitahura vyose niyo mwafatanyarugendo n'Umwigisha yamazegufata urugendo. Kubw'ivyo si ibanga. Gusa ni birebire cane, nimba dutegerezwa guhagarara muri buri rugero, kandi na rwo rufise izindi ngero ntonto kandi tukaba dutegerezwa kwihweza vyose— bifata umwanya munini cane. Kubw'ivyo Umwigisha abacira ku mayange ibiri muri buri Urugero yihuta — ngo Kwa! Kwa! Kwa! Kuko nimba utitayeho ivy'ubwigisha, ntukeneye kwiga vyinshi cane. Vyogutera kurwara umutwe. Ni co gituma abibacishako gusa mugaca mutaha i Muhira kuko n'ubundi bifata umwanya munini. Rimwe na rimwe bifata ubuzima bwose. Ariko ukwakirwa n'umuco vyo tubironka ubwo nyene.

Ariko iyo ni intango gusa, ni nk'ukwiyandikisha. Umusi wa mbere wiyandikishije muri kaminuza uca uba umunyeshure wo muri kaminuza. Ariko ivyo ntaco bisa bisana n'impamyabushobozi ihanitse. Haheze imyaka itandatu, canke ine, canke icumi n'ibiri niho uronka impamyabushobozi. Ariko uba wamazekuba umunyeshure wa kaminuza, nimba koko ari kaminuza y'ukuri, kandi umaze kwiyandikisha, uca witwararika ushimitse ivyo kuba umunyeshure wo muri kaminuza. Impande zose rero zitegerezwa gukorana.

Ni co kimwe n' iyo tugomba kuja hira y'iyi si, nk'akarorero twifyinira gusa, kuko ataho dufise handi twoja hano i New York; tumaze kumenya vyose ku vyerekeye i Manhattan, Long Beach, ikivuko "kigufi" canke ikivuko ico ari co cose. (Agatwengo k'abumviriza) Ni wibaze rero dushatse gufata urugendo ngo tuje mu kibanza co hanze y'isi ngo turabe uko vyifashe. Ni vyo? Kubera

iki tutojaye? Mugihe turiha amahera menshi iyo dushaka kuja kwoga mw'ibahari i Miami muri Florida, kubera iki tutoja rimwe na rimwe mw'isi zitandukanye hirya y'iyi si turiko ngo turabe uko zisa, n'ukuntu abantu **babayeho**? Si nibaza ko hari igitangaza muri ivyo. Si vyo? Ni nko gufata urugendo ruto cane uja hirya gatoya n'urugendo rwo mu bwenge, mu impwemu, uretse urw'umubiri. Hari ubwoko bubiri bw'ingendo. Rero bifise urutonde ruhanitse kandi biroroshe cane kubitahura.

Ubu turacari ku Rugero rwa Kabiri. Mbega ni ibindi biki nobabwira? Uko niko tubandanya muri iyi si, mugabo tukaba tuzi n'izindi si gihe kimwe. Kuko tuja mu rugendo.

Ni nk'uko uri umunyamerika canke uri uwo mu kindi gihugu ico ari co cose co mw'isi, ariko ugafata urugendo uva mu gihugu kimwe uja mu kindi kugira umenye ukuntu igihugu kibanyi kimeze. Kandi ndibaza ko abenshi muri mwebwe mukorera Ishirahamwe Mpuzamakungu ONU mutari imvukira za Amerika. Si vyo? Ni vyo. Ubu muzi ibintu bimwe. Turashobora kuja gutembera ku yindi si canke tukinjira mu rundi Rugero rw'ubuzima kugira ngo dutahure. Urugendo ni rurerure ku buryo tudashobora kugenda n'amaguru canke ngo dufate ikigendajuru canke UFO.

Isi nyinshi ziri kure cane y'aho UFO ishobora kuruguka. UFO ! Ni igikoresho kitaboneka. Igikoresho kiguruka, egome ! Hariho uburyo bworoshe muri twebwe bumeze neza kuruta UFO. Ubwo na bwo ni umushaha wacu. Rimwe na rimwe tucita impwemu. Turashobora kuguruka muri ubu buryo, ata gitoro dukoresheje, ata baporisi, ata benshi bakoresha inzira, canke idindi vyose. Nta bwoba tugira ngo Abarabu barashobora guhagarika kutugurishako igitoro, (Agatwengo k'abumviriza), kuko ubwo buryo burikwije. Ntibwigera bwononekara, uretse mu gihe tugomvye kubwonona mu kurenga amategeko ngenderwako y'isi, mu kwonona urutonde rwiza ruri hagati y'ijuru n'isi, ivyo navyo kuvyirinda biroroshe. Turi bubabwire uko mwobigenza mu gihe mwoba mubikeneye.

Nk'akarorero, ariko mvuga mu ncamake, ni vyo ? Si ndi umusiguzi. Ntimugire ubwoba, sindabatwara mw'ishengero. Ni akarorero gusa ngomba kubaha.

Hari amategeko amwe amwe kw'isi dutegerezwa kumenya, nk'iyu utwara imodokari, utegerezwa kumenya amategeko agenga ibarabara. Iyo ubonye ikimenyetso c'itara ritukura urahagarara, iyo risa n'icatsi kibisi, uca ubandanya. Kugendera i buryo, canke i bubamfu, n'ibindi. Umuvuduko mu mabarabara y'iroro. Rero hariho amategeko asanzwe mw'isi, kuri iyi si tubona. Hirya y'iyi si, hirya y'iyi si tubona nta mategeko, nta mategeko na mba. Turidegemvya, turi abanyagihugu bidegemvya, ariko dutegerezwa kurengera ivyo kugira ngo tube abidegemvya. Uko rero tubandanya kuba muri iyi si, muri uyu mubiri, dutegerezwa uko bigenda kwose kuguma musi y'amategeko, kugira ntifuje mu ngorane. Ico gihe imodokari zacu ntizigira impanuka, tugashobora kuguruka vyihuta, hejuru cane, ata ngorane.

Rero, aya mategeko yanditswe muri Bibiriya, muri Bibiriya yanyu y'abakristo no muri Bibiriya y'aba Buddha canke Bibiriya y'Aba Hindu. Amategeko asanzwe nk'aya ngo ntugakorere ikibi umubanyi, ntukice, ntugasambane, ntukibe, n'ayandi; ntukanywe ibiyayura mutwe, ni ukuvuga urumogi muri iyi misi. Birashoboka ko Buddha yari azi ko mu kinjana ca 20, twovumbuye kokayine n'ibindi nka vyo, aca aravuga ati abuzabiyayuramutwe. Mu biyayuramutwe harimwo n'ubwoko bwose bw'inkino, canke ibindi vyose bituma ubwenge bwacu bwitwararika cane ivy'ukwiryohera kw'uyu mubiri, bukibagira urugendo turimwo rwo mu vy'impwemu.

Niba dukeneye kuguruka vyihuta kandi ata **ngorane tugize**, ayo ni yo mategeko y'umubiri, ameze nk'amategeko ya **physique**. Iyo ikigendajuru kigiye kuguruka, umuhinga ategerezwa gukurikiza amategeko kanaka. Biba biheze, ni vyo? None ntimwibaza ko dutegerezwa kuba magabo rwose mu gihe dushaka kuguruka hejuru kurutaho, kure y'aho ibigendajuru bishobora gushika, twihuta

kuruta UFO. Hariho vyinshi vyari bikeneye insiguro bitegerezwa gutangwa, hamwe mwoba mubikeneye, muzobimenya mu gihe muzoba mutanguye imyimenyerezo. Nti dushaka kubagoza amategeko muvuga ngo "Ayo nari nsanzwe ndayazi. Nari ndayazi. Narayasomye muri Bibiriya. Ivyagezwe cumi ngenderwako, ni vyo? Ambwirizwa cumi."

Mu vy'ukuri abantu benshi muri twebwe barasomye ivyagezwe ngenderwako, ariko ntibavyitaho cane, canke ngo babitahure cane. Canke ugasanga dushaka kubitahura uko tuvuyipfuzwa, atari uko bisanzwe bishaka kuvuga. Kubw'ivyo, si bibi ko rimwe na rimwe twokwibutswa, canke kwumviriza ukundi iyindi nsiguro yavyo itomoye gato kurusha,. Nk'akarorero muri Bibiriya, mw'isezerano rya Kera, ku rupapuro rwa mbere, Imana iravuga iti, Naremye ibikoko vyose kugira ngo bibane namwe kandi ngo bibafashe, kandi muzobiganza. Hanyuma iravuga ko yaremye imfungurwa zose z'ibikoko, ubwoko butandukanye kuri buri gikoko cose. Ariko ntiyigeze itubwira kubirya. Oya! Kandi yaravuze ngo naremye imfungurwa zose, ivyatsi vyose vyo **ku misozi** n'ivyamwa vyo ku biti biryohye kurya kandi bibereye ijisho. Ibi bizoba imfungurwa zanyu. Ariko si abantu benshi bitaho ivyo. Kubw'ivyo abantu benshi bizera Bibiriya babandanya barya inyama ntibatahure ico Imana yashatse kuvuga mu vy'ukuri.

Kandi n'iyi tugiye mu vy'ubushakashatsi mu vy'ubuhinga, turatahura ko tutategezwa gufungura inyama. Inyubako y'umubiri wacu, amara yacu, umushishito, amenyo, vyose usanga vyaremewe gukoreshwa ku mfungurwa z'ibiterwa gusa. Ntibitangaje, kubona abantu beshi barwaragurika, basaza ningoga, baruha, bikwega kandi bari bavutse bakerebutse kandi bazi ubwenge. Kandi buri musi bawuheza bashavuye, kandi uko bakura bumva baguma bamererwa nabi cane. Ni uko twiyononera "imodokari" zacu, "ibikoreho vyo kuguruka", vyacu, za "UFO" zacu. Kubw'ivyo, niba dukeneye gukoresha "imodokari" yacu igihe

kirekire, dutegerezwa kuyibungabunga neza.

Nk'akarorero, dufise imodokari. Mwese muratwara imodokari. Iyo ushizemwo igitoro kitari co, bica bigenda gute? Haca hashika iki? Yoshobora kugenda akanya gato hanyuma igaca ihagarara. Kandi ntuta ishavu ku modokari. Ni ikosa ryacu, kuko twihenze tugashiramwo igitoro kitari icayo. Canke iyo igitoro cacu kirimwo amazi, ni vyo, irashobora kugenda akanya gato, mugabo igaca igira ingorane. Canke niba amavuta yacu yagiyemwo imyanda hanyuma ntituyayungurure, iragenda gato, ariko mu nyuma tukagira ingorane. Rimwe na krimwe iranasha kuko tutayitayeho mu buryo bwiza.

Ni co kimwe n'umubiri wacu, umeze nk'imodokari dushobora kugiramwo tuja mu bugingo budashira, ku rugero rwo hejuru cane rw'ubwenge bw'ubuhinga. Ariko kenshi turawonona ntituwukoreshe ivyo wagenewe. Akarorero, nk'iyi imodokari yacu itegerezwa kugenda ibirometero vyinshi itujana ku kazi, canke ku bagenzi bacu, canke ahandi ahantu hatandukanye habereye kuraba. Mugabo ntituyiteho, tugashiramwo igitoro kitari co, canke ntitwitweho amavuta canke itangi ry'amazi, n'ibidi vyose. Aho rero ntishobora kwihuta. Ntishobora kugenda urugendo rurerure. Twashobora kuyikoresha mu kuzunguruka gusa mu rugo rwacu. Ivyo na vyo ni ukuri. Ni ukuvuga ko tuba dutakaje icatumye tugura imodokari. Ni ugutakaza amahera, umwanya, hamwe n'inguvu zacu. **Ni uko bimeze.** Nta n'umwe yatabwako ikuvyo. Nta giporisi gishobora gukurikirana kubera ivyo. Ni ukuvuga gusa ko wafashe nabi imodokari yawe, ko wasesaguye amahera yawe mu gihe woshoboye gutembera ugashika kure, ukabona ibintu vyinshi, kandi ukinezereza mu hantu henshi habereye kuraba.

Ni co kimwe rero n'imibiri yacu. Turashobora kubaho muri iyi si ariko tukitwararika ko muri uyu mubiri dufise ibindi bikoresho dushobora gukoresha mu kuguruka hirya yayo. Ni nk'uko umuhinga mu vy'ibinyamuco yicara mu kigendajuru. Ikigendajuru ni igikoresho

ciwe. Ategerezwa kwiyubara agakurikiza amategeko yose ya **physique** kugira icyo kigendajuru ciwe kiguruke mu mutekano kandi cihute. Ariko uyo muhinga arimwo ni ngirakamaro. Ikigendajuru kimushikana icyo ashaka kuja. Ikigendajuru si cyo gikoresho nyamukuru ariko ni umuhinga hamwe n'icyo agiye. Nko mu gihe nawe yogikoresha mu kwizungurukira izinga Long Island, kwoba ari uguta umwanya. Yoba ariko arasesagura amahera y'igihugu.

Rero umubiri wacu urahambaye kuko ubamwo Umwigisha. Ni cyo gituma muri Bibiriya handitswe ngo, ntimuzi ko muri ingoro y'Imana kandi Imana Ishobora vyose iba muri mwebwe, na Mpwemu Yera nyene. Niba duhaye indaro Mpwemu Yera canke Imana Ishoboravyose, mwokwibaza ingene biteye ubwoba, ingene insiguro yavyo iteye ubwoba! Mugabo abantu benshi babisomye bihuta ariko ntibabitahuye, ntibabona ubushobozi bw'iri ryungane, kandi ntibagerageza kurondera gutahura. Ni cyo gituma ku bigishwa banje, bo bakunda gukurikira inyigisho zanje kugira ngo batahure uwuri muri bo bakanamenya n'ibiri hirya y'iyi si, uretse intambara yacu ya buri musu, kurondera amahera, kuvumbura, hamwe n'izindi ngorane z'umubiri.

Dufise ubwiza bwinshi, umwidgegemvyo mwinshi, n'ubumenyi bwinshi muri twebwe. Mu gihe twarondera rero uburyo bwo kubishikira, vyose ni ivyacu kuko biri muri twebwe. Gusa ni uko tutazi aho urupfunguruzo ruri, kandi hakaba haheze igihe kirekire twarugaye icyi "inzu" none tumaze no kwibagira ko dufise ubu butunzi. Nta kindi.

Kubw'ivyo uwo twita Umwigisha ni uwudufasha kwugurura urugi kandi akatwereka ivyanywe ari ivyacu. Ariko dutegerezwa gufata umwanya ukwiye tukagenzura, tukaraba buri kintu twoba dufise;

Rero, ivyo ari vyo vyose twari mw'isi igira kabiri. Mwumva mukeneye kubandanya? (Abumviriza: Egome! Egome!) Mwipfuzza

kumenya vyose mutarinze gukora? Ni vyiza. Ariko n' imiburiburi umuntu arashobora kukubwira ivyo yabonye mu kindi gihugu mu gihe yagiyeyo naho wewe woba utarajayo. Nivyo? Njanye n' aho muvuyipfuzza ngira ngo mwoba mushaka kujayo. Ni vyiza. Ubu rero inyuma y'iyi si igira Kabiri. Sinahejeje ibijanye n' iya Kabiri vyose, ariko murazi ko tutari bwicare hano umusi wose. Rero inyuma y' iya Kabiri, mushobora kugira ubushobozi bwinshi. Ni mwashimika mukabikorera, muzoshikira iya Gatatu. Iyitwa Isi ya Gatatu. Ni intambwe yo hejuru cane.

Uwujya mw' isi igira Gatatu ategerezwa kuba n' imiburiburi yikuyeko imyenda yose y'iyi si,, Niba tugifitiye ikintu umwami w'iyi si tubona, ntidushobora kuja hejuru. Ni nko mu gihe woba wagirizwa ivyaha mu gihugu kanaka, mu gihe biba barakuvako, ntushobora kujabuka imbibe ngo uje mu kindi gihugu. Rero umwenda w'iyi si ugizwe n' ibintu vyinshi tuba twarakoze muri kahise, muri kubu mbere wanashaka no muri kazozo ko muri uyu mubiri tubona. Rero ibi vyose bitegerezwa guhanagurwa, nk' uko dutunganya ivyo kujabuka imbibe, imbere y' uko tuja mw' isi ihishijwe. Ariko iyo turi mw' isi igira Kabiri, dutangura ibikorwa, dukoresheje udusigarizwa twa karma ya kera n' iy' ubuzima bwa none, kuko tudafise karma ya kera ntidushobora kubaho mu buzima bwa none.

Abigisha bari mu mirwi ibiri itandukanye. Umwe atagira karma, ariko ategerezwa kuyitira mu kumanuka ino. Uwundi ameze nkatwe, ibiremwa bisanzwe, ariko afise karma isukuye. Rero uwo ari we wese ashobora kuba uwohinduka Umwigisha, Umwigisha muri kazozo. Kandi rimwe na rimwe Umwigisha ashobora kumanuka avuye mw' isi yo hejuru cane akoresheje karma y' intirano. Vyumvikana gute? Gutira karma? Birashoboka. Birashoboka.

Nk' akarorero, imbere y' uko muza hano kw' isi, mwari mwarigeze kuhaza. Mukaba mwarahanye n' abantu batandukanye bo mw' isi mu bihe vyinshi canke mu myaka amajana n' amajana. Hanyuma warasubiye mw' ijuru canke

ahandi waba kure cane, ku ngero zitandukanye n'imiburiburi ku Rugero rwa Gatanu. Aho niho Umwigisha aba, Urugero rwa gatanu. Ariko hiryu hari izindi ngero.

Hanyuma rero iyo twipfuzaga kugaruka kubera impuhwe canke hari igikorwa Data adutumye kuza gukora, nk'akarorero, ico gihe turagaruka kw'isi. Kandi dufatiye kw'isano twari dufitaniye n'abantu muri kahise, turashobora kwigurana bimwe mu bubiko bwabo, murabizi, karma. Umwenda gusa, nta kindi, nta kindi ciza mu bantu. Turashobora kwigurana umwenda kanaka tukawurirha dukoresheje ububasha bwacu bw'impwemu, buhorobuhoro gushika duheje igikorwa hano kw'isi. Ubu rero ni ubwoko butandukanye bw'Umwigisha. Hariho rero n'abandi bava muri iyi si, bahejeje kwimenyereza, bagaca baba Abigisha aha nyene nk'aho boba baronse urupapuro rw'umutsindo. Ego. Ni nka kurya muri kaminuza dufise abigisha hamwe n'abanyeshure barangiza bakaronka impapuro z'umutsindo hanyuma nabo bakaba abigisha. Hariho abigisha usanga bamaze igihe kirekire, n'abandi usanga ari bashasha, n'ibindi. Ni co kimwe, hariho ubwo bwoko bw'Abigisha.

Rero nk'ubu, niba dushaka kuja mw'isi igira Gatatu, dutegerzwa kwiyambura rwose **ibimenyetso** vya karma. Karma ni itegeko rivuga ngo Uko ubiba ni ko uzokwimbura. Ni nka kurya iyo duteye urubuto rw'umucugwe twamura imicungwe, duteye urubuto rw'ikiraya, twimbura ibiraya, rero ni vyo yitwa karma. Ni imvugo yo mu rurimi rwa Sanskrit ku bijanye n'igikorwa n'impera yaco. Bibiriya ntivuga ku bijanye na karma ariko iravuga ngo, Uko ubiba ni ko uzokwimbura. Ivyo ni co kimwe.

Bibiriya ni impfunyapfunyo y'inyigisho z'Umwigisha, kandi uko ari ko kwose, n'ubuzima bwiwe bwari mu mpunyapfunyo. Kubw'ivyo nta nsobanuro nyinshi dufise muri Bibiriya. Kandi n'imforo nyinshi za Bibiriya zagiyeye zirasubirwamwo, kugira zihwane n'abitwa abarongozi b'iyi mihari; atari ukuvuga ko ari abantu bitaho ivy'impwemu gusa. Murazi ko mu bwoko bwose bw'imibereho,

abantu baragura kandi bakagurisha ibintu ivyo ari vyo vyose. Abahuza mu vy'ubudandaji mu bice vyose vy'ubuzima hariho abahuza mu vy'ubudandaji . Ariko Bibiriya nyakuri, turabizi, iratandukanye gato, ni nini gato, yanditswe mu buryo bushitse kandi ibirimwo vyoroshe gutahura. Uko biri kwose, kubera ko tudashobora kwemeza vyinshi biyigize ntaco tuba tukibivugako kuko abantu bovuga ko turiko turarogota. Ni co gituma tuvuga ikintu dushobora kwemeza gusa.

Mwoshobora kumbaza muti: "Ko wavuze ivy'Isi igira Kabiri, Isi igira Gatatu, n'Isi igira Kane. Woshobora kuvyemeza gute?" Ego ndabishobora. Ndashobora kuvyemeza. Mufatanyarugendo nanje, mu nzira imwe, muzobona ibisa n'ivyo nabonye. Ariko mudafashe urugendo, aho sinshobora kubibemeza. Kanatsinda ni uko biri. Kanatsinda ni uko biri. Nshobora kuvuga ibi bintu kuko hariho icemezo. Dufise ikivyemezo dufatiye no ku bihumbi amajana vy'abigishwa bakwiragiye kw'isi. Kubw'ivyo tuvuga ibintu tuzi. Ariko mutegerezwa gufatanyarugendo nanje, mutegerezwa gufata urugendo. Ahandi ho ntimushobora kumbwira ngo, "warangiriye urugendo none mbwira unanyereke vyose." Sinshobora.

Nk'akarorero, niba ntari mw'ishirahamwe mpuzamakungu ONU muri iki cumba, ivyo mwokimbwirako ntaco vyomarira kuko ntaracibonera. Ni vyo? Kubw'ivyo dutegerezwa gufatanyarugendo n'uwo ari we wese amaze kumenyera ivyo kwerekana inzira. Kandi ndafise abigishwa bamwe, bava mu bihugu bitandukanye bari muri iki cumba., abo baramaze kwibonera bimwe mu vyo mpejeje kubabwira; bamwe igice abandi vyose.

Ni uko rero, inyuma y'Isi igira gatatu, sinavuze ibintu vyose biriyo. Ivyo nababwiye ni agace k'ivyayo. Ni nk'inkuru y'ingenzi, ivuga ivyo yabonye mu majambo make, atari ido n'ido. N'iyoye dusoma igitabu kivuga ivy'igihugu kanaka, icyo gihugu ntikiba kikimeze uko vyanditswe. Ni vyo? Rero, turafise ibitabu vyinshi vy'ingenzi, bivuga ibijanye n'ibihugu bitandukanye mw'isi, ariko

tuguma twipfuzwa kwigiraye. Turazi ivya Espanye, canke Tenerife canke Ubugiriki, ariko ayo ni amasenema canke ibitabu gusa. Dutegerezwa kujayo hanyuma tukumviriza umunezero wo kuhaba n'imfungurwa batanga, n'uburyohe bw'amazi y'ibahari hamwe n'ubwiza bw'umuyaga waho, abantu baho eka n'ibindi bintu vyose biboneka tudashobora kwumva mu gusoma ibitabu.

Rero, ishiremwo ko wazenze Isi igira Gatatu, none ni ibiki bikurikira? Koko, uca uja ku yo hejuru, iya Kane. Kandi Isi igira Kane iba iza yamaze kurengera ibidasanzwe. Ntidushobora gupfa gukoresha imvugo isanzwe mu kuvuga iv'ibintu vyaho imbere y'abantu ataco babiziko, kuko dutinye kubabaza umwami w'iyi si. Kuko iyi si ari nziza cane naho hariho ibice bimwebimwe birimwo umwiza mwinshi, hari umwiza kuruta ijoro umuyagankuba wacitse hano I New York. Muramaze kubona iki gisagara cose kirimwo umwiza? Egome. Hari umwiza uruta urya. Ariko imbere y'uko ushikira Umuco, hari umwiza uruta urya. Ni nk'igisagara kibujijwe kujamwo. Imbere yo gushikira ukumenya Imana, tugihagarikwamwo. Ariko uri kumwe n'Umwigisha, uri kumwe n'Umwigisha amaze kuhaca, uracamwo, ahandi ho ntidushobora kuronka inzira mw'isi imeze gurtyo.

Tumaze gushika ku ngero zitandukanye z'ukubaho, hari ivyahindutse kuri twebwe atari mu mpwemu gusa, ariko no ku mubiri, mu ubwenge, eka n'ibindi vyose mu buzima bwacu. Turaba ubuzima mu buryo butandukanye, tugenda mu buryo butandukanye, dukora mu buryo butandukanye. Mbere n'ibikorwa vyacu, ibikorwa vyacu vya buri musi, usanga bifise insiguro zitandukanye hanyuma tugatahura nk'igituma dukora muri bwo buryo, igituma dufise akazi kanaka, canke igituma twohindura akazi; Turatahura intumbero yacu y'ubuzima, rero ntitukubura amahoro canke ngo dute umutwe, egome! Ariko turarindirira neza kandi twitonze ko igikorwa twarungitswe gukora mw'isi, kuko tuzi iyi turiko turaja. Tuhazi tukirihwo. Ivyo ni vyo vyitwa "gupfa mu gihe

ukiriho” Egome, egome! Kandi ndibaza ko bamwe muri mwebwe bari baramaze kwumva ibintu nk’ibi, Ariko nta Mwigisha n’umwe nzi yoshobora kuvuga ibitandukanye n’ibi, uretse ko muri twebwe dutegerezwa kunezerezwa n’ivyo twerekwa.

Umuntu yosigura gute mvuga Merisedesi Benzi mu buryo butandukanye. Zitegerezwa kumera kumwe. Kubw’ivyo, buri muntu afise Merisedesi benzi, azi Benzi, yotegerejwe kuyisigura kumwe, ariko, iyo si yo Benzi. Rero naho mubona ndabaganirira mu mvugo isanzwe, ibi si ibintu bisanzwe, ariko ni ibintu dutegerewa kwibonera ubwacu, mu bikorwa, ukuri, kandi dufashijwe n’uwuturongora. Aho tuba dufise umutekano. Naho bishika nka rimwe ku muriyoni tukaba twovyigirira twebwe nyene, ariko muri **danger**, harimwo ingorane n’ingaruka zidatekanye, zidatekanye cane.

Bamwe mu Bantu ba kera, nk’akarorero Swedenborg yabaye nk’uwokwishoboza. Canke nka Gurdjieff, yategerezwa kuba yokwishoboza ubwiwe– yagiye inzira dose wenyene. Ariko iyo nsomye kuri bamwe mu abantu nta n’umwe yacyiye muri iyi nzira atagize **danger** canke ingorne. Kandi si ngombwa ko bose bategerezwa gushikira Urugero rwo Hejuru cane.

Rero inyuma y’aho muca mushikira Urugero rwo Hejuru. Inyuma y’urwa Kane, muca mushikira urugero rwo hejuru, inzu y’Umwigisha ari rwo Rugero rwa Gatanu. Abigisha bose baje bava aho. Naho ingero zabo zoba ziruta urwa gatanu, bategerezwa kuguma ngaho. Ni aho Abigisha baba. Kandi hirya y’aho hariyo amabanga menshi y’Imana agoye cane gutahura. Ndatinya ko nohava ntuma mudatahura, bishobotse hanyuma nzobabwira, cane cane inyuma yo kumenyerezwa mu gihe muzoba mwamenyereye na gatoya; rero nzoca ndababwira ibintu biteye ubwoba bijanye n’ivyo mwiyumvira. Ukuntu rimwe na rimwe mwihenda mu vyiyumviro ku bijanye n’Imana.

Umwanya w'Ibibazo n'Inyishu Inyuma y'Icigwa

IK: Watubwiye ko Umwigisha ashobora gutira karma y'abandi. Mbega muri iki gihe karma y'abo bantu iba ihanaguwe? Ni iyihe nkurikizi kuri abo Bantu?

M: Umwigisha arashobora guhanagura karma y'uwo ari we wese. Mugihe ivyo ari vyo Umwigisha yipfuye gukora. Mu bisanzwe ku bigishwa bose, karma yose yo muri kahise irahanagurwa mu gihe co kwimenyereza. Ndabarekera gusa rero karma y'ubu, kugira ubuzima bubandanye, ahandi hoho mwoca mupfa. Ata karma nta wushobora kubaho. Umwigisha rero ahanagura gusa karma yari isanzwe ibitswe mu muntu, aho rero umuntu akaba uwutunganye, akamusigira karma nkeya ngo ashobore kubandanya ubu buzima, agashobora gukora ivyo ategerezwa gukora muri ubu buzima. Hanyuma bikaba biheze. Ni co gituma ashobora kugenda, ahandi ho yogenda gute? Naho yoba atunganye mu buzima bwiwe, yoba atunganye gute? Ubuzima bwiwe bwa kera bwo gute, muravyumva?

IK: Mbega nit iyihe intumbero y'ukwimenyereza Kwawe?

M: Intumbero iyihe? Ntavyo nababwiye? Kuja hirya y'iyi si, gusubira mu Bwami bw'Imana, kumenya ubwenge bwawe hamwe no kuba umuntu mwiza muri buno buzima.

IK: Mbega hariho karma muri buri ngero?

M: Si mu ngero zose, ni mu Rugero rwa kabiri gusa, kuko ubwenge bwacu, ubwonko bwacu, aribwo mashine ntondekabintu, “bukorerwa” mu Rugero rugira Kabiri. Iyo tumanutse hasi inzira yose, inzira yose kuva mu vyicarwo vyo hejuru cane twururutse mu mubiri, nk’iyo tuje gukora igikorwa kanaka, ni vyo; nk’akarorero, kuko n’Umwigisha arava mu Urugero ca Gatanu akururuka muri iyi si tubona, aho rero aca mu Rugero rwa Kabiri, agahitana iyo mashini ntondekabintu, akayishiramwo, kugira ashobore gukorera muri iyi si. Ni nka kurya umwibizi yibira mw’ibahari. Ategerezwa gutegekanya ivyo kwikingira mu maso, impemu azohema n’ibindi vyose. Naho we ubwiwe ataba asa n’uwukengeretse, amaze kwambara ikirimwo impemu aza guhema, akambara n’umwabaro wo kwibira aca asa n’igikere. Ni ko natwe dusa rimwe na rimwe iyo twambaye imashine ntondekabintu n’intambanyi z’umubiri. Ahandi ho turi beza cane. Naho rero wibaza ko woba uri mwiza ubu, uri mubi cane ugereranije n’ico uri co vy’ukuri, kubera ibikoresho vyose dutegerezwa kwambara kugira dushobore kwibira muri iyi si ngo dukore.

Rero iyo turenganye Urugero rwa Kabiri turiko turaduga, dutegerezwa gusiga imashine yacu aho, kuko tutaba tukiyikeneye hariya hejuru. Ni nka kurya umwibizi ashitse ku musenyi aca yambura kimwe kirimwo impemu n’ibindi yose yari yambaye bimufasha kwibira, hanyuma rero agaca asubira gusa uku yari ameze imbere yo kuja kwibira. Ni vyo? Ego!

IK: Wavuze ko ko ku mpera y’Isi igira Kabiri, imbere yo kubandanya kuduga, utegerezwa gusiga karma yawe yose inyuma canke ugategerezwa gutunganya canke kweza karma yawe. Ivyo vyoba bisigura na karma yose yo mu buzima bwo muri kahise imbere y’uko uza muri ubu buzima?

M: Egome. Kuko nta mashine ntondeshabintu yo kubibikamwo tuba tugifise. Tugira karma kuko dufise iyo mashine ari yo ubwenge

n'ubwonko bwacu bubika ivyo ducamwo vyose muri iyi si tubamwo. Ni co gituma tubufise. Ari ikibi, ari iciza vyose tubibikamwo. Ivyo ni vyo twita karma. Karma ni iki? ni ukuvuga ivyo twacyiyemwo, bibi canke vyiza, inyifato zacu, ivyo twize mu bihe vyinshi vyo kubaho. Kandi kuko dufise ikintu twita ugutahura, turazi ko dutegerezwa gukora neza ariko rimwe na rimwe twakoze nabi. Rero ivyo duca tuvuyita kahise karma. Kandi ibibi bitunyikiriza hasi, nka kurya kw'imyanda n'intuturika, kubera amategeko y'uburemere. Biratunyikiriza hasi bikatubuza kuduga umusozi. Bivuye ku myifato myiza mu mibereho yacu kw'isi, amategeko menshi, imigenzo myinshi, akamenyero kenshi, mu bihugu bitandukanye, bitubohera mu vyiyumviro vy'ibibi canke ivyiza, gutsindwa n'urubanza canke kuba ataco twagirizwa. Kubw'ivyo iyo dukorana n'abantu bo muri iyi si, turahamenyera ibibi n'ivyiza gutsindwa n'urubanza canke kuba ataco twagirizwa bifatiye ku migenzo canke akamenyero k'ico gihugu, canke amategeko yaco. Kandi bica bitubera akamenyero kwiyumvira muri ubwo buryo, ko dukoze iki tuba dutsinzwe n'urubanza; canke dukoze kiriya tuba tubaye abantu babi. Kandi ivyo vyose biba bibikwa hano mu bwonko. Ico nico kidutera kuza turimuka, kuza turafatirwa muri iyi si canke mw'isi yo hejuru gatoya. Ariko atari hejuru cane. Ntitwidegemvya bikwiye. Ntiduhwahutse bikwiye ku buryo dushobora kureremba hejuru. Bivuyeye kuri uku kuntu tubona ibintu; ukuntu tubibona ubwa mbere.

IK: Vyoba bisanzwe vyarateguwe ko tuzoshikira Urugero kanaka igihe cose iyo tuvutse?

M: Oya, turafise uburenganzira bwo kugenda twihuta canke tukagenda buhoro buhoro. Nk'akarorero, mu modokari yawe ushobora gushiramwo nk'amaritiro ijana y'igitoro. Ariko ushobora guca wiruka cane, ugashika iyo uja ningoga, canke ukigira buhoro buhoro. Vyose biva kuri wewe.

IK: Nkudira ndakwibarize: Abamarayika bashobora kugarukira mu rugero rwa kangaha?

M: Bari mu ruhe rugero? Oh ! Biva ku bwoko bw'abamarayika?

IK: Abamarayika barinzi.

M: Abamarayika barinzi, bashobora kuba mu rugero rwa Kabiri. Abamarayika bari muni y'ibiremwa muntu, bafise icubahiro gike. Ni abo kudukorera.

IK: None ntibigera baja hejuru kurusha aho?

M: Oya! Uretse igihe bashoboye guhinduka ibiremwa muntu. Bose baripfuzaga kuba abantu, kuko Imana iba muri bo. Dufise ibikenewe vyose vyo kuba umwe n'Imana, ariko abamarayika ntibabifise. Biragoye. Nzobibabwira uwundi musi.

Murabona ko ari ibintu vyakozwe kubwacu-ubwoko bwose bw'abamarayika. Nk'akarorero, icyo Imana iremye cose kiba ari icyo kudukorera. Kandi ntibatategerezwa-si ngombwa ko barenga aho. Ariko rero bobashobora. Hari igihe usanga ikintu cararemwe ata buryo bukwiye bwo kwiyongerako.

Nk'akarorero, mu nzu yawe hari ibintu ukora kugira ngo winezereze gusa. Naho vyoba bitangaje cane. Nk'akarorero woba wicaye hano ugashobora kuzimya canke ukatsa amatara yose yo mu nzu no mu rugo, ukazimya canke ukatsa tereviziyo kuko wabikoze gurtyo ubwawe, ariko iki ni icyo wikoreshereza gusa. Kuko naho coba kiguruta mu buryo bumwebimwe, nko kubona gishobora kuba kiri hano hanyuma kigakurikirana ibintu vyose udashobora kubikora ukoresha inkomezi z'umwana w'umuntu. Ariko ivyo ntibisigura ko kiguruta. Cakozwe ku ntumbero imwe yo kugukorera. Naho coba kiguruta, si ko biri. Ego. Ni vyo? Imashine ntondekabintu ntibashobora kuba umuntu,.

IK: Mwigisha Ching Hai, nshaka kumenya-ko kubera turi mu mubiri ubu vyashoboka ko twakomotse ku biremwa vyigeze kwamburwa

uyu mubiri? Mbega twamye tumeze uku nyene canke twoba twarigeze kuba tumeze ukundi kwiza gusumba, canke twamye uku tumeze? Ni iyihe myifato myiza canke ibikenewe kugira ngo umuntu yigire imbere vyihuta?

M: Kuva mu mubiri ukigira imbere? Ego, turabishobora mu gihe twoba tuzi uko twobigenza. Hari uburyo bwinshi bwo gusiga umubiri inyuma ukaja hirya y'iyi Si. Bamwe baja hafi, abandi bakaja kure cane, abandi bakaja ku mpera. Rero ngereranije n'ubushakashatsi nagiyeye ndagira kuva nkiri muto, naho mboneka nk'uwukiri muto n'ubu, ariko nari muto cane, ubu buhinga dukoresha ni bwo bwiza cane, egome. Buja ku yiri kure cane, ku yiri kure cane, ku mpera ya kure.

Hari ubundi buhinga bwinshi, uhisemwo kubugeza wobutora, ushobora guhitamwo. Hari bwinshi kw'isoko: bamwe baja kw'isi y'ibinyamuco, abandi bakaja kw'isi ya Gatatu, abandi ku ya Kane, ariko ni bake bashobora kuja ku ya Gatanu. Twebwe rero ubuhinga bwacu, uko dukora ni ukugushikana ku ya Gatanu imbere y'uko tukurekura ngo widegemvye. Emera ujeyo. Kandi hirya y'aho dushobora kwegera ibindi biranga Imana, hirya y'isi ya gatanu, ariko ntivyama biryoshe.

Twama twibaza ko ico hejuru cane ari co ciza cane, ariko si ivy'ukuri imisi yose. Nk'akarorero rimwe na rimwe turaja mu kirimba ciza, kandi twatumiwe mu cumba umwigisha yicaramwo. Twaricaye hanyuma baratuzimana ivyo kunywa bikanye n'imfungurwa nziza, n'ibindi. Hanyuma twiyumvira ko dushobora kwunguruzaga hagati mu nzu, kugira twitegereze. Hanyuma twari no guhava duca aho basesa imyavu, n'ahandi, murazi ivy'amazu. Ntivyama bikenewe igihe cose. Kandi no mu nzu y'isoko ntanganguvu, twaragiye no mu nzu ivamwo umuyagankuba iri inyuma y'iyi nkuru, hirya y'inzu, hanyuma dufatwa n'umuyagankuba duca dupfirayo. Rero ntivyama bikenewe ko twinjira imbere, ariko turashobora kubikora kugira twinezereze gusa.

IK: Mfise ibibazo bibiri. Ica mbere, ni mu yihe si hava ivyibutso vya kera, nko mu gihe woba ukeneye kwibuka ivya kera? Ica kabiri, ubuzima bwa kera bwoba buhuriye he na karma y'ubu n'ugutahura kw'ubu kw'umuntu bamenyeshya ivyabo ku bariho ubu kandi bakabibatahura. vyoba biri mu "mutwaro w'umurengera?"

M: Ego, ego. Barahura neza cane. Ikibazo ca mbere, karma ya kera iva hehe? Urashobora gusoma ivyabitswe vy'ubuzima bwa kera, ivyo ni ukuri. Kandi ivyibitse vy'ubuzima bwa kera, nk'uko namaze kubibabwira, ziri mu bubiko bwa Akashic. Ego. Iyi ni nk'inzu yo gusomeramwo ibitabu iri mw'Isi ya Kabiri, bishobora gushikirirwa n'uwo ari we wese ashobora gushikayo. Si bese bashobora kwinjira mu nzu y'ibitabu y'Ishirahamwe Mpuzamakungu ONU ngo bayikoreshe. Ariko nashobora kujayo nk'uno musu, kuko natumiwe kugira ico mvuze muri ONU. Ni vyo? Uwo ariwe wese ntashobora kuza hano, ariko mwebwe murabishoboye, kuko musa n'uko muba hano. Ni co kimwe rero, iyo dushoboye gushika mw'Isi igira Kabiri, turashobora gusoma ivya kahise. Kandi iyo dushitse mw'Isi ya Mbere, rimwe na rimwe, turashobora kuronka udukuru tumwetumwe twa kahise k'umuntu kanaka. Ariko nta makuru yo mu rwego kandi akwiye ahari.

None ivy'ubuzima bw'akahise bihuriye he na karma y'ubu? Twovuga ko ibi ari ivyo twize kugira dushobore kubaho muri ubu buzima turimwo. Ivyo wakiriye muri kahise uca ubishira mu ngiro mu buzima bwa none. Kandi ni co kimwe, ivyinshi wabonye bitanezereye muri kahise bishobora kugutera ubwoba iyo ubonye ikimenyetso gisa na vyo mu buzima bwa kera. Nk'akrorero, niba mu buzima bwa kera waranyereye ku ngazi ukagwa ugakomereka ari mu mwijima, ukabura uwugufasha. Ubu uriko uragenda ku ngazi, wogira ubwoba cane cane iyo muni hari mwijima kandi ari harehare ushobors kwumva bikugoye ugenda canke ureka. Ariko nimba mu buzima bwarenganye waramaze kwiga no

gushakashaka cane ivyo mu rwego rw'ubuhinga. Muri ubu buzima wokwumva bikuryohera. Uca uguma ufise ibigukwegera mu bushakashatsi bw'ubuhinga naho ubu utoba uri umushakashatsi. Ico ari co cose gisa n'ico.

Nico gituma Mozart, yari incabwenge agifise imyaka ine y'amavuka. Yaciye atangura kuvuza inanga, aba umuhizi gushika n'ubu. Yabaye incabwenge kuko yari yarimenyereje mu buzima bw'inshi bundi gushika bwigisha, ariko rero yaciye apfa inyuma y'ivyo. Imbere y'uko ashika ku rwego rwo hejuru mu kazi kiwe, yarapfuye kandi ntivyamunezereye gusiga akzi kiwe kuko yakunda umuziki. Rero yaciye agaruka hanyuma ubumenyi bwose n'ingabire yari afise bijanye n'umuziki bica bimugarukako kuko yari yapfuye acipfuza kubandanya.

Kandi abenshi muri aba bantu barize vyinshi mw'isi y'ibinyamuco canke isi igira Kabiri imbere y'uko basubira kuvukira muri iyi si kandi. Kubw'ivyo usanga bafise ingabire zitangaje mu vy'ubuhinga, canke mu muziki, canke mu vy'indimi, canke mu bindi bintu vyose bishasha usanga abandi bantu batazi. Murabona ibintu bishasha bitangaje bivumburwa abandi bantu badashobora gutahura mbere badashobora no kurota gukora. Ni kubera babibonye, bakaba baravyize.

Kubw'ivyo, hari ubwoko bubiri bw'ukwiga muri iyi si canke hirya yayo. Abaronse ingabire bakaba badasanze, nk'incabwenge, baba ari abahinga bavuye mu zindi si, nko kw'isi y'ibinyamuco, igira Kabiri; canke rimwe na rimwe; bavuye kw'isi igira Gatatu, iyo yemeye kugaruka. Ni abadasanze. Ni incabwenge.

IK: Mu ncamake ni ibiki biri mu myimenyerezo Yawe, hanyuma umuntu amaze kumenyerezwa, ni ibiki vyoba biri mu vyo asabwa gukora buri musi?

M: Ubwa mbere na mbere, umuntu nta mahera asabwa kandi

ntawubohwa, uretse ko utegerezwa kwiboha wewe nyene mu gihe ukeneye gutera uja imbere? Ibisabwa — nta kuba warabiciyemwo bisabwa. Ariko rero utegerezwa kwemera gufungura ibiterwa ubuzima bwose: nta magi; amata nta kibazo, iforomaji nta kibazo. Ico arico cose mugabo utarinze kwica kiremewe.

Igi kuko utegerezwa kwica igice, naho ata kiremwa kiba kirabaho. Kandi amagi arafise ico yisangije kuko afise ubushobozi bwo gukweza inkomezi z'umwiza. Ni co gituma abanyamareba, ari abera canke abirabura, abenshi b'aba "Voodoo" — bitwa aba "Voodoo" — bakoresha amagi mu gukweza ibiri mu bafashwe. Muramubizi canke ntimubizi? (umwe arishura : Egome) Urabizi? Ni vyiza cane! N'imiburiburi ndabafitiye icemezo gishika: nimba atari ukwakirwa n'umuco gushitse. (agatwengo)

Mu gihe c'umwimenyererezo, urabona Umuco, ukumva n'ijwi ry'Imana. Umuziki w'impwemu urakudza gushika ku rugero rwo hejuru mu gutahura. Uzotahura **taste** ya **samadhi**—amahoro menshi n'umunezero. Inyuma y'ivyo ubandanya wimenyerereza i muhira, mu gihe uvuyitwararitse. Mu gihe utabishatse, sinshobora kugusunika, canke kubikugobererako na gato. Iyo ubandanije hanyuma ukipfuzza ko ndagufasha mu rugendo rwose, aho ndabandanya. Utabishaka—nta kundi biri bugende. Ufata amasaha abiri n'igice buri musi yo kuzirikana. Vyuka kare mu gitondo, hamwe n'imbere yo kuryama—zirikana amasaha abiri, hanyuma nk'igice c'isaha mu gihe co gufungura ku murango. Iyo ntari hano kwigisha, mufise isaha imwe yo gufungura ku murango. Mushobora kwungururiza dhandi mukazirikana. Iyo iba imaze kuba isaha imwe. No ku mugoroba mushobora gufata iyindi saha, canke igice c'isaha. Mu gitondo vyuka kare mukoreshe isaha imwe.

Tunganya neza ubuzima bwawe, gabanya kuraba imboneshakure, kugamba abandi, gukoresha iterefone, gusoma ibinyamakuru, aho uraronka umwanya mwinshi. Egome, vy'ukuri dufise umwanya mwinshi ariko rimwe na rimwe turawonona. Nk'uko

imodoka yacu yoguma izunguruka mu rugo aho kuja mw'izinga rya Long Island egome. Mbega ivyo vyoba bibahagije? (Uwabajije: Egome). Nta kindi usabwa, nta kindi uretse ko utegerezwa kwitanga ukimenyereza ubuzima bwawe bwose. Buri musi urabona impinduka zitandukanye zizana ivyiza, n'ibitangaza vyinshi mu buzima bwawe, atari uko wavyipfuzza. Bizotegerezwa gushika. Uca utangurakwumva uko ijuru rimeze ukiri kw'isi, mu gihe uvyitayeho bikwiye. Ni uko ibihumbi amajana vy'abigishwa bacu bagumirijeko, bangumako haheze imyaka myinshi, kuko babimenyereye cane, kandi bakaba bavyitayeho bakanabishira mu ngiro.

IK: Mwodusigurira akameremere ko gutahura.

M: Akameremere ko gutahura, ego. Biragoye gusigura ariko woshobora gukoresha ubumenyi bwawe ukiyumvira. Ni ubwenge bwo kumenya ikintu kuruta uko wari usanzwe ukizi. Egome, uzi ikintu kiri hirya y'iyi si, kandi ukaba uzi ikintu muri iyi si utari warigeze kumenya, ugatahura ibintu vyinshi udatahura canke utahora utahura. uko ni kwo gutahura.

Hanyuma rero iyo wuguruye uko gutahura, canke icitwa ubwenge, uzotahura neza uwo uriwe, n'igituma uri hano n'ibindi vyinshi biri hirya y'iyi si, n'uwundi, hirya muri canke uretse kuba uw'aha kw'isi. Hari ibintu vyinshi. Rero intambwe yo ni ubwoko bw'ingeri zitandukanye z'ugutahura nka kurya uronka urupapuro rw'umutsindo mw'ishure. Uko wiga ni ko umenya vyinshi, gushika uronse urupapuro rw'umutsindo.

Biragoye gusigura ikintu kitaboneka, ariko nagerabeje. Ni ubwoko bwo kumenya. Biragoye gusigura ukumenya. Iyo ugiye mu ngero zo hejuru mu vyo gutahura, ukumenya kwawe kuba ugutandukanye. Uramenya ibintu mu buryo butandukanye, wiyumva mu buryo butandukanye. Wiyuumva uri mu mahoro, mu gacerere, mu munezero. Nta bwoba ugira, kandi ibintu vyose mu buzima bwawe urabitahura. Uramenya ukuntu wogenza ibintu,

hamwe no gutorera neza umuti ingorane. No mu buzima busanzwe urunguka. Hanyuma uko umererwa —ni wewe wenyene ushobora kubimenya. Biragoye gusigura bino bintu. Ni nk'uko woba warongoye umukobwa ukunda, uko umererwa, ni wewe wenyene ushobora kubimenya. Nta wundi n'umwe ashobora kubikwumvira.

IK: Nyakwubahwa Mwigisha, turagushimiye ku nsiguro waduhaye. Ndibaza nimba woshaka kwitaho ikintu kiri mu gutahura kwanje. Kubera iki hari Abigisha benshi kw'isi ubu badufasha kumenya n'ingoga, mu gihe kera vyari bigoye? Ivyo woshobora kuvyitaho?

M: Ego, ata nkeka. Kuko muri ibi bihe vyacu biroroshe guhanahana amakuru. Turamenya neza ivyerekeye abigisha kuruta kera. Si uko vyari kera Abigisha ntibabaho, canke ntibashobora gushikirwa. Kanatsinda, ni ivy'ukuri ko Abigisha bamwebamwe vyoroshe kubashikira kuruta abandi. Biva ku vyo ahisemwo canke ku bugombe bwiwe bwo gutanga, canke ivyo ashaka gushikako n'abantu muri rusangi. Ariko, muri buri gihe, hama hari Umwigisha umwe, babiri, batatu, bane canke batanu. Biva ku biba bikenewe muri ico gihe. Dushobora kuba tuzi ko ubu dufise Abigisha benshi b'ingero zitandukanye kuko muri ibi bihe vyacu twatomboye kuba dufise uburyo bwo kumenyeshya, imboneshakure, amaradiyo n'ibitabu, dukora ari amamiriyoni, canke mu mamiriyoni ibihumbi mu kanya gato cane.

Kera, dushaka gukora igitabu, twabanza guca igiti cose kikagwa hasi, tukagisatura dukoresheje ishoka zitameze neza zapfuye mu kanya gato kandi zitabandanije zikoreshwa mu bindi bihe. Hanyuma tukabihanagura neza dukoresheje amabuye canke ibindi bintu, hanyuma tukabona kwandikako ijambo rimwerimwe inyuma y'irindi. Nko mu gihe waba ushaka gutwara nk'umutwaro umwe w'ama bibiriya, wokoresheje imikogote, canke imiduga minini nimba yoba yari ihari muri ico gihe. Ni co gituma tuzi Abigisha benshi.

Ego, ni igihamana, ni vyiza cane kuri mwebwe mubifise–mushobora gusuma, mushobora kwitorera ico mushaka. Bimeze uko nta muntu ashobora kubifatira akavuga ngo “Ni jewe ndi mwiza.” Murashobora kugereranya mukoresheje ubwenge bwanyu, n’ubumenyi guca urubanza: “Oh! Uyu ni mwiza gusumba,” canke “Uyu ni we nkunda gusumba,” “ Mu maso hateye ubwoba,” “ Oh! Urya asa nabi”. (agatwengo)

IK: Ko mwavuze ivyo kwitorera, Urashobora kwemera kumenyereza umuntu yari amaze kumenyerezwa n’uwundi Mwigisha?

M: Ndabishobora gusa mu gihe uyo muntu yemera ata gukekeranya ko nshoboye kumushikana ku rugero rwo hejuru kandi vyihuta gusumba. Ahandi ho ni vyiza kuguma ku Mwigisha umwe mu gihe wumva umukunda kandi umwizigiye. Mu gihe ubona ko Umwigisha wawe ari nyawe, ntumuhindure. Mu gihe ugumanye amakenga, kandi ukaba utararonka wa Muco n’ Ijwi navuga, aho wogerageza. Ego, kuko Umuco n’Ijwi ni vyo bipimo urabirako Umwigisha nyawe. Uwudashoboye kuguha Umuco n’Ijwi ubwo nyene ntaba ari umwigisha nyawe, murambabarire kuri ivyo. Inzira ija mw’Ijuru igizwe n’Umuco hamwe n’Ijwi.

Nka kurya uja kwibira mw’Ibahari, utegerezwa kuba wambaye igikoresho c’impemu n’ibindi. Hari ibintu vy’intumbero zitandukanye. Ni co gituma mubona Aberanda bose bafise **urugori**. Uyo ni umuco. Mu gihe ukoresheje bunu buhinga, urakayangana Umuco nk’urya bashira ku bishusho vya Yesu, kandi n’abantu barashobora kuwubona. Abantu bari **psychic** bashobora kubona Umuco wawe. Ni co gituma bashushanya Yesu yambaye **urugori**, kandi bagashushanya Buddha bakikujwe n’Umuco. Murashobora kubona abaozi bo mu rwego rwo hejuru bafise uyo Muco iyo mwugurutse. (Umwigisha yerekana amaso Yiwe y’Ubwenge) Abantu benshi barashobora kubibona. Hari n’umwe muri mwebwe

muri hano yoba amaze kubibona? Wewe? Wabonye iki koko?

IK: Ni vyo. None ndashobora kubona ugukayangana.

M: Egome ariko ibikayangana biratandukanye n'Umuco. Ibikayangana bifise amabara atandukanye, rimwe na rimwe usanga vyirabura, ahandi bisa n'ikawa, ikawa y'ibara, ahandi bigasa n'umuhondo, canke bigatukura. Biva ku kuntu yifashe ico gihe. Ariko iyo mubonye umuntu ageze kure mu vy'impwemu, muramenya ko ivyo bitandukanye. Ni vyo?

IK: Nta kibazo mfise vy'ukuri. Gusa narigeze–narigeze kugira raja yoga mu gihe kanaka. Hanyuma nibaza ko nabonye ugukayangana. Nshaka kuvuga muri ico gihe, sinari mfise ubumenyi bukwiye, gutahura gukwiye.

M: None ubu ntukibibona? Ubibona rimwe na rimwe gusa?

IK: Oya, ubu sindimbura.

M: Ni co gituma, waratakaje inkomezi zawe. Wosubira ukarimbura. Nimba uguma wizigiye ivyo, wotegerejwe kubandanya urimbura. Biragufasha gutera imbere. Ntibiteye isoni. Ni vyo?

IK: Nabonye ko hari ingingo zitanu ngenderwako mu gatabu kawe. Mbega umaze kumenyerezwa utegerezwa guca ubaho wisunze izo ngingo?

M: Egome, egome, egome. Aya ni amategeko agenga ivya-remwe.

IK: Sintahura ico "kwitwara nabi mu vyo guhuza ibitsina" bisigura.

M: Ni ukuvuga ngo niba ufise umugabo, nturondere uwundi. (Agatwengo) Biroroshe cane. Gerageza kworosha ubuzima bwawe, wirinde ingorane n'amahane mu vyiyumviro. Egome. Birababaza abandi bantu. Ntitwobabaza abandi bantu, eka no mu vyo kwiyumvirana. Ni uko bimeze. Tugerageza kwirinda amahane. Gerageza kwirinda umubabaro mu vyiyumviro, ku mubiri, ku

mutima ku bantu bose, cane cane abo dukunda, nta kindi.

Niba uza umufise , ntubimubwire. Bibabaza cane iyo ubivuze. Gerageza kubitorera inyishu buhorobuhoro kandi neza, ariko ntubimwaturire. Kuko rimwe na rimwe abantu bibaza ko iyo hari aho utigenjeje neza, hanyuma ukaja i muhira ukabibwira umugore canke umugabo wawe ngo uba ubaye umunyakuri. Ntaco bimaze. Nta ciza kirimwo. Uba umaze gukora ikosa, kubera iki wozana imyanda i muhira ngo abandi babinezerezerwe? Iyo atabizi, ntibishobora kumubabaza gushika iyo hose. Kumenya ikintu ni vyo bibabaza. Kubw'ivyo, twogerageza gutorera umuti iyo ngorane ntifugisubire, ni ivyo. Ni vyiza rero kutabibwira uwo mwubakanye kuko vyohava bimubabaza, bibabaza uwo mwubakanye.

IK: Maze kubona ko umengo Abigisha benshi bo mu vy'impwemu nta **kibababaza**. Hari isano ki hagati yo kwirengagiza **ivyokubabaza** n'ivy'impwemu?

M: Nibaza ko bama banezerewe, bagononokewe, kandi banezerezwa na buri kintu. Barashobora kwitwengana, canke bagatwengera n'abandi; bagatwenzwa n'ibiteye isoni muri ubu buzima mu gihe abantu benshi bavyitayeho cane bakabishimikamwo.

Inyuma yo kwimenyereza mu buryo kanaka, turatinda **“tukiyibagira”**, ntitwumva tugishimitse. Nimba twopfa ejo, ni ugupfa; nimba twobaho, turabaho. Nimba tubuze vyose, turabibura, niba turonka vyose, turabironka. Turonka ubwenge n'ubushobozi bukwiye bwo kumenya uko twifata mu bidushikira vyose iyo tumaze kuronka umuco. Rero nta na kimwe kiduca umutima. Duca dutakaza ubwoba bwacu, duca dutakaza ukwihebura. Nico gituma tuguma tugononokewe. Duca twumva dutandukanye n'iyi si. Ari ivyo turonse, canke ivyo dutakaje, ivyo ntaco biba bikivuze kuri twebwe. Nimba turonse ibintu vyinshi, ni kubw'inyungu

y'abantu, rero duca dutanga, kandi ni kubw'inyungu y'abo dukunda. Atari uko ntitwifata canke ngo dufate ubuzima bwacu nk'ikintu gihambaye ku buryo twotegerezwa guca mu ntambara n'imibabaro kugira ngo tubugumane. Tubugumanye, ni vyiza cane. Si ukuvuga ko twigumira mu buriri umusi wose twiryamiye ku buriri bw'imisumari, tuzirikana gusa. Ariko turakora.

Nk'akarorero, ndacakora. Ndasiga irangi, nkongera nkajisha kugira ndonke ikintunga. Kubw' ivyo sinakira imfashanyo y'umuntu n'umwe. Mbere ndonka n'amahera menshi ngafasha n'abandi. Nshobora gufasha impunzi, abasinzikajwe n'ivyaduka, n'abandi. Kubera iki tutokora? Dufise ingabire nyinshi n'ubushobozi, kandi ubuzima buroroha cane iyo tumaze kuronka umuco ku buryo tutotegerezwa kwihebura. Dushobora gutekereza gusa. Uko ni ko umutima wo kutigoroga uva. Nibaza ko ari uko biri.

Mubona ntikoroga? (Abumviriza: Egome) (Atwengo no gukoma amashi) Rero, ngirango ndashobora kuba Umwigisha w'ubundi bwoko Eh? (Agatwengo) Reka tuyizigire gurtyo, ko mutumvirije umuntu ataronka umuco mu masaha abiri yose–mutakaza umwanya wanyu.

IK: Hari ibibazo twebwe turondera agakiza twama tubaza, hanyuma bakatubwira ivyanditswe hamwe n'inkuru, nashaka kwumva ico Ubivugako. Ica mbere: Turi bande? Ndi nde? Kandi nashoboye gushika muri iki gihe kigoye ndimwo gute ngo nsubire i Muhira? Navuye i muhira gute kandi ni kubera iki ari ivy'akamaro gusubira i Muhira? Wavuze ibijanye no gusubira ku Rwego rwa Gatano, kandi ko bidakenewe kuba ngirakamaro ngo tuharenga. Ariko niba hari aharenze aho, ni iyihe ntego yavyo? Dufitaniye isano ki niba ntategerezwa gusubirayo?

M: Bibaye ibitwenzana rero, (Agatwengo no gukoma amashi) Egome. Ku vyerekeye ikibazo "Ndi inde?" woshobora kuja kubaza inyigisho za Zen, kandi ziragwiriyeye muri Reta ya New York. Mworaba mu

mpapuro zisa n'umuhondo. (Agatwengo) Si ndi umuhinga muri ivyo. Ku kigira kabiri "kubera iki uri hano?" Ngira ngo ni kubera washatse kuba uri hano. Canke ubundi ni nde yodutegeka kuba hano kandi turi abana b'Imana. Abitwa abana b'Imana bameze nk'Imana ubwayo. Si vyo? Umuganwa ni co kimwe n'Umwami mu bintu bimwebimwe, canke n'imiburiburi nk'umwami, canke uwimirije kuzoba umwami. Kubw'ivyo mu gihe yipfuye kuba ahantu kanaka ni ho abayo gusa. Ivyo arivyo vyose, turidengemvya mu guhitamwo kuja mw'ijuru canke kuja ahandi kwirabira ubwacu. Ni co gituma-woba wahisemwo kuba hano kuva mu ntango, mu bihe vyinshi biheze, kwiga ikintu **kidasanze**, ikintu gitweye ubwoba. Abantu bamwe barakunda guca mu biteye ubwoba.

Nk'akarorero, umuganwa arashobora ari mu kirimba, ariko akaguma azunguruka mw'ishamba kuko yipfuzaga kwirabira ibintu kanaka mu bidukikije. Bishobora kuba ari ko bimeze. Birashoboka ko twari tubuze amahoro, tukabura amahoro turi mw'ijuru, kuko naho vyose vyari bihari babituzanira ku miryango y'ikirimba cacu hanyuma tugashaka kugira icyo twikoreye ubwacu. Ni co kimwe n'abo mu nzu y'umwami, rimwe na rimwe baripfuzaga kwitegurira imfungurwa, kandi ntibipfuzaga ko abasuku bababa hafi. Kandi barisukako isosi n'amvuta, bakabikwiragiza hose, ariko bakabikunda. Ntibisa n'uko abaganwa bategerezwa kuba bameze, ariko barabikunda.

Nk'akarorero, ndafise abantu bantwarira imodokari. Aho ngiye hose, abantu bipfuzaga kuntwarira imodokari. Ariko rimwe na rimwe nipfuzaga kwitwarira imodokari. Ngendera ku kamodokari kanje k'amapine atatu, nta mwotsi ukavamwo, gakoresha umuyagankuba- kagenda ibirometero icumi mw'isaha. Uko ni ko nkunda kuzunguruka. Kubera ko aho ngiye hose abantu baca bamenya, rimwe na rimwe ndipfuzaga kuja aho batanzi. Numva ngira isoni cane uretse mu gihe ntegerezwa kwigisha kuko kimaze kuba gikorwa canje, kuva aho abantu batanguriye kunyerekanira

bagatuma menyekana gushika n'ubu. Sinshobora guhunga kenshi na kenshi ariko rimwe na rimwe ndahunga, nk'amezi abiri canke atatu

Birashoboka ko wahisemwo kuba hano mu kiringo kanaka. Kandi hashobora kuba hageze ko ugenda kuko wize ibikwiye vy' iyi si, kandi wumva ko ata kindi congeyeko usigaje kwiga, kandi uraruhijwe n'urugendo. Ushaka kuruhuka. Ja I muhira, ubanze uruhuke. Hanyuma urabe nimba ugishaka kuja ku rugendo **rutangaje** canke ko utakibishaka. Ivyo ni vyo vyonyene nshobora kuvuga kugeza ubu.

None ni kubera iki utegerezwa kuja i Muhira? Kandi ngo kubera iki urwa Gatanu atari urwa Gatandatu? Ivyo ni ugushaka kwawe. Uvuye mu rwa gatanu, urashobora kuja ahandi hose wipfuje. Hari izindi ngero vyinshi hejuru. Ariko biranejereje kandi ni ivyo kutagira aho wegamiye kuguma ngaho. Birakomeye cane, hejuru cane, ngira ngo nk'aho ko n'ibindi vyicarwo vyo hejuru bitoba bimeze neza gusumba ngaho. Ushobora kujayo mu gihe gito, ariko ngira ngo ntiwoshaka kuruhuka.

Nk'akarorero, inzu yawe ni nziza, mugabo harimwo ivyumba bimwe bimwe vyo kuruhukiramwo, ariko ntiwipfuzwe kuharuhukira ubuzima bwawe bwose, naho hoba ari hirya y'inzu yawe. Hasa no ku gasozi hejuru, hasa neza gusumba, ariko si ikibanza co kuruhukiramwo. Canke mu gice c'umuyagankuba co mu nzu yawe, imoteri-ivuzwa urwamo, ijwi riranga, ubushuhe, ishushu kandi iteye ubwoba. Ntiwokwipfuzwa kujayo naho vyoba bikenewe cane kubw'inzu yawe. Nta kindi.

Hari ukutu kw'inshi Imana imeze tutoshobora no kwiyumvira. Igihe cose twiyumvira ko uko tugiyeye ahakirurutse cane, ari ko dukunda cane. Ariko hari ubwoko butandukanye bw'urukundo. Hari urukundo rw'inguvu nyinshi cane, urugundo rukomeye, urukundo rworoshe, urukundo ataho rwegamiye. Vyose biva ku kuntu dushoboye kwihangana. Imana izoduha ingero zitandukanye

z'urukundo. Ni vyo. Ingero zitandukanye, tanga ingero zitandukanye z'urukundo ruva ku Mana. Ariko rimwe na rimwe, usanga rurimwo inkomezi, twumva umengo turatabaguritse.

IK: Mbona gusambura vyaragwiriyeye aho ndi-gusambura ibidukikije. Kwica ibikoko. Nibaza ico mwiyumvira kuri ivyo n'ico mwosaba abantu bagerageza kubandanya bikura kuri iyi si mu buryo bw'impwemu, mu kubafasha kubana neza n'ibibakikije, no kurwanya ihonya ribera aho bari? None wibaza ko kuja hirya y'iyi si bikwiye kugira tumenye ivyo dusize inyuma, canke wumva ko twebwe muri uru rugero dufise igikorwa co kugerageza kugabanya umubabaro? Mbega hari iciza na kimwe vyovamwo?

M: Bizoshoboka. Bizoshoboka. N'imiburiburi kuri twebwe, ku gutahura kwacu, ngo twumve ko hari ico turiko turakora kandi twagerageje gukora uko dushoboye ngo tugabanye umubabaro w'ibiremwa nkatwe. Nanje nkora ibisa biryo vyose. Ico mubaba cose, ndiko ndagikora. Naragikoze, ndagikora, kandi nzogikora.

Nari namaze kubibabwira. Ubutunzi bwacu turabuha amashirahamwe atandukanye, rimwe na rimwe, ibihugu bitandukanye, iyo bashikiwe n'ivyaduka. Sinipfuzwa kuvyishimira cane, ariko ni uko mwabajije-nk'akarorero, twarafashije Philippines mu mwaka uheze mu kugabanya umusozi wabo wa Pinatubo. Kandi twarafashije n'abasinzikajwe muri Au Lac, n'abasinzikajwe n'umwuzure mu Bushinwa, n'abandi. Ubu naho turiko turagerageza gufasha impunzi zo muri Au Lac kugira tugabanye umutwari Ishirahamwe Mpuzamakungu ONU rifise, mu gihe ryoba rishaka ko dufasha. Ariko turiko turagerageza. Turabafashisha amahera, kandi turashobora no kubunguruzwa, iyo ONU ivyemeye, bivuye ku muhezagiro wa ONU.

Egome, dukora ibi bintu vyose mwasavye, kandi kubera ko, kuko turi hano, dutegerezwa gusukura neza ibidukikije uko

bishoboka kwose. Kubw'ivyo turafasha mu ngorane. Turafasha ku rugero rw'inyifato myiza mw'isi. Mu vy' impwemu no mu vy'umubiri. Egome. Kuko abantu bamwe ntibipfuzza kunyakirako ivy'impwemu. Bipfuzza gusa imfashanyo y'ivy'umubiri. Kubw'ivyo duca tubafasha mu vy'impwemu dukoresheje ivy'umubiri. Kandi ivyo ni vyo dukora.; ni co gituma ntegerezwa kurondera amahera. Ni co gituma ntakeneye kubeshwaho n'ivyo abantu bamfashishije.

Abihebeye Imana bese nkanje, hamwe n'abigishwa banje bese bategerezwa gukora, nk'uko mbigenza. Aho rero, turetse ivyo, turafasha mu vy'impwemu, hanyuma tugafasha no mu mubabaro w'isi, gufasha kugabanya umubabaro w'isi Dutegerezwa kubikora. Si ukuvuga ko twiyicarira muri samadhi twinezereza umusi wose. Uyo ni umu Buddha (Ikiremwa cakiwe n'umuco) yigungirako cane. Ntidushaka kumubona hano. (Agatwengo)

Q: Wavuze ku bijanye n'urugero aho umuntu amenya abafise ubushobozi buvuye muri ukwo kumenya None bigenda gute mu gihe wamenya ko hari ubushobozi, ntiwigera umenya ko ubufise, ariko uramenya ko bubaho? Ushobora no kuba wumva ko ubufise Woshobora kubushikira canke kutabushikira gute? Iyo utabushikiriye, woreka kwihebura gute kubera igihe bifata? Nk'iyi ubona bifashe uburyo bwitonda, bw'isi, mu gihe uzi ko woshobora gusenga canke hari ico wokora kugira ngo haboneke inyishu nziza kandi yihuta. Ivyo bisigura iki, kandi umuntu yobishikira gute hamwe n'imihezagiro y'uko bizogenda neza? Uratahura ivyo nshatse kuvuga?

M: Ndabitahura, ndabitahura. Ivyo ushaka kuvuga ni icyo dufise ububasha bwo guhindura ibintu, ariko bikagenda bikurikira inzira zo mu biro zitonda, woshobora gute kuronka uko uvyihanganira. Ni ivyo? Canke wosenga gusa canke ukagira amareba, canke wotunga urutoke ukabisunika. Ni ivyo? Oya. Mfise ukwihangana kuko dutegerezwa gukorera ku kuntu iyi si igenda kugira ntituzane akajagari. Egome.

Nk'akarorero, umwana ntashobora kwiruka. Si kubera ko wihuta canke wipfuzwa kwiruka woca utuma umwana atsitara canke ngo agwe. Kubw'ivyo dutegerezwa twihangana. Naho twoba dufise ubushobozi bwo kwiruka, turajana n'umwana, egome. Ni co gituma rimwe na rimwe numva nshavuye, kandi mbuze kwihangana ariko ntegerezwa kwiyigisha kwihangana. Nico gituma nja gupfukamira abakuru b'ibihugu mva kuri umwe nja ku wundi kubw'impunzi, naho ari twebwe tuba tugira twongereko imfashanyo yose y'amahera. Naho twoba dushaka gutanga ivyo dufise vyose, vyose, amamiriyoni y'amadorari, canke n'amamiriyaridi. Dutegerezwa gukurikiza urutonde rwo mu biro. Ivyo Kayisari mubihe Kayisari.

Sinshobora kuduza umutwe canke gutunga agatoki ONU ngo ndabirukanganze. Oya, oya. Dutera ingorane muri iyi si iyo dushatse gukoresha ububasha bw'imiyaga canke amareba. Ibintu bitegerezwa kugenda uko bigenze. Gusa turashobora gukangura abantu mu buvuzi bw'impwemu, mu bwenge bw'ipwemu, n'ugutahura. Kubashiramwo kumenya ko bashobora kubikora no gukorana neza. Iyo ni yo nzira nziza, atari ugukoresha ububasha bw'amareba.. Sinigera niyumvira gukoresha amareba mu gice na kimwe c'ubuzima ku gushaka kwanje. Ariko ibitangaza vyarakoretse mu bakozi b'ivy'impwemu. Ivyo ni ibisanzwe cane, ariko ntibiva ku gushaka. Nta kugerageza gusunika ibintu. Ego. Nta ciza kirimwo. Umwana ntashobora kwiruka. Ni vyo? Mwashimishijwe n'inyishu zanje?

Niba hari imwe mu nyishu zanje itabashimishije, mubimenyeshe, kugira nsubire ndabisigire. Ariko ndizera ko muzi ubwenge cane—muri abatoranijwe mu banyabwenge mu bihugu vyose. Kubw'ivyo sindinda gusigura cane.

Ni vyiza ko dufise Ishirahamwe Mpuzamakungu, ntegerezwa kubivuga, uko biri kwose. Egome, egome. Turakuraho vyinshi mu matati yo kw'isi hamwe n'intambara, naho tutashobora

kubigabanya rwose. Ariko nasomye ibitabu vyanyu vyo mw'Ishirahamwe Mpuzamakungu. Uwo ari we wese ni Ishirahamwe Mpuzamakungu. Kandi narakurikiranye bimwe mu bikorwa vy'Ishirahamwe Mpuzamakungu. Numva ntegerezwa guhayagiza akigoro n'ubukerebutsi bwaryo mu kubuhoza abagizwe imbohe aho abandi bantu batari bashoboye kubikora. Mu gihe ububasha bwose bw'isi budashoboye gufasha, umurongozi umwe w'Ishirahamwe Mpuzamakungu yarabikoze. Egome, hamwe n'ibindi bikorwa bijanye no kugabanya ivyaduka, ingorane z'impunzi.

Mufise impunzi zigera ku miriyoni icumi na zibiri, ni ko numvise. —ni ivyo kwitabwaho. Si vyo ? Ni igikorwa kinini, hamwe n'intambara n'ibindi vyose. Kubw'ivyo ni vyiza cane ko dufise ishirahamwe Mpuzamakungu, ego ! Ni vyiza cane.

IK: Urakoze, Mwigisha Ching Hai, gusangira natwe ivy'Ubwenge vyawe. Ndafise ikibazo. Kijanye n' igwirirana ry'abantu kw'isi n'ingorane bijana z'ukwonona ibidukikije n'uko bica bisaba ko hakenerwa ibifungurwa vyinshi. Hari ico ufise wovuga kuri iri gwirirana ry'abantu kw'isi ? Yoba ari karma y'isi ? Canke vyoba bishobora kuzotera karma kanaka muri kazoza ?

M: Kubona isi irimwo abantu benshi na vyo ni vyiza cane. Kubera iki bitoba uko ? Huzuye cane, urwamo rwinshi, kwiryohera kwinshi. Si vyo ? (Agatwengo) Mu nca make si ukuvuga ko dufise abantu barenze urugero. Gusa ntidukwiragiye kw'isi nk'uko bikwiye. Abantu usanga barundanye mu bice bimwebimwe vy'isi, kandi ntibipfuzwe kwimukira mu bindi bice. Nta kindi. Dufise ahantu henshi h'isi huzuye amashamba hatarakoreshwa. Hari amazinga menshi atarashikwamwo, amataba menshi atotahaye yuzuyeko amashamba ata kindi kihari. Nk'akarorero abantu bakunda kurundana i New York gusa, (Agatwengo) kuko hano hari

ukwiryohera kwinshi. Mu gihe reta, canke reta iyo ariyo yose ishoboye kurondera ubuzi, amahinguriro, gutanga akazi mu buryo butandukanye mu bice bitandukanye, abantu boca bajayo gukora. Birunda mu bibanza bimwe kubera biborohera kuha akazi, canke umutekano. Mu gihe umutekano n'uburyo bwo kuronka akazi vyoboneka mu bindi bice bitandukanye, abantu bojayo naho. Bojayo kubera umutekano wabo n'uburyo bwo kubaho. Ivyo ni ibisanzwe rwose.

Kubw'ivyo ntidukwiye gutinya ko hari abantu barenze. Twotegerezwa gutunganya neza ibijanye no kuronsa abantu bo mw'isi uburyo bw'inshi bwo kuronka akazi, hamwe n'uburaro n'umutekano. Ico gihe hose haba hamwe. Ntitwokwigera tuba umurengera.

Hanyuma ku kibazo kijanye n'ibifungurwa, mwotegerezwa kubimenya neza, kuko muri Amerika dufise amakuru menshi avuga ukuntu twokingira isi. Gufungura imfungurwa zigizwe n'ibiterwa gusa ni bumwe mu buryo bwiza bwo kubungabunga ubutunzi kama bw'isi, kugaburira abantu bose baba kw'isi, kuko dusesagura ibifungurwa vyinshi vy'ibiterwa, inguvu, umuyagankuba, imiti, mu gutunga ibikoko. Mu gihe ivyo vyoshoboye gutunga abandi Bantu. Kandi mu bihugu vyinshi bikiri mu nzira y'amajambere, bagurisha imfungurwa zabo zirimwo imbumbamubiri nyinshi ku giciro gito cane. Kandi ivyo ntibinashyamba abanyagihugu bo mu bindi bihugu. Hamwe twogerageza kugabanganya imfungurwa tunganya, muri ivyo navyo, gufungura imfungurwa zigizwe n'ibiterwa gusa vyofasha cane, atari twe twese gusa, canke ibikoko gusa, ariko isi yose.

Ubushakashatsi bumwe mu bw'ibinyamakuru bumaze kuvuga ko mu gihe buri muntu mw'isi yofungura ibiterwa gusa, kw'isi ata nzara yosubira kuhavugwa. Vyongeye dutegerezwa kubitunganya. Ndazi umuntu umwe ashobora gutegura incenga z'umuceri ukavamwo ingaburo nziza cane mbere n'amata. Kandi

mu gihe giheze twari twabivuzeko. Yavuze ko yakoresheje amatorari ibihumbi amajana atatu agashobora kugaburira abantu ibihumbi amajana atandatu muri Ceylon-abakene, abataronka ibifungurwa bikwiye, abakenyezi n'abandi. Vyari bitangaje. Kubera ko ukuntu tubigenza mu bice vyinshi vy'isi, turasesagura ubutunzi kama, si ukuvuga ko tudafise ibikwiye. Imana ntiyodushize hano ngo twicwe n'inzara. Mu vy'ukuri ni twebwe twiyicisha inzara.

Kubw'ivyo dutegerezwa gusubiramwo kwiyumvira, tugategekanya ukundi gusha, kandi ivyo bisaba ukwitanga kw'amareta y'ibihugu vyinshi. Bategerezwa kuduhezagiza ukuri kwabo, isuku n'agateka, n'ukwipfuzwa gukorera abandi, atari ukwikorera ubwabo. Hamwe tworonka imiheszagiro nk'iyi ku mareta y'ibihugu vyose, nta ngorane tworonka mu vy'ukuri. Nta ngorane.

Dukeneye kuronka abarongozi beza, itunganywa ryiza ry'ubutunzi, ingabire zo gutwara, hamwe n'amareta agengwa n'ukuri. Ariko ivyo vyoshika n'ingoga mu gihe abantu benshi, canke abenshi mu bantu, canke mbere abantu bose boba ab'impwemu. Bakamenya kwihata. Bomenya amabwirizwa. Bomenya ingene boba abanyakuri ata gasembwa. Kandi bomenya n'ukuntu bokoresha ubwenge bwabo. Boshobora kwiyumvira vyinshi bokora no gusubira gutunganya ubuzima bwacu.

IK: Ivyo bisa n'aho bigoye cane kubera ko nk'uko ndabibona, canke ndabitahura, ubwononyi bw'inshi bw'ibidukikije bujanye n'ukw'abantu babandanya gukenera aho kuba hanini, uburaro, kubaho nk'uko twebwe abo mu kinjana ca 20 tuzi kandi dushaka kubaho.

Tuvuze ku mashamba yo muri Bresil-ukuntu ibidukikije bibangamiweyo. Ukurandurwa kw'ishamba ryaho, ishamba ry'imvura. Isi ibandanya yamburwa, ivyo na vyo bigatuma haba imyuzure. Kandi ntibitandukanye n'ikibazo c'igwirirana ry'abantu.

M: Egome, kanatsinda, muri iyi si, ibintu vyose bifitaniye isano. Inyishu nyayo ni ukubitorera inyishu uhereye mu mizi, atari mu mashami. Kandi imizi ni ukudahugumba mu vy'impwemu. Mwatahuye? (Gukoma amashi)

Aha rero ico twokora ni ukugerageza gukwiragiza ubutumwa bw'ivy'impwemu; ivyo tuzi, hanyuma tugakomeza ukwihata kw'impwemu. Ico ni co abantu badafise. Ni vyiza kwicomeka mu mashini y'umuyagankuba hanyuma ukironkera **umuco**, n'akaziki kanywingira hanyuma ukagira **Samadhi**. Ariko iyo udafise ukwihata mu myifato, ushobora gukoresha inkomezi mu bintu bibi gusa rimwe na rimwe—ntushobora kubitegeka.

Ni co gituma twebwe muri uyu murwi, tugumya, tubanza kwigisha abantu ingingo ngenderwako. Ingingo ngenderwako ni ngirakamaro. Dutegerezwa kumenya iyo tuja no gutegeka inkomezi zacu. Inkomezi zitarimwo urukundo, zitarimwo impuhwe, zitarimwo gutahura gukwiriye kw'inyifato vyiza, nta co zimaze. Zihinduka amareba y'imiyaga mibi-ubwononyi. Ni vyo. Aho ni ho ivy'amareba y'imiyaga mibi biva.

Kubw'ivyo biroroshe kuronka Ukwakirwa n'umuco, ariko biragoye kubigumya. Mu nzira yacu, iyo udafise ukwihata kw'ukuri kandi ukaba utuzuye mu myifato myiza, Umwigisha arakwaka bumwe mu Bubasha bwawe kugira ntuzikoreshe nabi mu kugirira nabi abantu. Iryo ni ryo itandukaniro. Mwigisha arategeka. Ububasha bw'Umwigisha, ububasha bw'Umwigisha, ni vyo? Egome, ndanezerejwe cane n'ibibazo vyanyu vy'ubwenge. Ni ivy'ubwenge rwose.

Abantu bakora ibi kuko badafise ubwenge bukwiye, nk'ukwonona isi nk'uko mwabivuze, canke mu gukora ikintu kubw'ububegito. Rero ishingiro ni ubwenge, ukwimenyereza kw'impwemu. Mwakirwe n'umuco.

Ndabashimiye ku kuntu mwanyumvirije. Mugire amahoro.

“Kumenyereza si ukumenyereza koko...mwaje hano ngo mundeke ndabafashe kwifasha gusa. Sinaje hano kubahindura abigishwa...Naje kubafasha guhinduka Abigisha”

Umwigisha Kibirengeye Ching Hai

“Umuntu wese arazi ukuntu arimbura, ariko murimbura ku bitarivyo. Abantu bamwe bazirikana abakobwa beza, abandi amahera, abandi ibikorwa. Igihe cose utegerezwa kwitwararika rwose, n’umutima wose, ku kintu kimwe, uko ni ko kurimbura. Nitwararika gusa ku Bubasha bw’imbere, ku Mpuhwe, Urukundo n’ibiranga Imana vy’ Ubugwaneza”

Umwigisha Kibirengeye Ching Hai

“Kumenyerezwa bisigura intango y’ubuzima bushasha mu murongo mushasha. Bisobanura ko Umwigisha yakwemerereye kuba umwe mu vyaremwe biri mu rukurikirane rw’Aberanda. Kubw’ivyo, ntuba ukiri ikiremwa gisanzwe, uba washizwe hejuru. Mu bihe vya kera, bavyita”Ibatisimu” canke”Guhungira mu Mwigisha.”

Umwigisha Kibirengeye Ching Hai

Umwimenyerezo: Ubuhinga bwitwa Quan Yin

Umwigisha Ching Hai aramenyereza abantu nyakuri banyotewe kumenya Ukuri mu buhinga bwo kurimbura bwitwa Quan Yin. Indome z'IGishinwa, "Quan Yin" zisigura ukwiyumvira kw'Uguhinda kw'Amajwi. Muri ubu buhinga harimwo ukurimbura ku Muco w'imbere n'Ijwi ry'imbere. Uku kubonekerwa kw'imbere kwaravuzweko cane mu vyanditswe vyera vy'amadini yose y'isi kuva kera.

Nk'akarorero, Bibiriya y'abakristo ivuga ngo, **Ubwa mbere na mbere Jambo yamyeho, kandi uwo Jambo yahoranye n'Imana, kandi uwo Jambo yari Imana.** (Yohana 1:1) Uyu Jambo ni Ijwi ry'Imbere. Hari ahandi ryiswe Logos, Tao, Soundstream, Naam canke Indirimbo y'Ijuru. Umwigisha Ching Hai avuga ati; **Ritigitira mu Bantu bose kandi ritunze isi yose. Uyu mudiho w'imbere urashobora gukiza ibikomere vyose, gushitsa ivyo twipfuzaga vyose, no kwica inyota yose y'ivy'isi. Ni inkomezi zisumba vyose n'urukundo rusumba vyose. Kubera ko twaremwe muri iryo Jwi bituma guhura na ryo bizana amahoro, n'umunezero mu mitima yacu. Tumaze kwumviriza iryo Jwi, ubugingo bwacu bwose burahinduka, ukuntu dutahura ubuzima birahinduka ku neza.**

Umuco w'imbere, Umuco w'Imana, ni wo muco uvugwa mw'ijambo "Ukubonesherezwa". Inkomezi zawo zishobora guhura ku gaco gato zigashikira ugukayangana kw'amamiriyoni y'amazuba. Dushika ku kumenya biciye mu Muco n'Ijwi vy'imbere.

Ukumenyerezwa mu buhinga bwa Quan Yin si ibirori vyo mu kinyegero canke ibirori vyo kwinjira idini rishasha. Mu gihe c'umwimenyerezo, inyigisho kanaka zijanye no kurimbura ku Muco n'Ijwi vy'imbere ziratangwa, kandi Umwigisha Ching Hai atanga ubuhinga bwo **"Uguhanahana kwo mu Mpwemu."** Iyi mponjo

ya mbere y'Ukubana n'Imana itangwa mu gacerere. Umwigisha Ching Hai ntategereza kuba ari kumwe nawe kugira ashobore kukwugururira uyu “muryango”. **Uguhanahana kwo mu mpwemu** ni igice nyamukuru kigize ubu buhinga. Ata muhezagiro w'Umwigisha, ubuhinga bwonyene bwogira akamaro gato.

Kubera ko ushobora kwumva Ijwi ry'imbere kandi ukabona n'Umuco ubwonyene uriko uramenyerezwa, ico gikorwa rimwe na rimwe citwa “ukubonesherezwa gushika ubwo nyene” canke kwa “giturumbuka”.

Umwigisha Ching Hai yakira abantu bava mu mihingo yose no mu madini yose mu mwimenyerezo. Ntutegereza guhindura idini usanzwemwo, canke ivyizerwa vyawe. Ntubabwira kwifatanya n'ishirahamwe na rimwe, canke gufata inzira n'imwe itajanye n'imibereho yawe.

Ariko rero, uzosabwa kuja mu murwi w'abafungura ibiterwa gusa. Kwiyemeza gufungura ibiterwa ubuzima bwawe bwose ni itegeko rya mbere ngenderwako kugira ushobore kwimenyereza.

Uyu mwimenyerezo utangwa ku buntu.

Ugushira mu ngiro mu buhinga bwo kurimbura bwa Quan Yin umusi ku musi n'ukwitondera Ingingo Zitanu ngenderwako ni vyo vyonyene usabwa inyuma y'umwimenyerezo. Kwitondera ingingo ngenderwako bigukingira kwigirira nabi, canke kugirira nabi ikiremwa ikindi kiremwa ico ari co cose kizima. Uko kwama ubikora gurtyo bizokwongereza kandi bikomeze ukubonesherezwa kwawe kwa mbere, kandi binagufashe gushikira intambwe zo hejuru z'umuvyuro canke Ubumana ku bwawe. Utabishize mu ngiro umusi ku musi, ushobora kuzokwibagira ukubonesherezwa kwawe ugasubira mu rugero rusanze mu gutahura.

Intego y'Umwigisha Ching Hai ni ukutwigisha kwikwiza. Kubw'ivyo atwigisha ubuhinga buri muntu ashobora gukoresha, we ubwiwe ata bindi bintu akoresheje. Ntarondera abamukurikira, abamwizera, canke abigishwa, canke ngo agire ishishirahamwe abarijamwo bariha. Ntazokwemera amahera, canke gusengwa, canke amashikanwa umuha, kubw'ivyo ntutegereza kubimuha.

Azokwemera gusa ukwizigirwa kwawe mu buzima bwa misi yose, hamwe no kwama uzirikana kugira ngo utere imbere mu nzira y'Ukweza.

Ingingo Zitanu Ngenderwako

1. Kwirinda kugirira nabi ikiremwa ico ari co cose kizima*;
2. Kwirinda kuvuga ibitari ivy'ukuri;
3. Kwirinda gutora ibintu bitari ivyanje;
4. Kwirinda kwitwara nabi mu vyo guhuza ibitsina;
5. Kwirinda gukoresha ibiyayuramutwe**;

* Uru rutonde rusaba ko umuntu yiyemeza cane gufungura ibiterwa canke amata abivamwo gusa. Nta nyama, ifi, ibitungano biguruka, amagi (ari ayamaze kubundikirwa canke ayatarabundikirirwa, atetse mu mikate, canke ahinguwe ukundi) canke ibindi bintu vyose bihinguwe mu bivuye mu bikoko. Ariko ushobora gufungura imfungurwa zose zikozwe mu mata ubanje kuraba neza ko nk'amaforomaji atarimwo ivy'inyama.”

** Muri ivyo kandi harimwo kwitandukanya n'ubumara ubwo ari bwo bwose, ari ibiboreza, ibiyayuramutwe, itabi, akamari, amasenema yerekana ivyo guhuza ibitsina canke ayandi yose ateye ubwoba canke ivyanditswe canke inkino zo mw'isenema.

“Umuntu yihaye Imana koko, ni we muntu nyawe. Umuntu nyawe ni umuntu yihaye Imana koko. Ubu turi ibice vy’abantu. Dukora ibintu dukekeranya, dukora ibintu tuyigungirako. Ntitwizera ko ari Imaana itunganya ivyo vyose kugira tunezererwe, kugira tuyigireko. Tugomba gutandukanya icaha n’ivyiza. Dufatira ibintu vyose hejuru, gurtyo tukicira urubanza tukanarucira abandi. Turananizwa no gushaka kufatira mu rwara iv’Imana yodukorera. Muratahuye ? Ni ivy’ukuri Imana iri muri twebwe ariko tuyishingira akarimbi. Dukunda kwinezeza ubwacu no gukina, ariko ntituzi uko tubikora. Dukunda gusa kubwira abandi ngo ‘ Yemwe ! ntimukwirye gukora ibi,’ kandi tukibwira duti, ‘sinkwiriye gukora kirya. Sintegerezwa gukora iki. None ni kubera iki noba uwufungura ibiterwa gusa ?’ Egome, ndabizi. Ndi uwufungura ibiterwa gusa kubera ko Imana iri muri jewe ibishaka.”

Umwigisha Kibirengeye Ching Hai

“Iyo dutunganye mu bikorwa vyacu, mu majambo no mu vyiyumviro, naho hoba ari mw’isegonde rimwe, ubumana bwose, imana n’abamarayika barinzi bose baradushigikira. Muri ico gihe, isi yose iba iyacu kandi ikadushigikira, kandi n’intebe y’ubwami iba ihari ku bwacu no tuyiganzireko.”

Umwigisha Kibirengeye Ching Hai

Inyungu Ziri mu Ngaburo Igizwe n'Ibiterwa gusa

Kwiyegurira gufungura ibiterwa canke amata ava muri vyo gusa ni itegeko rya mbere ngenderwako ry'umwimenyerezo mu buhinga bwa Quan Yin. Ibifungurwa bivuye mu biterwa hamwe n'ibivuye mu mata biremerewe, ariko ibindi bifungurwa vyose bivuye mu bikoko harimwo n'amagi ntibikwiriye kuribwa. Hariho ibituma vyinshi, ariko igihambaye cane kiva mu ngingo ya mbere yo mu Ngingo Ngenderwako, idusaba kwirinda kugirira nabi ikiremwa ico ari co cose kizima, canke Ntukice.

Kutica canke kutagirira nabi ibindi biremwa bibifitiye akamaro kaboneka. Ikizwi co ni uko kwirinda kugirira nabi ibindi biremwa bitugirira akamaro ubwacu. Kubera iki? Kubere icagezwe ca karma: Uko ubiba ni ko uzokwimbura. Iyo wishe, canke ugatuma abandi kukwicira kugira ngo wironkere inyama, uba ufashe umwenda wa karma kandi uwo mwenda uburuhiro uzotegerezwa kuwishura. **gufungura imfungurwa zigizwe n'ibiterwa gusa**

Mu vy'ukuri ukugumya ingaburo y'gufungura imfungurwa zigizwe n'ibiterwa gusa ni ingabire twiha twebwe ubwacu. Twumva tumerewe neza gusumba, ubuzima bwacu buratera imbere kubera ko uburemere bw'umwenda wa karma tuba dufise bugabanuka, kandi duhabwa kwinjira mu bice bishasha bitaboneka vy'ijuru mu kubonekerwa kw'imbere. Iyo bihwanye neza n'igicro gito

mutegerezwa gutanga!

Ivyiyumviro vy'impwemu bibuza gufungura inyama biranyura abantu bamwe, ariko hariho n'izindi mvo zumvikana zo kuba uwugufungura ibiterwa gusa. Vyose bishingiye ku kwiyumvira gusanzwe kw'umuntu. Bifatiye ku bijanye n'amagara yacu hamwe n'uburyo dufungura, urutonde mu binyabuzima hamwe n'ibidukikije, **inyifato** hamwe n'amagorwa y'ibikoko, hamwe n'inzara ihanze isi.

Amagara n'Imfunguro

Ivyigwa vyakozwe ku bijanye n'ugutera imbere kw'abantu vyerekanye ko kamere ya ba sogokuruza yari iyo gufungura imfungurwa zigizwe n'ibiterwa gusa. Inyubako y'umubiri w'umuntu ntiberanye no gufungura inyama. Ivyo vyarekanywe mu gikorwa canditswe na Dr. G.S. Huntingen wo kw'Ishure Kaminuza ya Korumbiya mu bijanye n'ukugereranya ukuntu umubiri w'umuntu wubatswe. Yerekanye ko ibifungura inyama bifise amara mato magufi yagutse. Urura rwavyo rwagutse ruragorotse kandi ruroroshe. Ariko, ibikoko bifungura ibiterwa gusa bifise urura rurerure rwonze, n'urundi rurerure rwagutse. Kubera ivyunyunyuru bike biva mu biterwa biyagize n'ivyunyunyuru ndemamubiri vyinshi biri mu nyama, ayo mara ntamara umwanya munini mu kununza ingaburo ziba ziri mu mfungurwa; rero, amara y'ibifungura inyama ni ngufi kuruta ay'ibikoko bifungura ibiterwa gusa.

Abantu, co kimwe n'ibindi biremwa bisanzwe bifungura ibiterwa gusa, bafise urusogi rumwe rurerure rwonze, n'urundi rwagutse. Amara yacu yose hamwe afise uburebure bungana **n'imetero umunani n'igice**. Urura rwonze rwizinze incuro nyinshi rwigarukako, kandi imiheha yarwo irivanga, ntirworoshe. Kubera ari maremare kuruta iz'ibikoko bifungura inyama, inyama dufunguye

ziguma mu mara igihe kirekire. Ingaruka ni uko izo nyama zishobora kubora hanyuma zigatuma haba imyanda y'ubumara. Iyi myanda imaze kumenyekana nka kimwe mu bitera kanseri y'ururu rwagutse, kandi iranatuma igitigu kiremewe cane, kandi ari co kiyungurura ya myanda y'ubumara. Iyo bishobora gutera indwara canke mbere na kanseri yo mu gitigu.

Inyama zirimwo ivyunyunyuyu vyinshi vyitwa Urokinase na urea, vyiyongera ku mutwano amafyigo asanzwe afise, bigashobora no kwica igikorwa c'amafyigo. Muri buri magarama 453,6 y'inyama harimwo amagarama icumi n'ane y'ivyunyunyuyu ndemamubiri vyitwa Urokinase. Iyo ibice ngiramubiri bizima bishizwe mu vyunyunyuyu vya urokinase biseseka, ibikorwa vyavyo vyo guhindura ibifungurwa mu nguvu umubiri ukeneye bica bitituka. Vyongeye, inyama zibuze ivyunyunyuyu biva mu biterwa, kandi kubura ivyo vyunyunyuyu bishobora gutera ukutituma umwanda mukuru. Birazwi ko ukutituma umwanda mukuru bishobora gutera kanseri y'amafyigo canke impanga.

Ikinure nzibiramitsi hamwe n'ibinure birundanye mu mubiri na vyo bituma umutima ukora nabi. Ingorarane zivuye ku gukora nabi kw'umutima ni zo za mbere zica abantu benshi muri Reta Zunze Ubumwe za Amerika, no muri Formosa ubu.

Kanseri ni yo ndwara igira kabiri mu kwica abantu benshi. Ubushakashatsi bwerekana ko guturira canke kwotse inyama bizana ubumara (Methylcholanthrene), na bwo bukaba ari ikintu gikomeye gitera kansera. Iyo bwinjije mu Imbeba zihawe ubwo bumara zitera kanseri yo mu magufa, kanseri yo mu maraso, kanseri yo mu mushishito, n'izindi.

Ubushakashatsi bwerekanye ko abana b'imbeba bonswa n'imbeba y'ishashi irwaye kanseri yo kw'ibere na bo bafatwa na kanseri. Igihe imigera ya kanseri y'umuntu yatewe ibikoko, ivyo bikoko na vyo vyaciye birwara kanseri. Mu gihe inyama turya umusi ku musi zavuye ku bikoko vyari bisanzwe bifise

izo ngorane, hanyuma natwe tukazifata mu mibiri yacu, nta nkeka ko natwe tuzofatwa n'izo ndwara.

Abantu benshi bibwira ko inyama zisukuye kandi ata ndwara zirimwo, ko bazisuzuma mu macuniro yose. Hari inka, ingurube nyinshi cane, ibitungano biguruka vyinshi cane, n'ibindi bibagwa ku buryo bigoye gupima kimwekimwe. Biragoye cane kuraba ko igihimba c'inyama kirimwo kanseri, nkaswe kuraba igikoko kimwekimwe. Muri iki gihe, mw'ihinguriro ry'inyama basigaye bahimbura umutwe gusa mu gihe ufise ingorane, canke bagaca ukuguru kurwaye. Ibice bibi vyonyene ni vyo bata, maze ibisigaye bakabigurisha. .

Uwihebeye gufungura imfungurwa zigizwe n'ibiterwa gusa azwi cane, Dr.J.H. Kellogg yaravuze ati: "Iyo dufunguye imfungurwa zigizwe n'ibiterwa gusa, ntitugira ubwoba ku bwoko bw'indwara bwishe izo mfungurwa. Bivamwo imfungurwa z'umunezero!" Hariho n'ikindi giteye amakenga. Mu miti ivura imigera co kimwe n'iyindi miti harimwo n'inkabuzo zifasha gukura n'ingoga, bayiha ibikoko mu mfungurwa canke bakayibitera. Vyaramenyeshajwe ko abantu bariye ivyo bikoko bafata iyo miti mu mibiri yabo. Birashoboka ko iyo miti irwanya imigera iri muri izo nyama igabanya ubushobozi bw'imiti nk'iyi ikoreshwa n'abantu.

Hari abantu bamwe bibaza ko imfungurwa zigizwe n'ibiterwa gusa zidakwiye imfunguro. Umuhinga w'Umunyamerika mu vyo kubaga, Dr. Miller yavuriye i Formosa mu kiringo c'imyaka mirongo ine. Yahashinzeyo ibitaro, aho imfungurwa zose ku bakozi no ku barwaye zari ibiterwa. Yavuze ngo: "Imbeba ni ubwoko bumwe bw'igikoko gishobora kwibeshaho n'ingaburo igizwe n'ibiterwa gusa canke iy'ibitari ibiterwa. Imbeba zibiri zitandukanijwe, imwe irya inyama iyindi irya ibiterwa, dusanga zose zikura co kimwe, ariko ko iyirya ibiterwa iramba cane kandi ikaba ifise inkomezi nyinshi ziyirinda indwara gusumba. Vyongeye, iyo izo mbeba zibiri zirwaye, iyirya ibiterwa ikira n'ingoga gusumba. Yaciye

yongerako ati: "Imiti duhabwa n'ubumenyi bwa none yarateye imbere cane, ariko ishobora kuvura indwara gusa." Ariko imfungurwa zozo zishobora gukomeza amagara yacu." Yarerekanye ko " imfungurwa zivuye mu biterwa ari zo zivamwo imfunguro nyayo kuruta inyama." Abantu barya ibikoko, ariko aho ivyo bikoko bikura imfunguro zavyo ni mu biterwa. Ubuzima bw'ibikoko vyinshi ni bugufi, kandi ibikoko bifise indwara nka zose z'abantu. Birashoka rwose ko indwara z'abantu ziva mu gufungura inyama z'ibikoko birwaye. None kubera iki abantu bataronderera imfunguro mu biterwa batarinze guca mu bikoko? " Dr. Miller yavuze ko dukeneye imfungurwa z'intete gusa, ibiharage , n'imbogaboga kugira turonke ingaburo ikwiye kugira tugumane ubuzima bwiza.

Abantu benshi bibaza ko indemamubiri zo mu bikoko zisumba izo mu biterwa kubera ko iz'ibikoko zivugwa ko zikwiye, hanyuma iz'ibiterwa na zo ngo ntizikwiye. Ukuri ni uko imbumbamubiri zimwezimwe z'ibiterwa zikwiye, kandi ko gusukiranya imfungurwa bishobora gukora imbumbamubiri nyinshi mu mfungurwa mbumbamubiri zidakwiye.

Muri Ntwarante 1988, Ishirahamwe ry'Ingaburo rya Amerika ryitwa ADA ryatangaje ngo: " Aho ADA ihagaze ni uko ingaburo zivuye mu biterwa ari ngirakamaro, kandi zirimwo ingaburo ikwiye mu gihe ziteguwe nk'uko bikwiye."

Hari n'abibeshya ngo abafungura inyama boba bakomera cane kuruta abafungura ivy'ibiterwa gusa, ariko itohozwa ryagizwe n'Umwigisha Irving Fisher wo kuri Kaminuza ya Yale ku bafungura ibivuye mu biterwa gusa 32 n'abafungura inyama 15 ryerekanye ko abafungura ivy'ibiterwa bari bakomeye cane kuruta abarya inyama. Yasavye abo Bantu kumanika amaboko yabo hejuru umwanya muremure ushoboka. Ivyavuye muri uyo mwimenyerezo vyari bitomoye. Muri bamwe 15 bafungura inyama, babiri nibo bonyene bashoboye kugumiza amaboko yabo hejuru hagati

y'iminota icumi n'itanu na mirongo itatu. Ariko, muri bamwe 32 bafungura ibivuye mu biterwa gusa: abantu 22 bagumije amaboko yabo hejuru hagati y'iminota icumi n'itanu na mirongo itatu, abantu 15 bararengeje iminota mirongo itatu, abantu 9 bararengeje isaha imwe, abantu 4 bararengeje amasaha abiri, hanyuma umuntu umwe mu bafungura ibiterwa gusa yararengeje amasaha atatu amanitse amaboko.

Abanonotsi benshi biruka ku birere birebire bafata ingaburo y'ibiva mu biterwa gusa iyo bimirije amahiganwa. Dr. Barbara Moree, umuhinga mu kuvuza imiti ivuye mu biterwa, yarenze ibirometero ijana na mirongo irindwi na bitandatu mu kiringo c'amasaha mirongo ibiri n'indwi n'iminota mirongo itatu. Yari umukenyezi w'imyaka mirongo itanu n'itandatu ariko yaronse intsinsi zironkwa n'abakiri bato: "Nipfuza kuba akarorero mu kwerekana ko abantu bifungurira ibiterwa gusa bazonezererwa umubiri ukomeye, umutwe ukora neza hamwe n'ubuzima bwejejwe."

Mbega uwufungura ibivuye mu biterwa gusa araronka indemamubiri zikwiye muri iyo ngaburo? Ishirahamwe Mpuzamakungu riraba Amagara y'abantu kw'isi rihanura ko ivy'ijana 4,5 vy'inguvu zitwa Karori umuntu akoresha umusi ku musi vyova mu ndemamubiri. Ivy'ijana 17 vy'amakarori agize ingano ni imbumbamubiri amashu yera yo mu Butariyana (broccoli) afise ivy'ijana 45 hanyuma umuceri nawo ukagira ivy'ijana 8. Birosho cane kuronka ingaburo yikwiye mu mbumbamubiri utarinze gufungura inyama. Ufise inyungu yongeyeko yo kwikingira indwara nyinshi ziterwa n'ingaburo zirimo ibinure vyinshi nk'indwara z'umutima n'ubwoko bw'inshi bw'amakanseri, vyibonekeza ko guhitamwo gufungura ibivuye mu biterwa gusa ni uguhitamwo neza gusumba.

Isano riri hagati yo gufungura inyama birenze urugero hamwe n'izindi mfungurwa zihingwe mu bivuye mu bikoko zirimo

ibinure vyinshi, hamwe n' indwara z'umutima, kanseri yo mu mabere, kanseri yo mu rura no mu maraso riramaze kwemezwa. Mu zindi ndwara zishobora gukingirwa kenshi na kenshi, canke rimwe na rimwe zikavurwa n'ingaburo y'ibivuye mu biterwa gusa ifise ibinure bike harimwo: **kugumirwa mu mafyigo, kanseri yo mu gitiqgu, kanseri yo mu mushishito**, igisukari, ibikomere vyo mu muhogo, **igitiqgu, indwara zo mu mara, indwara zifatira mw'ihuriro ry'amagufa**, indwara zo mu binyigishi, **indwara zo ku rukoba**, kanseri yo mu rwagasha, kanseri yo mu mushishito, **indwara ifatiye ku bwinshi bw'ibinure**, kutituma umwanda mukuru, **umuvuduko w'umutima, indwara z'amagufa, kansera yo mu gitereko**, impanga, kuvyibuha bireneze urugero hamwe na hasima.

Nta kintu gihambaye gishobora gutera ingorane amagara y'umuntu nko gufungura inyama uretse kunywa itabi.

Urufonde mu binyabuzima hamwe n'ibidukikije

Gutungana ibikoko kugira kubw'inyama birafise ingaruka mbi zavyo. Bituma imvura itangwa n'amashamba ibura, ubushuhe bwa rusangi buraduga, ukwononekara kw'amazi, ukubura kw'amazi, haba ubugaragwa, ugukoresha nabi amasoko ntanganguvu hamwe n'inzara y'isi yose. Gukoresha ubutaka, amazi, inguvu n'akigoro k'umuntu mu kurwiza inyama si inzira nyayo yo gukoresha ubutunzi bw'isi.

Kuva mu 1960, ivyijana 25 vy'amashamba avamwo imvura ryo muri Amerika yo Hagati vyaraturuwe biraboneshwa kugira haboneke icanya c'inka z'imbarwa. Tugerageje kugereranya, kugira hakorwe udukate tune twitwa **hamburugi** tw'amagarama 28,35 kamwe kamwe dukozwe mu nyama z'inka zo mw'ishamba ry'imvura, haba hononekaye uburinganire bungana n'ibipimo 55

vy'ifuti vy'ishamba ry'imvura, **ni ukuvuga santimetero kwadarato 1676,4**. Vyongeye, gutunga inka biri mu bituma hagwira ubwoko butatu bw'ubumara butera ubushuhe bwa rusangi; bukaba ari bwo bwa mbere butera uwononekara kw'amazi hanyuma bigasaba ko imigereni 2464 y'amazi kugira haboneka **ipawundi** imwe (amagarama 453,6) y'inyama z'inka. Hasabwa imigereni 29 y'amazi gusa kugira haboneke **ipawundi** imwe y'itamate hamwe n'imigereni 139 y'amazi kugira haboneke **ipawundi** imwe y'umukate wose w'ingano. Hafi y'igice c'amazi akoreshwa muri Reta zunze Ubumwe za Amerika agenda mu kuvomera imfungurwa z'inka n'ibindi bitungwa.

Abantu benshi boshoboye kugaburirwa iyaba ibikoreshwa mu bworozi bw'inka vyakoreshwa mu kurima intete zo kugaburira abantu bo mw'isi yose. Ahantu hangana na hegitari 0,4 harimwe ingano himbuka incuro 8 z'indemamubiri, hamwe n'incuro 25 z'inguvu umubiri ukoresha, iyo izo ngano zigaburiwe abantu aho kuziha inka. Ahantu hangana na hegitari 0,4 harimwe **ubwoko bw'amashurwe yitwa broccoli** hatanga incuro 10 z'indemamubiri, inguvu umubiri ukoresha hamwe n'ivyitwa **niyasine** bingana n'inyama z'inka hashobora gutanga. Ibiharuro nk'ibi ni vyinshi. Ubutunzi bw'isi itanga bwobaye ngirakamaro kuruta iyaba ahantu hakoreshwa mu bworozi hakoreshwa mu kurima intete abantu bafungura.

Gufungura ingaburo igizwe n'ibiterwa gusa bigufasha "kugendagenda bukebuke kuri iyi si." Vyongeye kwihwa ivyo ukeneye gusa ukareka kurenza , uzokwumva umerewe neza mu gihe uzi ko ata kiremwa kizima gitegerezwa gupfa buri gihe uba ufunguye.

Ikigoyi gihanze Isi

Hafi y'abantu bangana n'umuriyaridi umwe barembejwe n'inzara hamwe no gufungura nabi kuri iyi si. Abarenze imiriyoni 40 bapfa buri mwaka bishwe n'inzara, kandi abenshi muri bo ni abana. Naho bimeze uko, ibirenze ica gatatu vy'intete zimburwa kw'isi aho kugaburira abantu zishirwa mu kugaburira ibitungwa. Muri Reta Zunze Ubumwe za Amerika, ibitungwa birya 70% vy'intete zose zimburwa. Hamwe twogaburira abantu mu gishingo c'ibitungwa, nta n'umwe yosozza.

Amagorwa y'Ibikoko

Wari uzi ko inka zirenga 100,000 zibagwa buri musi muri Reta Zunze Ubumwe za Amerika?

Ibikoko vyinshi mu bihugu vy'i Buraya bitungirwa mu "mahinguriro y'ubwororero". Ubwo buryo bwashizweho mu nzira yo kugerageza kuronka ibikoko vyinshi vyo kubaga bakoresheje ikiguzi guto. Ibikoko birundwa hamwe, bakabica imitwe hanyuma bigafatwa nk'imashine kugira ibifungurwa bihindurwe mu nyama. Uku ni ukuri benshi muri twebwe batazokwigera babona n'amaso yacu. Vyavuze ko, "Kugendera inzu y'amacuniro rimwe gusa biguhindura uwufungura ibiterwa vyonyene mu buzima bwawe bwose."

Leo Tolstoy yavuze ngo: "Mu gihe hakiri amazu y'amacuniro, hazokwama hari ibibanza vy'intambara. Ingaburo igizwe n'ibiterwa gusa ni igipimo c'ubumara bw'ubuntu." Naho abenshi muri twebwe batiyamiririza hejuru ubwicanyi, turafise akamenyero gashigikiwe n'abantu badukikije, ko kwama twafunguye inyama,

tutazi neza ibiriko birakorerwa ibikoko tuba turiko turafungura.

Umuryango w'Abatagatifu n'Abandi Bantu

Kuva ku ntango ya kahise kanditswe tubona ko imbogaboga zabaye imfungurwa kama z'ibiremwa muntu. Inkuru za kera zose z'Abagiriki n'Abahiburayo zavuze ko abantu banye bafungura ivyamwa. Abaherezi ba kera b'Abanyegiputa ntibigeze bafungura inyama. Abanyabwenge benshi bakomeye b'Abagiriki nka Platon, Diogenes na Socrate bose bahagarariye ugufungura imfungurwa zigizwe n'ibiterwa gusa .

Mu Buhindi, Shakyamuni Buddha yashihimikiye ku kamaro ka Ahimsa, itegeko ribuza kugirira nabi ibiremwa ivyo ari vyo vyose bizima. Yagabishije abigishwa biwe kudafungura inyama, kuko ibindi biremwa bizima vyoterwa ubwoba na bo. Buddha yatanze insiguro zikurikira: Gufungura inyama ni akamenyero umuntu afata. Ubwa mbere na mbere ntitwavutse tuzipfuzwa. Abantu bafungura inyama bikuramwo akabuto ko muri bo k'Ikigongwe Gihambaye. Abantu bafungura inyama baricana kandi barafunguranaÅ mw'ubu buzima ndagufungura, hanyuma mu buzima bukurikira umfungureÅ kandi bibandanya nk'uko. boshobora kuva muri izo Nzira Zitatu (z'ukutamenya)?

Abakera benshi bo mw'idini ry'Abashinwa (Taoisme), Abakristo ba kera n'Abayuda bafungura ibiterwa gusa. Muri Bibiriya Yera handitswe ngo: Ndabahaye ubwoko bwosebw'imbuto hamwe n'ubwoko bwose bw' , Ivyamwa ngo mubirye; ariko ku bikoko vyo mw'ishamba n'innyoni zose , ndabahaye ivyatsi, n'ibiterwa vy'amababi ngo bibe ivyo kurya vyavyo. (*Itanguriro 1:29*)

Hariko ubundi burorero bubuza gufungura inyama muri Bibiriya: Ariko nti mukarye inyama n'amaraso ari muri zo , kuko ubugingo bui mu maraso . (*Itanguriro 9:4*) Kuko Imana yaravuze ngo, Ni nde yababariye kubanga amapfizi n'intamakazi ngo munshikanire

ikimazi? Mwiuhagire mwese kubw'ayo maraso ataco azira, niho nzokwumva amasengesho yanyu; atari uko nzohidukiriza inyonga zanje kure kubera ko ibiganza vyanyu vyuzuye amaraso. Ni mwihane kugira ndabaharire. (*Yesaya 1:11-16*) Umweranda Paulo, umwe mu bigishwa ba Yesu, yavuze mu cete yandikiye Abaroma, ngo Si vyiza kurya inyama canke kunywa vino. (*Abaroma 14:21*)

Mu gihe giheze, abahinga mu vya kahise baherutse gutora ibitabu vyinshi vya kera vyazanye umuco mushasha ku buzima bwa Yesu n'inyigisho ziwe. Yesu yavuze: Abantu barimwo inyama z'ibikoko bahinduka imva zabo ubwabo. Ndababwize ukuri, umuntu yica nawe azokwicwa. Umuntu yica ivyaremwe bizima agafungura inyama zavyo aba ariko afungura inyama z'abantu bapfuye.

Amadini yo mu Buhindi nayo nyene arabuza ugufungura inyama. Bivugwa ko abantu badashobora kuronka inyama batarinze kwica ibintu. Umuntu yanka ibiremwa vyumva ntazokwigera ahezagirwa n'Imana. Rero, irinde gufungura inyama! (Ibwirizwa ry'Abahindu).

Ivyanditswe Vyera vy'aba Islamu, Ikorowani, irabuza gufungura ibikoko vyapfuye, amaraso hamwe n'inyama.

Umwigisha ahambaye wa Zen w'Umushinwa yitwa Han Shan Tzu yanditse icese ciyamiriza rwose ugufungura inyama: Ihute uje kw'isoko ugiye inyama n'ifi hanyuma ubigaburire umugore wawe n'abana. Ariko kubera iki ubugingo bwavyo vyobwakwa ngo ubwawe bukomezwe? Ntibitahuritse. Ntibizokuzanira isano n'Ijuru, ah'ubwo bizokugira ibisigarira vya Gehinomu!

Abanditsi benshi bazwi cane, abanyamyuga, abahinga, abanyabwenge n'abandi bantu b'icubahiro bafungura ibiterwa gusa. Abantu bakurikira bese banezerejwe no kwifatanya n'abafungura ibiterwa gusa: Shakyamuni Buddha, Yesu Kristo, Virgil, Horace, Plato, Ovid, Petrarch, Pythagoras, Socrates, William Shakespeare, Voltaire, Sir Isaac Newton, Leonardo Da Vinci, Charles

Darwin, Benjamin Franklin, Ralph Waldo Emerson, Henry David Thoreau, Emile Zola, Bertrand Russell, Richard Wagner, Percy Bysshe Shelley, H. G. Wells, Albert Einstein, Rabindranath Tagore, Leo Tolstoy, George Bernard Shaw, Mahatma Gandhi, Albert Schweitzer; n'abandi bo mu gihe gito kirenganye, Paul Newman, Madonna, Umuganwakazi Diana, Lindsay Wagner, Paul McCartney na Candice Bergen, tubaye turavuga bake.

Albert Einstein yavuze ati: "Nibaza ko impinduka n'ukwezwaga ingaburo y'ibiterwa gusa ifise ku buzima bw'umuntu, bifitiye akamaro kanini ikiremwa muntu. Kubw'ivyo ni vyiza kandi ivy'amahoro ko abantu bahitamwo gufungura imfungurwa zigizwe n'ibiterwa gusa." Iyi yabaye impanuro ya rusangi y'abantu benshi bahambaye kandi b'abanyabwenge muri kahise !

Umwigisha yishura ibibazo

IK: Ni vyo ko gufungura ibikoko ari ukwica ivyaremwe bizima, mbega gufungura imbogaboga kwo si nko kwica?

M: Gufungura ibiterwa ni ukwica ibintu bizima kandi bizana intambamyi kanaka za karma, ariko rero ingaruka ni nto cane. Iyo umuntu ashize mu ngiro Ubuhinga bwa Quan Yin mu masaha abiri n'igice ku musi arashobora kwirinda izo ngaruka. Kubera ko dutegerezwa gufungura kugira ngo tubeho, dutegerezwa guhitamwo imfungurwa zifise ingorane nke cane z'ugutahura kandi zisinzikara bukebuke gusumba. Ibiterwa bigizwe n'ivy'ijana 90 vy'amazi, kubw'ivyo urugero rwavyo rwo gutahura ruritonda cane ku buryo bidapfa kwumva ububabare ubwo ari bwo bwose.

Vyongeye, mu gufungura imbogaboga nyinshi ntiturinda guca imizi yavyo, ariko ah'ubwo dutuma bigwirirana iyo tubiciye amashami n'amababi. Ingaruka yavyo rero izanira inyungu igiterwa. Kubw'ivyo, abahinga mu vyo kwitaho ibiterwa bavuga ko ugututurira ibiterwa kubifasha gukura ari binini kandi vyiza.

Ivyo mbere biribonekeza cane ku vyamwa. Iyo icamwa gihiye, gituma abantu bipfuzza kugifungura kubera akamoto kaco keza, ibara ryiza hamwe n'uko gisosa. Ni muri ubu buryo ibiti vy'ivyamwa bishobora gushika ku ntego yavyo yo gukwiragiza imbuto zavyo ahantu hanini. Iyo tutavyamuye ngo tubifungure, ivyamwa bica bisha cane bigakorokera hasi bikabora. Imbuto zavyo zibuzwa kuronka umuco w'izuba n'ibiti birebire kubisumba hanyuma bigaca bipfa. Rero, gufungura imbogaboga n'ivyamwa ni ibisanzwe, kandi nta kubabara na gutoya bibitera.

IK: Abantu benshi bibaza ko abafungura ibiterwa gusa baba bagufi, kandi bakonda, hanyuma abafungura inyama nabo bakaba barebare kandi banini. Mbega ivyo ni ukuri?

M: Abafungura ibiterwa gusa si ngombwa ngo babe bagufi canke ngo bonde. Mu gihe ingaburo yabo iringaniye baraba barebare kandi bakaba ibigatanya. Nk'uko mubibona, ibikoko binini vyose nk'inzovu, inka, imisumbaremba, imvubu, ingamiya, n'ibindi, bifungura ivyatsi n'ivyamwa gusa. Bifise inkomezi kuruta ibifungura inyama gusa, kandi biritonda cane bikagirira n'akamaro kanini ikiremwa muntu. Ariko ibikoko bifungura inyama, birakaze, kandi ntaco bimaze. Hamwe abantu bofungura ibikoko vyinshi, bazoteba bandukirwe n'imyifato hamwe n'imigenzo y'ibikoko. Abantu bafungura inyama ntibama ari barebare canke bafise inkomezi, ariko imisi yabo yo kubaho ni mike ufatiye hamwe. Aba Eskimo ni nk'aho boba bafungura inyama gusa, ariko none, boba ari barebare canke ari ibigatanya? Mbega boba bagira ubuzima burebure? Nibaza ko ibi mushobora kubitahura neza.

IK: Abafungura ibiterwa gusa boshobora gufungura amagi?

M: Oya. Iyo dufunguye amagi tuba turiko turica ivyaremwe. Bamwe bavuga ngo amagi agurishwa ntaba arajamwo ubuzima, kubw'ivyo kuyafungura si ukwica ibintu bizima. Ivyo biboneka nk'uko womenga ni ukuri. Irigi riguma ata buzima rifise kubera ko gusa ivyotuma rijamwo ubuzima biba bigihagaritswe, kubw'ivyo irigi ntirishobora guca rirangiza intego yaryo yo kuvamwo inkoko ubwo nyene. Naho rero ukwo guhinduka kutaba kwabaye, irigi rigumana ububasha ndemanwa bwo gushobora kuvamwo inkoko. Turazi ko irigi rifise ububasha ndemanwa; ahandi ho, vyoshoboka gute ko ryoba rifise agace kamwe ngiramubiri konyene gashobora kujamwo ubuzima? Bamwe bavuga ngo amagi arimwo imfunguro nkenerwa, imbumbamubiri, hamwe n'izikomeza amagufa, ari na zo zikenewe cane mu mubiri w'umuntu. Ariko izo mbumbamubiri tuzisanga kandi mu biharage, izo zikomeza amagufa nazo tukazisanga mu birimwa vyinshi nk'ibirayi.

Turazi ko kuva mu bihe vya kera gushika n'ubu habayeho abantu benshi bihebeye imana batigeze bafungura zaba inyama canke amagi, ariko babayeho igihe kirekire. Nk'akarorero Umwigisha Ying Guang yafungura gusa umubehe w'imboga hamwe n'umuceri igihe cose hageze ko afungura, ariko yarabayeho gushika ku myaka mirongo umunani. Vyongeye, umuhondo w'irigi urimwo ibinure nzibiramitsi vyinshi, bikaba ari vyo kizigenza mu gutera indwara z'umutima, ari nazo za mbere mu kwica abantu muri Formosa no muri Amerika. Ntagitangaza kubona abarwayi benshi ari abafungura amagi!

IK: Umuntu aratunga ibikoko hamwe n'ibitungano biguruka vyinshi, nk'ingurube, inka, inkoko, imbata, n'ibindi. Kubera iki none tutobifungura?

M: Ni uko? Abavyeyi bararera abana babo. None abo bavyeyi

barafise uruhusha rwo gufungura abana babo? Ibintu bizima vyose birafise uruhusha rwo kubaho, kandi nta muntu n'umwe afise uruhusha rwo kubibibuzza. Twitegereje amategeko yo muri Hong Kong, kwiyica vyonyene biteye kubiri n'amategeko. None bigeze he gutera kubiri n'amategeko mu kwica ibindi biremwa bizima?

IK: Ibikoko bivuka kugira abantu babirye. Nimba tutabiriye, bizokwuzura isi. Ni vyo?

M: Ico ni icyumviro ataho gifatiye. Mbega imbere y'uko ubaga igikoko woba ukibaza nimba gishaka ko ukibaga ngo ukirye canke ko kitabishaka? Ivyaremwe bizima vyose biranezerezwa no kubaho kandi biratinya gupfa. Ntidushaka kuribwa n'ingwe, none kubera iki ibikoko vyoribwa n'abantu? Haheze imyaka ibihumbi bike gusa abantu babaye mw'isi, ariko imbere y'uko ikiremwa muntu kiza, ubwoko bw'inshi bw'ibikoko bwaza buhari. Mbega vyaruzuye isi? Ivyaremwe bizima bigumya urutonde kama ruringaniye. Iyo hari imfungurwa nke cane, kandi aho kuba hakaba hatu, ivyo bituma igwirirana rigabanuka bikomeye. Ivyo bituma igwirirana riguma ku rugero rukwiriye.

IK: Kubera iki noba uwufungura ibiterwa gusa?

M: Ndi uwufugura ibiterwa gusa kubera ko Imana iri muri jewe ibishaka. Murabitahura? Kurya inyama biteye kubiri n'ibwirizwa ry'isi ryo kutipfuzza kwicwa. Twebwe ubwacu ntidushaka kwicwa, kandi twebwe ubwacu ntidushaka kwibwa. Rero nimba ivyo tubikoreye abandi bantu, tuba twivugurujye, kandi ivyo bidutera ingorane. Ikintu kibi icyo ari cyo cose ukoreye abandi gituma nawe ugira ingorane. Ntushobora kwiruma ubwawe, kandi ntutegerezwa no kwicumita imbugita. Co kimwe, ntutegerejwe kwica, kuko ivyo bitandukanye n'ibwirizwa ry'ubuzima. Murabitahura? Vyotuma tugira ingorane, ni cyo gituma tutabikorana. Si ukuvuga ko twiyimirira mu buryo ubwo ari bwo bwose. Ni ukuvuga ahubwo ko twagurira

ubuzima bwacu mu bundi buryo bwo bw'ubuzima. Ubuzima bwacu ntibuzoguma muri uyu mubiri, ariko buzokwaguka bushikire ubw'ibikoko canke ubw'ibindi binyabuzima vyose. Ivyo bituma tuba abakuru, abahambaye, abanyamunezero kandi batagira imbibe. Ni vyo ?

IK: Woshobora kutubwira ivy'ugufungura imfungurwa zigizwe n'ibiterwa gusa n'ukuntu vyofasha mu mahoro y'isi?

M: Egome. Murabona, indwano nyinshi zaduka muri iyi si zishingiye ku mvo z'ubutunzi. Reka tuvemere. Ingorane z'ubutunzi bw'igihugu zihutirwa cane iyo hari ikigoyi, ubukene bw'imfungurwa, canke iyo imfungurwa zitagabanganijwe co kimwe mu bihugu bitandukanye. Hamwe mwofata umwanya wo gusoma ibinyamakuru ugatohoza ivy'ukuri ku bijanye n'ingaburo y'ibiterwa gusa, aho mwoca mubimenya neza cane. Gutunga inka n'ibindi kubw'inyama vyatumye ubutunzi bwacu busubira inyuma mu bisata vyose. Vyatumye haba ikigoyi kw'isi yose, cane cane mu bihugu bikiri mu nzira y'amajambere.

Si jewe ndiko ndavuga ibi, ariko ni umunyamerika umwe yabigizeko itohoza hanyuma avyandikako igitabu. Mwoshobora kuja mu mazu bagurishirizamwo ibitabu hanyuma mugasoma ku bushakashatsi bujanye no gufungura imfungurwa zigizwe n'ibiterwa gusa n'itunganywa ry'imfungurwa. Mwoshobora gusoma igitabu cizwa, "ingaburo yotuma haba Amerika Nshasha" canditswe na John Robbins. Ni umutunzi ahambaye cane acuruzamaforomaji akanye. Vyose yarabiheye ngo abe uwufungura ibiterwa gusa, hanyuma yandike igitabu kivuga ivyo gufungura imfungurwa zigizwe n'ibiterwa gusa kirwanya imigenzo n'ubucuruzi vy'umuryango wiwe. Yarahombye amahera menshi, icubahiro n'ubutunzi, ariko yabikoze kubera Ukuri. Ico gitabu ni ciza cane. Hari ibindi bitabu vyinshi n'ibinyamakuru bishobora kubaha amakuru menshi n'ivy'ukuri ku bijanye n'ingaburo y'ibiterwa gusa n'ukuntu vyofasha mu mahoro yisi.

Murabona, twahombeje ibigega vyacu vy'imfungurwa mu kubigaburira inka. Murazi ukuntu imbumbamubiri, imiti, amazi, inkomezi z'umuntu, imodokari, ibimodokari binini binini, kwubaka amabarabara hamwe na hegitari ibihumbi n'ibihumbi vyononekaye kugira inka ishobore kuba iyoribwa. Muratahura ? Ivyo bintu vyose vyari kugaburirwa neza abantu bo mu bihugu bitaratera imbere, hanyuma tukaba dutoreye umuti ingorane z'ikigoyi. Ubu rero, iyo igihugu gifise ingorane z'ikigoyi, gica gitera ikindi gihugu kugira gikize abanyagihugu baco. Uburuhiro, ivyo vyavuyemwo ibibi hamwe n'igihano. Muratahura ?

Uko ubivye ni ko uzokwimbura. Nimba twishe umuntu kubw'imfungurwa, natwe tuzokwicwa kubw'imfungurwa hanyuma, mu bundi buryo mu kindi gihe, mu runganwe ruzokurikira. Biteye agahinda. Duciye ubwenge, duteye imbere, ariko benshi muri twebwe ntibazi igituma ibihugu bidukikije bimerewe nabi. Ni kubera ivyo dukunda, ivyo twipfuzaga, n'inda zacu.

Kugira tugaburire umubiri umwe tubanza kwica ibiremwa vyinshi, kandi tukicisha inzara abandi bantu benshi. Aho ntituravugaga ibikoko na vyo. Muratahura ? Hanyuma ukwo gucirirwa urubanza, tubimenya canke tutabimenya, kuzocinyiza ugutahura kwacu. Bituma turwara kanseri, igituntu n'ubundi bwoko bw'indwara zitavugwaga, harimwo na SIDA. Niwibaze, ni kubera iki igihugu canyu, Amerika, gisinzikara gusumba? Gifise igiharuro kinini cane c'abarwaye kanseri mw'isi, kubera ko Abanyamerika bafungura inyama z'inka cane. Bafungura inyama gusumba igihugu ico ari co cose mu bindi bihugu. Niwibaze igituma abashinwa canke ibindi bihugu bifise intwari yo gushira hamwe bidafise igiharuro nk'ico c'abarwayi ba kanseri. Nta nyama nyinshi bifise. Muratahura? Ivyo ni ivyerekanwa n'ubushakashatsi, si jewe. Ni vyo ? Ntimunteko ikuvyoye.

IK: Ni izihe nyungu z'impwemu turonka mu kuba abagufungura

imfungurwa zigizwe n'ibiterwa gusa ?

M: Ndanezerejwe n'uko ubajije ikibazo muri ubwo buryo, kuko vyerekana ko ushize umutima, nyungu z'impwemu canke ari zo witayeho gusa. Abantu benshi boshobora kwitaho amagara, ingaburo hamwe n'ishusho iyo babaza ibijanye n'ingaburo y'ibiterwa gusa. Ivy'impwemu biranga ingaburo y'ibiterwa gusa ni uko yera cane kandi idakoresha igitugu.

Ntimize. Igihe Imana yabitubwira, ntiyavuze ngo ntukice abantu, yavuze ngo ntukice ikiremwa ico arico cose. Mbega ntiyavuze ko yaremye ibikoko ngo tubane na vyo, ngo bidufashe ? Mbega ntiyadushinze kubikingira ? Yavuze ngo, muze mubikingire, muze mubiganze. Iyo uganza abari munsu yawe, mbega urabica ukabafungura? Maze wohinduka umwami adafise n'umuntu n'umwe iruhande yiwe? Rero ubu ngira ngo muratahura igihe Imana yavuze ivyo. Dutegerezwa kubigendera. Ntaco bimaze kuyinuba. Yavuze ibitomye, ariko ni nde yotahura Imana atari Imana yonyene?

Kubw'ivyo rero utegerezwa guhinduka Imana kugira ngo mutahure Imana. Ndagutumiriyeye kuba nk'Imana ukundi, kuba uko usanzwe uri, kutaba nk'uwundi muntu. Kurimbura ku vy'Imana ntibisigura gusenga Imana, bisigura ko uhinduka Imana. Uratahura ko mwe n'Imana muri umwe. Jewe na Data turi umwe, mbega si ko Yesu yavuze ? Nimba yavuze ko We na Se ari umwe, natwe na Se dushobora kuba umwe, kubera ko natwe turi abana b'Imana. Kandi na Yesu yaravuze ko ivyo akora dushobora kubikora neza gusumba. Rero ngira ngo turashobora no kurusha Imana, ni nde abizi!

Kubera iki twosenga Imana kandi ata na kimwe tuyiziko? Kubera iki twokoresha ukwizera guhumye? Dutegerezwa kubanza kumenya ico dusenga, nk'uko dutegerezwa kumenya umukobwa dutegekanya kwubakana imbere y'uko twubakana. Mu bihe vya none, vyarabaye umugenzo ko tutubakana n'umuntu tutabanje

kuresha. None kubera iki twosenga Imana mu kwizera guhumye? Dufise uburenganzira bwo gusaba Imana ngo itwiyereke, kandi itwimenyekanisheko. Turafise uburenganzira bwo gutora Imana twipfuzaga gukurikira.

Ubu rero urabona ko ari ivyibonekeza muri Bibiriya ko dutegerezwa kuba abafungura ibiterwa gusa. Ku mvo zose z'amagara, dutegerezwa kuba abafungura gufungura imfungurwa zigizwe n'ibiterwa gusa . Ku mvo zose z'ubumenyi, dutegerezwa kuba abagufungura imfungurwa zigizwe n'ibiterwa gusa . Ku mvo zose z'ubutunzi, dutegerezwa kuba abafungura ibiterwa gusa. Ku mvo zose z'impuhwe, dutegerezwa kuba abafungura ibiterwa gusa. Kandi kugira ngo dukize isi, dutegerezwa kuba abagufungura imfungurwa zigizwe n'ibiterwa gusa .

Mu bushakashatsi bumwe bumwe biravugwa ko hamwe Abanyaburaya n'Abanyamerika bofungura ibiterwa gusa rimwe mu ndwi, twashobora gukiza abantu imiriyoni icumi na zitandatu bishwe n'ikigoyi buri mwaka. Kubw'ivyo, emera ube incungu, ube uwufungura ibiterwa gusa. Kubera izo mvo zose, naho utonkurikira, canke ngo ukoreshe ubuhinga nk'ubwo nkoresha, ndagusaba ko woba uwufungura ibiterwa gusa ku neza yawe no ku neza y'isi.

IK: Mbega hamwe uwo ari we wese yofungura ibiterwa, vyotuma imfungurwa zikeha ?

M: Oya. Ukoresheje igice gito c'icibaree mu kurima ibiterwa, wokwimbura incuro icumi na zine z'ibifungurwa woronka mu gihe woba ukoresheje ico gice c'icibare mu kurima imfungurwa z'ibitungwa. Ibiterwa vyo mu murima ungana na hegitari 0,4 bivamwo ingero 800.000 z'inguvu umubiri ukoreshe; ariko rero, iyo ivyo biterwa nyene bikoreshejwe mu kugaburira ibitungwa nk'ivyo kurya, inyama z'ivyo bitungwa zishobora gutanga ingero 200.000 z'inguvu gusa. Ivyo bisigura ko muri icyo gihe, ingero 600.000 z'inguvu zitakara. Kubw'ivyo biraboneka ko ingaburo igizwe n'ibiterwa gusa

ari ngirakamaro cane kandi iteza imbere ubutunzi kuruta ingaburo y'inyama.

IK: Mbega ni vyiza ko uwufungura ibiterwa gusa yofungura ifi?

M: Ni vyiza nimba ushaka gufungura ifi. Ariko nimba ushaka gufungura imfungurwa zigizwe n'ibiterwa gusa, ifi si igiterwa.

IK: Abantu bamwe bavuga ngo ni vyiza kuba umutima w'umtima mwiza, ariko si ngombwa kuba uwugufungura imfungurwa zigizwe n'ibiterwa gusa. Mbega ivyo birumvikana?

M: Nimba mu vy'ukuri umuntu ari uwumutima mwiza, vyogenda gute ngo abandanye afungura inyama z'ikindi kiremwa? Aravye ukuntu bibabazwa nk'uko, ntiyomworoheye kwihanganira kubifungura! Ugufungura inyama nta mbabazi zirimwo, none vyokorwa gute n'umuntu w'umutima mwiza?

Mwigisha Lien Ch'ih yigeze kuvuze ati: "Ica umubiri waco, uheze ufungure inyama yaco. Muri iyi si nta muntu n'umwe wundi w'inkazi, w'umuyakibi, w'interabwoba kandi w'inkozi y'ikibi nk'uyo." Mbega vyogenda gute ngo avuge ko ari uw'umutima mwiza?

Mencius na we nyene yaravuze ati: "Ukibonye kigihumeka, ntiwokwihanganira kubona gipfa, wumvise ingene kiboroga ntiwokwihanganira gufungura inyama zaco; kubw'ivyo, umuntu w'umurwaneza aguma kure y' igikoni."

Umuntu afise ubwenge burengeye ubw'ibikoko, kandi turashobora gukoresha ibirwanisho tukabinesha, kubw'ivyo bipfanina urwanko. Umuntu akora ivyo, agatoteza ibiremwa bito kandi vy' ibinyanteye nke ntafise uburenganzira bwo kwitwa umurwaneza. Iyo ibikoko vyishwe, bipfa vyuzuye umubabaro, ubwoba n'agahinda. Iyo bituma ubumara busigaye mu nyama zavyo bugirira nabi abaziriye. Kubera ko ugutigita kw'ibikoko kuri munsu y'ukw'abantu, biragota ugutigita kwacu, hanyuma bikagira ingaruka mbi mu bwenge bwacu.

IK: Mbega birakwiye gusa kuba uwitwa "uwufungura ibiterwa iyo bikwiriye?" (Abafungura ibiterwa buzuye si ukuvuga ko bategerezwa guca baheba inyama. Boshobora gufungura imbogaboga zivuye mw'isahani zari zivanzwemwo n'inyama.)

M: Oya. Nk'akarorero, mu gihe imfungurwa zoba zashizwe mu mazi arimwo ubumara hanyuma zigakurwamwo, mwibaza ko zishobora kujamwo ubumara canke bidashoboka? Muri Mahaparinirvana Sutra, Mahakasyapa yarabajije Buddha ati: "Mu gihe turiko turasabiriza bakaduha imbogaboga zivanze n'inyama, mbega twofungura izo mfungurwa? Mbega twoshobora kuzoza gute? " Buddha yishuye, ati umuntu yozogeshya amazi hanyuma agatandukanya imbogaboga n'inyama, agaheza akazifungura. Dufatiye kuri ico kiganiro, dushobora gutahura ko umuntu atonafungura imbogaboga zivanze n'inyama kiretse mu gihe abanje kuzoza n'amazi, tutavuze gufungura inyama zonyene! Rero biroroshe kubona ko Buddha n'abigishwa biwe bose bagumije ingaburo y'ibiterwa gusa. Naho biri uko, abantu bamwe bacafuje Buddha mu kuvuga ko "Yari uwufungura ibiterwa iyo bikwiriye", ngo kandi iyo abafasha aboro bamuhaye inyama yarazifungura. Ni ukuri ivyo nta shingiro bifise. Abo bavuga ivyo bamaze gusoma bike cane mu Vyanditswe, canke ntibatahura Ivyanditswe basomye.

Mu Buhindi, abantu barenga ibice mirongo icenda kw'ijana ni abafungura ibiterwa gusa. Iyo abantu babonye abasegerereza bambaye amakanzu asa n'umuhondo baca batahura ko bategerezwa kubaha imfungurwa zigizwe n'ibiterwa gusa, tutatarinze kuvuga ko abantu benshi ata n'inyama zo gutanga basanzwe bafise!

IK: Haheze igihe kirekire numvise uwundi Mwigisha avuga ngo, "Buddha yafunguye ikinono c'ingurube hanyuma aca afatwa n'indwara yo gucibwamwo aca yitaba Imana" Mbega ni ivy'ukuri?

M: Oya si vyo na gato. Icatumye Buddha yitaba Imana ni uko

yafunguye ubwoko kanaka bw'urwoba. Tugerageje gusobanura uko rwitwa mu rurimi rw'aba Brahma, ni ubwoko bw'urwoba biita « ikinono c'ingurube », ariko si ikinono c'ingurube koko. Ni nk'uko twokwita ubwoko kanaka bw'icamwa « longan » (mu gishinwa, iryo jambo risigura « ijisho ry'igisato »). Hari ibintu vyinshi bidafise amazina y'ibiterwa ariko mu vy'ukuri ari ibiterwa, nk'icitwa « ijisho ry'igisato ». Mu rurimi rw'aba Brahma urwo rwoba rwitwa « ikinono c'ingurube » canke « umunezero w'ingurube ». Ayo yose afitaniye isano n'ingurube. Urwo rwoba ntivyari vyoroshe kururonda kera mu Buhindi, rwari rufise uburyohe budasanzwe, kubw'ivyo abantu barushikaniye Buddha mu gusenga. Urwo rwoba ntitushobora kuboneka hejuru kw'isi. Rukurira mu kuzimu. Mu kururonda, abantu bategerezwa kururondera bafashishijwe n'ingurube ishaje, yo ikunda cane kurya ubwo bwoko bw'urwoba. Ingurube zimenya aho ruri mu kumoterwa, hanyuma zironse na rumwe, zikoresha ibinono vyazo mu kurwimba hanyuma zigaca zirufungura. Ni co catumye ubu bwoko bw'urwoba babwita "umunezero w'ingurube" canke "ikinono c'ingurube." Mu bisanzwe, ayo mazina abiri asigura ubwoko bumwe bw'urwoba. Kubera ko vyasobanuwe minenerwe, hanyuma kubera ko abantu batatahuye inkomoko vy'ukuri, vyatumye inganwe zakurikiye zitarihura hanyuma barihenda bitiranya Buddha n'umuntu atabagura inyama. Ni ukuri iki ni ikintu gitewe umubabaro.

IK: Abantu bamwe b'abakunzi b'inyama bavuga ko bazigurira ku mubazi, ni ukuvuga ko rero atari bo baba baziye, kubw'ivyo, ngo nta kibazo kuzirya. Mbega mwibaza ko ari vyo?

M: Iryo ni ikosa risambura. Mutegerezwa kumenya ko ababazi bica ibiremwa bizima kubera ko abantu bashaka kubifungura. Muri Lankavatara Sutra, Buddha yavuze ngo, iyaba ata muntu n'umwe yafungura inyama, nta kwica buba kuhari. Rero kwica ibiremwa no gufungura inyama, vyose ni icaha kimwe. Kubera ukwicwa kw'ibiremwa vyinshi bizima, dushikirwa n'ivyago vyinshi vy'ivyaduka

hamwe n'ibitewe n'abantu. N'intambara na zo ziterwa n'ukwica kwinsi.

IK: Abantu bamwe bavuga ngo mu gihe ibiterwa bidashobora kuvamwo ibintu vy'ubumara bwitwa uròe, canke urokinase, abarimiye b'ivyamwa n'imbogaboga bakaba bakoresha imiti myinshi irwanya udukoko turya ibiterwa, iyo miti nayo ikaba ari mibi ku magara yacu. Mbega ni uko bimeze?

M: Mu gihe abarimiye bakoresha imiti irwanya udukoko turya ibiterwa nka kirorina n'iyindi ikaze cane, bishobora gutuma abantu barwara kanseri, ubugumba canke indwara z'igitigu. Imiti ikaze nka kirorina ishobora gukwiragira mu binure, kandi isanzwe irundana mu binure vy'ibikoko. Iyo ufunguye inyama, ni ukuvuga ko ufungurana n'iyi miti yazirundanyemwo rwose, n'ubundi bumara buri mu binure vy'ibikoko kuko bwagiye buratororokana uko igikoko gikura. Ukwo gutororokana gushobora kungana incuro icumi na zitatu gusumba ubutororokanira mu vyamwa, mu mbogaboga canke mu ntete. Dushobora kwoza imiti iba yahuhewe ku vyamwa, ariko ntidushobora gukurayo imiti yanyegeteye mu binure vy'ibikoko. Igihe c'ugutororokana kibaho kuko iyo miti irwirirana. Rero ababifungura ubwa nyuma ni bo bamemerwa nabi cane.

Abashakashatsi bo kuri Kaminuza ya lowa berekanye ko ubumara buvuye ku miti yica udukoko iri mu mibiri y'abantu nka bwose buterwa no gufungura inyama. Bavumbuye kandi ko urugero rw'imiti yica udukoko iri mu mibiri y'abafungura ibiterwa gusa iri muni y'ica kabiri c'iyiri mu mibiri y'abaryi b'inyama. Ariko rero mu mubiri harimwo n'ubudi bumara uretse ubuvuye mu miti yica udukoko gusa. Mw'iyorora ry'ibitungwa, imfungurwa nyinshi zavyo usanga zirimo imiti ibitera gukura n'ingoga canke guhindura ibara ry'inyama zavyo, akanovera canke ubwiza, no gushingura inyama, n'ibindi.

Nk'akarorero, imiti ikoresheye mu gushingura imfungurwa bikozwe mu vyunyunyu birimwo ubumara bwinsi. Kuwa 18

Mukakaro 1971, ikinyamakuru New York Times canditse ngo, "Impanuka zihambaye zinyegeje z'ubuzima bw'abaryi b'inyama ni imicafu itaboneka iri mu nyama, nk'udukoko tw'imyanda turi mu bwoko bumwe bw'amafi manini, ibisigarira vy'imiti yica udukoko ku biterwa, imiti ikoreshwa mu gushingura imfungurwa, inkabuzo, imiti ivura imigera, n'iyindi miti yongeweko." Iruhande y'ivyo, ibikoko biraterwa incanco, zishobora kuguma mu nyama zavyo. Muri ubu buryo rero, imbumbamubiri ziri mu vyamwa, mu mise, mu biharage, mu ngano no mu mata ari nziza kuruta iziri mu nyama, kuko zirimwo ibice mirongo itanu kw'ijana ry'imyanda idashonga mu mazi. Ubushakashatsi bwerekana ko ivyo vyongeweko abantu bihingurira bishobora gutera kanseri, izindi ndwara, canke bikagirira nabi abana bari mu mbanyi. Mbere bikwiriye ko abakenyezi bibungenze bofungura ingaburo igizwe n'ibiterwa gusa kugira bakingire ubuzima bw'abana bari mu mbanyi mu buryo bw'mubiri no mu bw'impwemu. Mu biharage uronkamwo imbumbamubiri; hanyuma mu vyamwa no mu mbogaboga ukaronkamwo indemamubiri n'intanganguvu.

UGufungura Imfungurwa Zigizwe n'Ibiterwa Gusa : Inyishu Nyayo ku Ngorane zo Kubura Amazi

Vyakuwe mu Nkuru Z'Umwigisha Kibirengeye Ching Hai, inomero 154

Amazi ni nkenerwa kugira ngo ibintu vyose bizima bishobore kuba kw'Isi. Ariko rero ukurenza urugero mu gukoresha amasoko y'amazi kw'isi yacu, nk'uko vyerekanywe kw'Ishure Kaminuza Mpuzamakungu ryigisha ivy'Amazi ry'I Stockholm (SIWI), bituma ubwo butunzi kama buzohereza ku buryo abo mu nganwe zizozza bazogira ingorane z'amazi.

Ibi bikurikira ni bimwebimwe mu vyavugiye mw'ikoraniro ry'indwi SIWI yahariye amazi buri mwaka, ryabaye hagati y'amagenekerezo ya 16 na 20 Myandagaro mu 2004:

* Mu myaka myinshi irenganye, Haraheze ibincumi bitari bike, igwirirana ry'ibifungurwa vyimburwa ryaratambutse igwirirana ry'abantu. Ubu ahantu henshi kw'isi hariko harabura amazi kugira ivyimburwa bigwire.

* Inyama z'ibikoko bigaburirwa intete zikenera hagati y'ibiro 10000 na 15000 vy'amazi kugira haboneke ikiro kimwe c'inyama. (Ivyo bingana n'ibice biri musu ya 0,01% vy'akamaro; mu gihe hari ibikorwa vy'ihingurwa risanzwe vyokorera ku rugero nk'urwo rw'akamaro, ryoca risubirizwa n'ingoga!)

* Intete zikenera hagati y'ibiro 400 na 3000 z'amazi kugira haboneke ikiro kimwe c'intete (ni ukuvuga ibice bitanu kw'ijana vy'amazi akenewe ku vy'inyama)

*Kugeza ku bice 90 kw'ijana vy'amazi abikwa akoreshwa mu kurima ibifungurwa.

*Ibihugu nka Ostrariya aho amazi amaze gukena cane, basigaye bayasumira hanze mu buryo bw'inyama.

* Mu bihugu biteye imbere, abaryi b'inyama bakoresha uburyo bungana n'amaritiro 5000 (imigereni 1100) y'amazi ku musi ugereraniye n'amaritiro ari hagati ya 1000 na 2000 (imigereni iri hagati ya 200 na 400) akoreshwa n'abantu bafata ingaburo y'ibiterwa gusa. (Vyanditswe n'ikinyamakuru citwa Guardian kuwa 8/23/2004).

Vyongeye, mu rundi rwandiko , rutasohotse muri raporo ya SIWI, ibice vyinshi vy'ishamba ryimvura rya Amazone biriko biratemwa ngo birimwemwo isoya. Ariko izo soya zigaburira inka zitungijwe inyama. Vyobaye ivy'ingirakamaro rwose iyaba vyogaburiwe abantu !

Nk'uko abamenyerezwa benshi bavyibuka, Mwigisha aravuga ku ngaruka ukugwiza inyama gufise ku bidukikije mu cigwa ciwe citwa "Inyungu z Ingaburo y'ibiterwa gusa" kiri mu gatabu k'imponjo k'Urufunguruzo rw'Ukwakirwa n'Umuco Giturumbuka: "Kworora ibikoko kubw'inyama birafise ingaruka zavvyo. Bituma amashamba y'imvura ahona, (hiyongeramwo ubushuhe) bwa rusangi, ugucafura kw'amazi, ukubura kw'amazi, ubugaragwa, ikoreshwa nabi ry'amasoko ntanganguru, n'ikigoyi kw'isi. Ikoreshwa ry'abutaka, amazi, inguvu hamwe n'akigoro k'abantu mu kugwiza inyama si inzira nyayo yo gukoresha neza ubutunzi bw'isi. "

Kubw'ivyo, kugira amazi akoreshwa muri rusangi agabanywe bimwe biboneka, abantu barakeneye ubundi buhinga bushasha bwo kugaburira isi, kandi ingaburo y'ibiterwa gusa ni yo yomara ico kibazo.

Ukeneye raporo zijanye n'ivyo, usabwe kugendera:

<http://www.worldwatercouncil.org/>

<http://news.bbc.co.uk/2/hi/science/nature/3559542.stm>

<http://news.bbc.co.uk/1/hi/sci/tech/2943946.stm>

Inkuru Nziza ku Bafungura

Ibigizwe n'Ibiterwa

Imbumbamubiri Zikenewe ziva mu Biterwa

Ingaburo y'ibiterwa gusa ntidufitiye akamaro kanini gusa mu mwimenyerez wacu w'impwemu, ariko irafasha cane mu magara yacu. Ariko rero, dufegerezwa kwitwararika bidasanze uburinganire bw'imfunguro kandi tukaraba neza ko tutabura imbumbamubiri nkenerwa cane zivuye mu biterwa.

Hariho ubwoko bubiri bw'imbumbamubiri: imbumbamubiri ziva mu bikoko n'iziva mu biterwa. Isoya n'ubwishaza ni bimwe mu bivamwo imbumbamubiri zo mu biterwa. Kugumya ingaburo y'ibiterwa gusa ntibisigura gusa gufungura imbogaboga zikaranze. Imbumbamubiri zokwongerwako kugira ukwize neza imfunguro umuntu akeneye.

Dr. Miller yabayeye ufungura ibiterwa gusa ubuzima bwiwe bwose. Yakoze igikorwa co kuvura kandi yavuye abakene muri Repuburika y'Ubushinwa mu kiringo c'imyaka mirongo ine. Yemera ko dukeneye gufungura intete, ibiharage, Ivyamwa, n'imbogaboga gusa kugira turonke imfunguro ikwiye dukenera kugira tugire amagara meza.

Kubwa Dr. Miller, "igiharage ni 'inyama' itagira amagufa."

"Kubera ko isoya irimwo ingaburo nyinshi ; dufate ko abantu bofungura imfungurwa imwe yonyene hanyuma ikaba ari isoya, boshobora kubaho igihe kirekire gusumba."

Gutegura imfunguro igizwe n'ibiterwa gusa ni co kimwe no guteka imfunguro irimwo inyama, uretse ko ibigize imbumbamubiri ziva mu biterwa nk'ibice vy'inkoko zikozwe mu biterwa, **jambo** ikozwe mu biterwa canke ibice vy'inyama bikozwe mu biterwa bishobora gukoreshwa mu gishingo cazo. Nk'akarorero, aho « inyama zisatuye zikaranzwe hamwe n'isereri » canke « isupu ikozwe mu mbogaboga zimera mu kiyaga hamwe n'irigi, dushobora guteka « inyama zisatuye z'ibiterwa n'isereri » canke «isupu y' imbogaboga zimera mu kiyaga hamwe n'ibiharage. »

Nimba uri mu bihugu ivyo bigize imbumbamubiri ziva mu biterwa bitoroshe kuboneka, woshobora kubaza ku Kigo c'Ishirahamwe Mpuzamakungu ry'Umwigisha Kibirengeye Ching Hai kikwegereye, tuzoheza tukubwire ababitanga hamwe n'amahoteri y'imfungurwa z'ibiterwa gusa ushobora kwisunga.

Naho ku bijanye n'uburyo bwo guteka imfungurwa z'ibiterwa gusa, ushobora kwisunga Igikoni c'Icubahiro, igitabo casohowe n'Ishirahamwe Mpuzamakungu ry'Umwigisha Kibirengeye Ching Hai, canke ibindi bitabu ivyo ari vyo vyose bivuga uburyo bwo guteka imfungurwa z'ibiterwa gusa.

Ukeneye kuronka urutonde rw'amazina y'amahoteri acururizwamwo imfungurwa zigizwe n'ibiterwa gusa, usabwe kugendera :

<http://www.godsdirectcontact.org.tw/eng1/food/restaurant/>

Uru ni urutonde bumwe mu buriro n'mashirahamwe acuruza imfungurwa z'ibiterwa gusa ushobora kwisunga.

Inyubakwa z'imfungurwa zigizwe n' ibiterwa kw'isi yose (Zirongowe na Benewacu b'Abamenyerezwa)

Muri Afrika Benin

SM Bar Cafe Restaurant
vegetarien(COTONOU)
Aderesi: 07 BP 1022 COTONOU
Tel: 229-90921569

Peace Foods
Aderesi: C/1499 VEDOKO(COTONOU)
Tel: 229-95857274

Muri Amerika Canada

Vancouver

Paradise Vegetarian NoodleHouse
8681-10th Ave., Burnaby, B. C. V3N 2S9,
Vancouver, Canada
Tel: 1-604-527-8138

U.S.A.

Arizona

Vegetarian House
3239 E. Indian School Rd, Phoenix AZ
85018
Tel: 1-602-264-3480

Oregon

Vegetarian House
22 NW Fourth Ave, Portland, OR 97209
Tel: 1-503-274-0160

California-Los Angeles

Au Lac Vegetarian Restaurant
16563 Brookhurst St, Fountain Valley, CA
92708
Tel: 1-714-418-0658

Veggie Panda Wok

903-b Foothill Blvd Upland, CA 91786
Tel: 1-909-982-3882

Veggie Bistro

6557 Comstock Ave, Whittier, CA 90601
Tel: 1-562-907-7898

Happy Veggie

7251 Warner Ave, Huntington Beach, CA
92647
Tel: 1-714-375-9505

Vegan Tokyo Teriyaki

2518 South Figueroa, Los Angeles, CA
90007
Tel: 1-213-747-6880

NV Vegetarian Restaurant

537 B Main St., Woodland, CA 95695
Tel: (530) 662-6552

Oakland

Golden Lotus Vegetarian Restaurant
1301 Franklin St. Oakland, CA 94612
Tel: 1-510-893-0383

New World Vegetarian Restaurant

464 8th St. Oakland, CA 94607
Tel: 1-510-444-2891

San Francisco

Golden Era Vegetarian Restaurant
572 O'Farrell St, San Francisco, CA
94102
Tel: 1-415-673-3136

San Jose

The Supreme Master Ching Hai
International Association Vegetarian
House
520 East Santa Clara St, San Jose CA
95112

Tel: 1-408-292-3798

<http://Godsdirectcontact.com/vegetarian/>

Tofu Togo

388 E. Santa Clara St., San Jose CA
95113, U.S.A.
1-408-286-6335

Massachusetts Boston

Quan Yin Vegetarian Restaurant
56 Hamilton St, Worcester MA 01604
Tel: 1-508-831-1322

Houston

Quan Yin Vegetarian Restaurant
10804-E Bellaire Blvd, Houston TX
77072
Tel: 1-281-498-7890

Dallas

Suma Veggie Cafe
800 E Arapaho Rd, Richardson,
TX 75081
Tel: 1-972-889-8598

Georgia

Cafe Sunflower
5975 Roswell Rd. Suite 353, Atlanta GA
30328
Tel: 1-404-256-1675

Washington

Teapot Vegetarian House
345 15th Ave., E #201, Seattle WA 98112,
Tel: 1-206-325-1010
<http://www.teapotvegetarianhouse.com>

Illinois

Alice and Friends Vegetarian Cafe
Aderesi: 5812 N Broadway St. Chicago,
IL 60660-3518, U.S.A.

Tel: 1-773-275-8797

Puerto Rico

San Juan

El Lucero de Salud de Puerto Rico
1160 Americo Miranda Ave., San Juan,
Puerto Rico

Peru Lima

SaborSupremo
Av. Militar 2179 - Lince Lima 14
Tel: 51-1-2650310.

Vida Light

Aderesi: Jr. Camaná 502 - Lima
Tel: 51-1-426-1733

Iburaya Mu Budagi

Munich

S.M. Vegetarisch
Amalienstrasse 45, 80799 Muenchen
Tel: 49-89-281882

Mu Bufaransa

Paris

Green Garden
20, rue Nationale, 75013 Paris, France
Tel / Fax: 33-1-45829954

Muri Espagne

Valencia

The Nature Vegetarian Restaurant
Plaza Vannes, 7 (G.V.Ramon y Cajal, 36,
dcha), 46007 Valencia, Spain
Tel: 34-96-394-0141

Restaurante Casa Vegetariana 'Salud'
Aderesi: Calle Conde Altea, 44, bajo,
46005 Valencia, Spain
Tel: 34-96-3744-361

Mu Bwongereza

London

669 Holloway Rd, London, N19 5SE

Tel: 020-7281-8989, 020-7281-5363

<http://www.thepekingpalace.com/>

Mr Man

236 Station Road, Edgware, Middlesex,
HA8 7AU.

Tel: 020-8905-3033

<http://www.vegmrman.com>

Muri Osevaniva

Muri Australiya

Canberra

Au Lac Vegetarian Restaurant

4/39 Woolley Street Dickson ACT 2602

Australia

Tel: 61-2-6262-8922

Melbourne

La Panella Bakery

465 High Street, Preston Victoria 3072,

Australia

Tel/Fax: 61-3-9478-4443

Sydney

Tay Ho Vegetarian restaurant

11/68 John Street , Cabramatta, NSW 2166

Tel :61-2-9728-7052

**Duy Linh Vegetarian
restaurant**

10/117 John Street, Cabramatta, NSW

2166 Australia

61-2-9727- 9800

**Color of Love, Vegetarian
restaurant**

227 Cabramatta Rd, Cabramatta,

NSW 2166

61-2-9755-4410/61-405-735748

Kardinya

One World Cuisine

Shop 7, 23 South Street , Kardinya

WA6163, Australia (beside IGA)

61-8-9331-6677/61-8-9331-6699

enquiry@oneworldcuisine.com.au

<http://www.oneworldcuisine.com.au>

Muri Aziva

Hong Kong

Tun Mun

Nature House

Workshop No.6 5th Floor, Good Harvest

Industrial Building, No.9Tsun Wen Rd

Tuen Mun New Territories 506

Tel: (852) 2665-2280

www.naturehouse.com.hk

www.lovingocean.com

Buddha Hut

245 Amoy Plaza Phase 2, 77 Ngau

Tau Kok Road, Kowloon, Hong Kong

852-27511321

Mu Buyapani

Gunma

Tea Room & Angel's Cookies

937 Takoji Kanbara Tsumagoi Agatsuma

Gunma, Japan

Tel / Fax: 81-279-97-1065

Chiba

Pension Rikigen

86-1 Hasama, Tateyama-shi, Chiba-ken

294-0307 Japan

TEL:81-3-3291-4344 81-470-20-9127

FAX:81-3-3291-4345

URL:<http://www.rikigen.com>

Muri Korea

VegeLove Bakery

221 Poi-dong, Gangnam-gu, Seoul,
82-2-577-5749

anagelena@yahoo.co.kr

VegeLove Vegetarian Buffet

8th Floor, Lotte Department Store, 937,
Daechi-dong, Gangnam-gu, Seoul,
82-2-565-6470

<http://vegeLove.co.kr/>

Home of 5th World

59 Gwanhoon dong, Jongno-gu, Seoul,
882-2-735-7171

<http://www.go5.co.kr/>

HanulChae

11-7 Youngjun-dong, Dong-gu,
Daejeon , Korea
82-42-638-7676

ChaeSikSarang Restaurant

158-5 Dongmun-dong, Andong , Korea
82-54-841-9244
185-4 Boksan2-dong, Jung-gu, Ulsan ,
82-52-297-4844

GwiGerRaeSa

484-1, Baekil-ri, SanNae-myon,
Namwon, Jeonbuk-do , Korea
82-63-636-8093

SM Vegetarian Buffet

229-10, Poi-dong, Gangnam-gu, Seoul,
Republic of Korea
Tel: 82-2-576-9637

Muri Maleziya

Supreme Healthy Vegetarian Foods
1179, Jalan Sri Putri 3/3, Taman Putri
Kulai , 81000, Kulai, Johor, Malaysia

Tel: 607-662-2518 Fax: 607-662-2512

E-mail : Supreme2@tm.net.my

Muri Indoneziya

Surabaya

Surya Ahimsa Vegetarian Restaurant
Jl. Kusuma Bangsa 80, Surabaya –
60272

62-31 - 535-0466

<http://www.surya-ahimsa.com>

Bali

VEGGIE CORNER

Jalan Imam Bonjol 68 Denpasar – Bali
62-361- 490-033

Bandung

**Ahimsa Vegetarian
Restaurant**

Komplek Ruko Luxor Permai Kav. No.
25 Jl. Kebon Jati Belakang No. 41
62-22-423-4739

Jakarta

Kantin Cahaya dan Suara

Jalan Samarinda No.29, Jakarta-Pusat
10150
62-21-6386-0843

Medan

Merlinda Vegetarian

Jl. Candi Biara No. 7 Medan
62-61-451-4656

Philippines

Vegetarian House

#79 Burgos.St; Puerto Princesa City, 5300
Palawan, Philippines

Tel / Fax: 63-48-433-9248

E-mail: vegHouse@hotmail.com

*Iyo Urukundo rwa Mwigisha ruguye ku mushaha wanjwe
Nca nsubira kuba umuyabaga.
Mugabo ntumbaze igituma:
Igituma ntigihwanyeye n'URUKUNDO!*

*Ndi umuvugizi
W'ivyaremwe vyose.
Yaturira ahabona
Amagorwa n'imibabaro yavyo
Vy'ubuzima bukurikirana mw'iringi rizunguruka ry'urupfu.
Senga, Yewe Mwigisha w'Impuhwe
Nyarutsa! Ni ubiheze.*

*Umuhezagiro wawe wisuka kuri bose no ku vy'iruhande.
Umubi n'umwiza, Uwusa neza n'uwusa nabi,
Uw'ukuri n'uwutabereye,
Co kimwe!
O Mwigisha, Sinokwigeze nshobora kuririmba Amashimwe yawe.
Urukundo Rwawe ndarufatiye mu gikaraza,
Kandi ndyamana na rwo buri joro.
Vyakuwe muri Amosozi y'Agacerere*

Canditswe n' Umwigisha Kibirengeye Ching Hai

Ivyasohotse

Kugira ngo dushire impwemu zacu hejuru kandi dutange uguhimirizwa ku buzima bwacu bwa misi yose, hariho icegeranyo c'inyigisho z'Umwigisha Kibirengeye Ching Hai mu buryo bw'ibitabu, amakaseti y'amasanamu, amakaseti yo kwumviriza, amakaseti y'indirimo, ama DVD, ama MP3, n'ama CD.

Hamwe n'ivyo bitabu n'amakaseti vyasohowe, hari icegeranyo c'inyigisho zitandukanye z'Umwigisha zishobora kuboneka ku buhinga bwa none (Internet) ku buntu. Nk'akarorero, imirongo myinshi ya internet yerekana ikinyamakuru gisohoka buri gihe gusumba ibindi (raba "Imirongo y'ubuhinga bwa none ya Quan Yin" mu kigabane gikurikira). Mu bindi vyasohotse biboneka ku buhinga bwa none harimwo ivyese vya Mwigisha n'imyibutsa yiwe ihimiriza, hamwe n'inyigisho mu buryo bw'amasanamu n'amakaseti yo kwumviriza.

Ibitabu

Kwakira igitabu kimwe mu vyanditswe na Mwigisha hagati mu musi bishobora kuba urukiza rw'ubuzima. Amajambo yiwe ni ayatwibutsa koko Kameremere yacu nyakuri. Ari ugusoma inyandiko ziwe zivuga ivy'impwemu mu rukurikirane rw'Urufunguruzo rw'Ukwakirwa n'Umuco Giturumbuka canke ivyese vyawe vy'impuhwe nyinshi biri muri Amosozi y'Agacere, utubuyenge tw'ubwenge tubonekamwo igihe cose.

Ku rutonde rw'ibitabu bikurikira, igitigiri c'ibitabu bihari kuri buri rurimi cerekanwa mu tuzitizo. Ukeneye ayandi makuru avuga ukuntu woronka

ivyo bitabu hamwe n'ibindi, usabwe kuraba mu kigabane "Ukuronka Ivyasohotse".

Urupfunguruzo rw'Ukwakirwa n'Umuco Giturumbuka: Icegeranyo c'Ivyigwa vy' Umwigisha Kibirengeye Ching Hai. Kiboneka mu ki Aulacese(1-15), Igishinwa(1-10), Icongereza(1-5), Igifaransa(1-2), IgiFinnish(1), Ikidagi(1-2), IgiHungariya(1), IkiIndonesiya(1-5), Ikiyapani(1-4), IgiKoreya(1-11), IkiMongolian(1,6), IgiPorotigari(1-2), IgiPolish(1-2), IgiSpanish(1-3), Igisweda(1), IgiThai(1-6) n'IgiTibetan(1).

Urupfunguruzo rw'Ukwakirwa n'Umuco Giturumbuka – Ibibazo n'Inyishu:

Icegeranyo c'ibibazo n'inyishu bivuye mu vyigwa vya Mwigisha.

Kiboneka mu ki Aulacese(1-4), Igishinwa(1-3), IkiBurugariya, IgiCzech, Icongereza(1-2), Igifaransa, Ikidagi, IgiHungariya, IkiIndonesiya(1-3), Ikiyapani, IgiKoreya(1-4), IgiPorotigari, IgiPolish n'Ikirusiya(1).

Urupfunguruzo rw'Ukwakirwa n'Umuco Giturumbuka– Icasohotse Kidanzwe/1993 Urugendo rw'Ukwigisha kw'Isi Yose: Icegeranyo c'ibitabu 6 c'ivyigwa vy'Umwigisha Kibirengeye Ching Hai mu rugendo rwiwe rw'Ukwigisha mw'Isi yose mu 1993 . Kiboneka mu Congereza no mu Gishinwa.

Urufunguruza rw'Ukwakirwa n'Umuco Giturumbuka – Igitabu Kidanzwe/Inyigisho mu Kiruhuko c'Imisi 7-

Icegeranyo c'Ivyigwa vy'Umugisha mu nyigisho z'ikiruhuko c'imisi 7 mu 1992 muri San Di Mun, Formosa. Kiboneka mu Congereza no mu ki .

Urupfunguruzo rw'Ukwakirwa n'Umuco Giturumbuka–Imyimenyerezo idanzwe nagiranye na Mwigisha: Kiboneka mu ki Aulacese (1-2), Igishinwa (1-2)

Amakete hagati ya Mwigisha n'Abakozi mu vy'Impwemu :

Kiboneka mu Congereza(1), Igishinwa(1-3), Iki Aulacese(1-2), Igi Spanish(1)

Mwigisha avuga Inkuru: Kiboneka mu Congereza,, Igishinwa, Igi Spanish, Iki Aulacese, IgiKoreya, Ikiyapani n'Igi Thai.

Ugushariza Ubuzima Bwacu: Icegeranyo c'amajambo n'inyigisho z'ivy'Impwemu za Mwigisha.Kiboneka mu Gishinwa no mu Congereza.

Imana Iritaho ibintu vyose—Imigani y'Ubwenge y'Umwigisha Kibirengeye Yerekanywe Ching Hai:Kiboneka mu ki Aulacese, Igishinwa, Icongereza, Igifaransa, Ikiyapani n'Igikoreya.

Ugutwenzwa kw'Ukwakirwa kw'Umuco kw'Umwigisha Kibirengeye Ching Hai – Ugukayangana Kwawe Kurugaye Cane! Kiboneka mu Gishinwa no mu Congereza.

Amabanga y'Umwimenyerezo w'Impwemu Utagira Akigoro: Kiboneka mu Gishinwa no mu Congereza.

Kubonana n'Imana Kuranguruye—Inzira yo Gushikira Amahoro: Icegeranyo c'ivyigwa vy' Umwigisha Kibirengeye mu Rugendo Rwiwe rw'I Buraya mu 1999. Kiboneka mu Gishinwa no mu Congereza.

Ivy'Imana n'Abantu —Inyigisho dukura mu Nkuru za Bibiriya

Iki cegeranyo kidasanzwe kirimwo inkuru icumi na zitatu, zasubiwemwo na Mwigisha mu bihe bitandukanye.. Kiboneka mu Gishinwa no mu Congereza.

Ugutahura Amagara—Kugaruka mu Nzira Kama kandi Igororotse y'Ukubaho: Kiboneka mu Gishinwa no mu Congereza.

Naje kubajana i Muhira Icegeranyo c'amajambo n'inyigisho z'ivy'Impwemu za Mwigisha . Kiboneka mu Carabu, Iki Aulacese, IkiBurugariya, IgiCzech, Igishinwa, Icongereza, Igifaransa, Ikidagi, Ikigiriki, IgiHungariya, IkiIndonesiya, Igitariyano, Igikoreya, Igi Polish, Igi Spanish, Igiturukiya, Ikiromaniya n'Ikirosiyau.

Imyibutsa Utubuyenge twubwenge buva kuri Mwigisha.

Kiboneka mu Congereza/Igishinwa, Igi Spanish/Igiporotigari, Igifaransa/Ikidagi , Ikiyapani/ Icongereza n'Igikoreya/Icongereza.

Igikoni c'Icubahiro (1) – Igikoni Mpuzamakungu c'Imfungurwa z'Ibiterwa: Icegeranyo c'Ibiryoshe Bitetse biva mu bice vyose vy'Isi abakozi benewacu

bahanura abantu gufata. Kiboneka mu Congereza/Igishinwa/iki Aulacese n'Ikiyapani.

Igikoni c'Icubahiro (2) – Utwo Kurya Ivyarobanuwe vy'Uburyohe bw'I Muhira:
Igitabu Giteranijwe co mu Congereza no mu Gishinwa

Isi imwe... y'amahoro aciye mu muziki: Icegeranyo c'Ibiganiro n'itegurwa ry'indirimo zavuye mu Giteramo c'Inyungu muri Los Angeles, Kariforniya.
Igitabu giteranijwe c'I Congereza/Iki Aulacese/Igishinwa.

Itorokanywa ry'Ugukora Ibishushanyo ryakozwe n'Umwigisha Kibirengeye Ching Hai: Kiboneka mu Congereza, Igishinwa.

S.M. Ivyambarwa vy'Ijuru (6):

Kiboneka mu gitabo c'Indimi z'I Congereza n'Igishinwa ziteranye.

Imbwa mu Buzima Bwanje(1-2): Kiboneka mu Gishinwa no mu Congereza.

Inyoni mu Buzima Bwanje(1): Kiboneka mu Gishinwa no mu Congereza.

Ivyiyumviro ku Buzima no Gutahura: Igitabu canditswe na Dr. Janez: Kiboneka mu Gishinwa Ibitungano biguruka Ubugaragwa Bwubahitse (1): Kiboneka mu Gishinwa no mu Congereza

Amakaseti yo kwumviriza n'ay'Amasanamu

Amakaseti yo kwumviriza, amakaseti y'amasanamu, MP3, CD na DVD bivuga ku vyigwa, indirimbo n' ibikorane vy'Umwigisha Kibirengeye Ching Hai biraboneka mu ndimi z'Icarabu, Ikiarumeniya, Ikinyanya Aurase, Ikiburugariya, Igikambodiya, Ikinyanya Canton, Igishinwa, Ikinyakorowasiya, Igiceke, Ikinyadanemarike, Ikinyakideshi, I Congereza, Ikinyafinirande, Igifaransa, Ikiidagi, Ikiigiriki, Igiheburayo, Ikinyahongiriyi, Ikinyanya Indoneziya, Itgitariyano, Ikiyapani, Igikoreya, Ikinyamareziya, Iki mandare, Ikinyamongori, Ikinyanepari, Ikinorveji, Igiperesi, Igipoloni, Ikinyaporotigari, Iki rusiya, Ikinyagare, Ikinyasoroveniya, Ikinyaesupanye, Igisweda, Igitayirande, Ikinyaturukiya n'Ikizulu. Amakarata urashobora kuyaronka ubisavye. Uwufise ico asaba wese arahawe ikaze

Kuraba amakaseti ya Mwigisha y'amasanamu birashobora kugarukana ukuntu tubona ibintu kandi bikadufasha kwibuka ico turi co vy'ukuri. Akoresheje ubwenge atanga kenshi na kenshi mu buryo butwenda, amajambo Yiwe n'ibimenyetso na vyo biratera agatwenge mu mitima yacu. Vyongeye, ubwoko bw'ikaseti yo kwumviriza y'ivyo vyigwa n'ukuganira n'abamenyerejwe bizohindura uwo ari we wese ashaka gukurikira mu mwimenyerezo unezereje.

Amakaseti ashobora kuboneka yerekanwa mu rutonde ruto rukurikira. Ukeneye ayandi makuru avuga ukuntu woronka ayo makaseti n'ayandi, usabwe kuraba mu kigabane "Ukuronka Ivyashotse"

Igisabisho c'Amahoro kw'Isi: Icigwa catangiwe i Ljubljana, muri Slovenia.

Ibere Umwigisha: Ukurimburira mu Mirwi kwabereye i AT, muri Reta Zunze Ubumwe za Amerika.

Aho Guca Hataboneka: Icigwa Catangiwe i Durban, muri Afrika y'Epfo.

Akamaro k'Agateka k'umuntu: Ukurimburira mu Mirwi kwabereye i NJ, muri Reta Zunze Ubumwe za Amerika.

Kwifatanya Ubwawe n'Imana: Icigwa Catangiwe i Lisbon, mu Buporitigari.

Uburyo Wokunda Umwansi Wawe: Ukurimburira mu Mirwi Kwabereye i Santimen, muri Formosa.

Subira ku Bugororotsi Bwo mu Bwana: Icigwa Catangiwe i Stockholm, mu Busweda.

Inzira yo Kuronka Ubutunzi bw'Imbere: Ukurimburira mu Mirwi Kwabereye i Chiang Mai, muri Thailand.

Turi Hamwe Turashoboye Guhitamwo Kazoza Keza: Icigwa Catangiwe i Warsaw, muri Poland.

Ivyo Buri Mushaha Uhitamwo: Ukurimburira mu Mirwi Kwabereye i LA, muri Reta Zunze Ubumwe za Amerika.

Gendera mu Nzira y'Urukundo: Ukurimburira mu Mirwi Kwabereye i London, mu Bwogereza.

Reka Abandi Bizere Imana uko Bashaka: Ukurimburira mu Mirwi Kwabereye i LA, muri Reta Zunze Ubumwe za Amerika.

Amakaseti y'Indirimbo n'ama CD

Indirimbo Umwigisha yaduhabiye zigizwe n'izirimbwa n'aba Buddha, ivyese, hamwe n'indirimbo zatunganijwe zicurarangishwa ibikoresho kama nk'inanga n'igitari vy'abashinwa.

Indirimbo nyinshi zatunganijwe hamwe n'ivyigwa biboneka ku makaseti no ku ma CD. Ukeneye ayandi makuru avuga ukuntu woronka izo ndirimbo hamwe n'izindi, usabwe kuuraba mu kigabane "Uburyo bwo kuronka Ivyanditse."

Indirimbo z'aba Buddha: Ibitabo 1, 2, 3. (Indirimbo zo kuzirikana)

Indirimbo zera: Haleluya

Iyegeranywa ry'Indirimbo zatunganijwe na Mwigisha: (Ibitabo 1-9) Iza mbere zaririmbwe hakoreshajwe ivyitwa ikembe, inanga, inanga z'abashinwa, inanga zivuzwa n'imashini, n'izindi.

Ivyese Vyatororokanijwe

Amozi y'Agacerere: Igitabu c'ivyese vyanditswe na Mwigisha

Kiboneka mu Congereza/Gishinwa mu Kidagi/Igifaransa, mu ki Aulacese, Spanish, Giporotigali, Gikoreya no mu Gifilipino.

Ivyese vya Wu Tzu: Igitabu c'ivyese vyanditswe na Mwigisha.

Kiboneka mu ki Aulacese, Igishinwa, mu Icongereza

Indoto y'Ikinyugunyugu: Igitabu c'ivyese canditswe na Mwigisha.

Kiboneka mu ki Aulacese, Igishinwa, mu Icongereza.

Amakanda y'Ubuzima Bwarenganye: Igitabu c'ivyese canditswe na Mwigisha.

Kiboneka mu ki Aulacese, Igishinwa, n'Icongereza.

Igihe ca Kera: Igitabu c'ivyese vyanditswe na Mwigisha.

Kiboneka mu ki Aulacese, Icongereza.

Utubuyenge n'Izahabu: Igitabu c'ivyese canditswe na Mwigisha .

Kiboneka mu ki Aulacese , Igishinwa n'Icongereza.

Ivyibutso Vyazimiye: Igitabu c'Ivyese vyanditswe na Mwigisha.

Kiboneka mu ki Aulacese, Igishinwa, n'Icongereza.

Amakanda y'Ubuzima Bwarenganye : Ivyasohotse 1,2,3 (CD, Amasanamu, Amakaseti yo kwumviriza) Iki Aulacese

Inzira y'Ibitito vy'urukundo: Ivyasohotse 1,2,3 (CD, Amasanamu, Amakaseti yo kwumviriza) Iki Aulacese

Hirya y'Ibice vy'Ibihe: (CD, DVD) Iki Aulacese

Gukorwako n'Akamoto Keza : (CD) Iki Aulacese

Urya musu N'Uyu: (CD) Iki Aulacese

Indoto mw'Ijoro: (CD,DVD) Iki Aulacese

Mbega Amahonero !: (CD) Iki Aulacese

Usabwe Kugumya Ibihe Bidashira : (CD) Iki Aulacese

Indirimbo n'Ivyatunganijwe n'Umwigisha Kibirengeye Ching Hai: (CD)

ilcongereza, Iki Aulacese, Igishinwa

Indirimbo y'Urukundo : (DVD) Iki Aulacese n'icongereza

Imirongo Isharijwe: (DVD) Iki Aulacese

Igiti c'Ivyamwa c'izahabu: (DVD) Iki Aulacese

Kibirengeye Ama DVD

Ikimenyetso	Izina	Ikibanza
184	Ukuri kwerekeye Isi -- Maitreya Buddha n'Abana Batandatu	Hsihu, Formosa
240	Kurongorera Isi mu Gihe Gisha	Hsihu, Formosa
260	Ibanga ry'Isi yo Hirya Ishirahamwe Mpuzamakungu., Reta Zunze Ubumwe za Amerika.	
356	Reka Imana Ikore Ibiducishijeko Ishirahmwe Mpuzamakungu, Geneva, Ubuswisi	
389	Indirimbo n'Ivyatunganijwe n'Umwigisha Kibirengeye Ching Hai -- MTV	
396	Niwiharire CA., Reta Zunze Ubumwe za America	
401	Ibanga ry'Igituma n'Ingaruka	Bangkok, Thailand
444	Isunge Wewe Ubwawe (1,2)	Hawaii, Reta Zunze Ubumwe za Amerika.
467	Umubabaro w'iyi Si uva mu Bubegito Bwacu	Singapore
474	Twama Hamwe Igihe Cose	Paris, Ubufaransa
493	Shima Akamaro k'Umwimenyerezo	Hamburg, Ubudagi
497	Twama Hamwe Igihe Cose	Hamburg, Ubudagi
501	Inzira y'Umwumvikano w'Umuryango	Hsihu, Formosa
512	Uburyo bwo Kwimenyereza mu Kibano Kigambaraye	Hsihu, Formosa
513	Izira Nyakuri yo Kwigira Mwiza	Hsihu, Formosa
549	Ikimenyetso c'Umugorotsi Ahambaye	Phnom Penh, Kambodiya
560	Umushaha Uwo ari wo wose ni Umwigisha	Ikigo c'Irerero Kambodiya
562	Ugutahura Imana kuri muri Vyose	Ikigo c'Irerero, Kambodiya
571	Ikimenyetso c'Ukuri c'Umwigisha Muzima	Ihoteri ya HyattTerefone, Long Beach, CA,Reta Zunze Ubumwe za Amerika
582	Komeza mu Nzira y'Impwemu	Ostraliya
588	Urugendo rwa Mwigisha mu Misozi ya Himalaya(Ikigabane 1, 2)	Ikigo ca LA , Reta Zunze Ubumwe za Amerika.
600	Insiguro Nyakuri ya Ahimsa	Pune, Indiya
602	Kamere yacu y'Ubwana ni Imana	Ikigo ca LA, Reta Zunze Ubumwe za Amerika.
603	Kwinjira mu Bumwe Buhimbaye n'Imana	muri Singapore
604	Ubuzima bw'Impwemu n'Inyifato ku Kazi	Washington D.C., Reta Zunze Ubumwe za Amerika.

- 605 Intumbero y'Ukwakirwa n'Umuco Washington D.C., Reta Zunze Ubumwe za Amerika.
- 608 Ubuhunga bw'Ugutera Imbere kw'Impwemu Washington D.C., Reta Zunze Ubumwe za Amerika.
- 611 Ukwitaho Kudashira kuva ku Mwigisha w'Ukuri Washington D.C., Reta Zunze ubumwe za Amerika.
- 618 Igitiye Cejejwe Ikigo ca Sangju, Koreya Young Dong
- 620 Ubushobozi Nyakuri bwa Mwigisha Ikigo ca Young Dong; Sangju; Koreya
- 622 Kuzana Ubugorotsi Muri Iyi Si Bringing Perfection Into This World
Ikigo ca Young Dong; Sangju; Koreya
- 626 Uguhita mwo kwa buri Mushaha Ikigo ca LA, Reta Zunze Ubumwe za Amerika
ZUNZE UBUMWE ZA AMERIKA
- 638 Sohora Ivyiza Bikurimwo Ikigo ca Florida, Reta Zunze Ubumwe za Amerika
ZUNZE UBUMWE ZA AMERIKA
- 642 Urukundo rw'Imana Ni rwo Rwonyene rw'Ukuri Los Angeles, Reta Zunze Ubumwe za Amerika
ZUNZE UBUMWE ZA AMERIKA
- 648 Inzira yo Guheza Intambara Edinburgh, Scotland
- 656 Ukwubaha Imana Kwakira mu Bigoye Dublin, Ireland
- 662 Injira mu Buzima n'Ihumure London, Ubwongereza
- 668 Aho Guca Hataboneka Durban, Afrika y'Epfo
- 665a Uguha Amahoro mu Mushaha Istanbul, Turukiya
- 667 Nube Intwararumuri y'Imana Johannesburg, Afrika y'Epfo
- 670 Kamere yacu Igorotse Ikigo ca Florida, Reta Zunze Ubumwe za Amerika
- 671 Ukwakirwa n'Umuco Terefone Aviv, Isirayeli
- 673 Rengera Akabonge Cape Town, Afrika y'Epfo
- 674 Kugendera mu Rukundo no mu Gatwengo Cape Town, Afrika y'Epfo
- 676 Inama Nshingamateka y'Amadini y'Isi Cape Town, Afrika y'Epfo
- 677 Akamwemwe k'Umumarayika Bangkok, Thailand
- 680 Hirya y'Ubusa bwo Kubaho Bangkok, Thailand
- 681 Umutima w'Umwana Bangkok, Thailand
- 685 Ukwihatira ku Kazi: Inzira y'Ukwimenyereza kwo mu Mpwemu Bangkok, Thailand
- 688 Urukundo ni Ni yo Nsiguro Nyakuri y'Urukundo Malaysia
- 689 Ukwakirwa n'Umuco n'Ububegito Nepal
- 690 Umunezero Nyakuri Ni Ukumenya Kamere Yacu Nyakuri Hong Kong
- 691 Ukwihenda Kwerekana Ukuri Manila, Philippines
- 692 Ukwumviriza Imbere Kamere yacu BwiTerefone Taoyuan, Formosa
- 693 Ubwinge n'Ukwihata Tokyo, Ubuyapani
- 694 Ubuzima Burabandanya Ibihe Bidashira Seoul, Koreya
- 695 Ihinduranya ry'Impwemu n'UbwengeTerefone Igikorane cabereye kuri Academia Sinica Formosa
- 696 Umwidgemvyo Hirya y'Umubiri n'Umushaha Young Tong, Koreya
- 701 Ugutanga Inyigisho Zihambaye Yong Dong, Koreya
- 705 Kuvyuka Uva mu Ndoto Waking Up from the Dream Ikigo ca Seoul, Koreya
- 709 Umugoroba umaranywe n'Inyenyeri Los Angeles, CA, Reta Zunze Ubumwe za Amerika
- 710 Uguhimbaza Ivuca rya Mwigisha (Ikigabane ca I, II) Young Dong, Koreya
- 711 Ihoteri Yitwa UbuzimaTerefone Fresno, Kaliforniya, Reta Zunze Ubumwe za Amerika
ZUNZE UBUMWE ZA AMERIKA
- 712 Ubwenge Buva Kumana bw'IbikokoTerefone Ikigo ca Florida. Reta Zunze Ubumwe za Amerika
ZUNZE UBUMWE ZA AMERIKA

- 716 Inzira Isanzwe yo Gukunda Imana Ikigo ca Florida, Reta Zunze Ubumwe za Amerika RETA ZUNZE UBUMWE ZA AMERIKA
- 718 Urukundo ni Rwiza Igihe Cose Ikigo ca Florida ,Reta Zunze Ubumwe za Amerika RETA ZUNZE UBUMWE ZA AMERIKA
- 719 Ukunesha Imigenzo Mibi Ikigo ca Florida. Reta Zunze Ubumwe za Amerika RETA ZUNZE UBUMWE ZA AMERIKA
- 726 Intego Itari iyo Kwikwegerako Ikigo ca Florida . Reta Zunze Ubumwe za Amerika RETA ZUNZE UBUMWE ZA AMERIKA
- 737 Kwimenyereza Vyoroshe Ikigo ca Florida Reta Zunze Ubumwe za Amerika.
- 739 Uguhinduka kw'Umubiri wa Mwigisha Ikigo ca Florida, RETA ZUNZE UBUMWE ZA AMERIKA
- 741 Igikino ku Mugaroba Ushira Imyaka Igihumbi Bangkok, Thailand
- 742 Kuzamura Isi Ukoreshaje Umwimenyerezo w'Impwemu Hsihu, Formosa; Hong Kong
- 743 Akababaro ka Buddha (MTV) n'Ubushinwa RETA ZUNZE UBUMWE ZA AMERIKA & Au Lac
- 744 Kuva Igihe Nagukunda (MTV) RETA ZUNZE UBUMWE ZA AMERIKA na Au Lac
- 751 Bodhisattvas Idasubira Inyuma Hsihu, Formosa
- 754 Icuririzo c'Ukubonesherezwa mu Mpwemu Ikigo Florida RETA ZUNZE UBUMWE ZA AMERIKA
- 755 Aberanda Batwenga Ikigo ca Florida RETA ZUNZE UBUMWE ZA AMERIKA
- 757 Ukuri mu Rwego rwa Mwigisha Ikigo ca Florida RETA ZUNZE UBUMWE ZA AMERIKA
- 756 Agaciro ko Kuba Imvugakuri Ikigo ca Florida RETA ZUNZE UBUMWE ZA AMERIKA
- 758 Ububasha bwo Gutanga Ukubonesherezwa Ikigo ca Florida RETA ZUNZE UBUMWE ZA AMERIKA
- 759 Au Lac mu Bihe vya Kera Houston, Texas, RETA ZUNZE UBUMWE ZA AMERIKA
- 760 Abahizi Nyakuri Staton, CA, RETA ZUNZE UBUMWE ZA AMERIKA
- 761 Indirimbo y'Urukundo Ikigo ca Hungariya
- 762 Ugukorana na Karma Mu Gisagara ca Mexico , Mexico / Ikigo ca San Jose, Costa Rica
- Sun Imboneshakure Ugushushanya Hamwe n'Ukwubaha Imana (Iyegeranywa) Formosa
- Imboneshakure 1 Gendera mu Nzira y'Umweranda Muzima
- Imboneshakure 4 Urukundo Rurenze Imbibe
-n'ibindi..

Kuronka Ivyasohotse

Ibisohotse vyose bitangwa ku biciro biciriye hagufi. Mu gihe woba ukeneye kugura canke gutumako igitabu casohotse, usabwe kubanza kurabira ku Kigo kikwegereye canke uwuduserukira ari hafi yawe kugira umubaze ibihari. Kugira uronke urutonde rw'ivyasohotse, woshobora kurabira ku Kigo kikwerekeye, canke ukagendera uyu murungo w'ubuhinga bwa none (internet) ukurikira:

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Vyongeye, ivyinshi mu Binyamakuru bishasha vyandikwa ku buhinga bwa none (internet) biratanga urutonde rwibitabu n'amakaseti biherutse gusohoka. Ikibanza co kumenyekanishirizamwo mu bibanza abantu baruhukiramwo na co nyene ni ikibanza ciza ushobora kuboneramwo ubwa mbere ibitabu, amakaseti, amafoto, ibicapu hamwe n'ibisharizo vya Mwigisha.

Bikenewe, wobitumako ku cicaro gikuru kiri I Formosa (P.O.Box 9, Hsihu, Miaoli, Formosa, ROC). N'igitabu gitanga ido n'ido kiraboneka ugisavye.

“Wiroderere Ubutunzi Budashira, niho uzoshobora kwama uvoma kw’isoko yabwo idakama. Iyi ni Imihezagiro Idashira! Nta majambo mfise nobitangazamwo; Ico nokora gusa ni ukubishemagiza kandi nkizera ko wemera ugushemagiza kwanje, kandi ko inguvu nkoresha ziri bugire ico zihinduye ku mutima wawe hanyuma bigushitse ku kwumva munezero, ubone guca wizera. Inyuma yo kumenyereza, uzoca utahura vy’ukuri insiguro y’ amajambo yanje. Simfise ukuntu nogusigurira uyu Muhezagiro Uhambaye, uwo Imana yansutseko, kandi ikampa uburenganzira bwo kuwugabangana, ata kiguzi canke ibindi bintu ndinze gusaba”

Umwigisha Kibirengeye Ching Hai

“Dufata kuri karma y’abantu badukikije, mu kubaraba, mu kubiyumvirako, iyo dusangiye igitabu canke ivyo kurya, n’ibindi. Uku niko duhezagira abantu hanyuma tukagabanya karma yabo. Ico ni co gituma twimenyereza , mu gukwiragiza Umuco hanyuma tukirukana umwijima. Barahiriwe abantu baduha kuri karma yabo. Turanezereza no kubafasha.”

Umwigisha Kibirengeye Ching Hai

“Mu mvugo y’umwana w’umuntu, twama tuvuga ibitaroranye buri gihe. Buri gihe twama tuvuga, tuvuga, tuvuga kuri buri kintu. Dutegerezwa kugereranya, dutegerezwa gutanga agaciro, dutegerezwa kumenya neza, dutegerezwa guha izina buri kintu. Ariko Igikwiriye, ntunashobora kugira ico wokivugako. Ntaco wokivugako. Mbere ntiwonacyumvirako. Ntiwoshobora kukizirikana. Nta na kimwe kihari. Mwabitahuye?”

Umwigisha Kibirengeye Ching Hai

Uburyo bwo Kuvugana Natwe

Ishirahamwe Mpuzamakungu ry'Umwigisha Kibirengeye Ching Hai
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*Mu rutonde rukurikira harimwo bimwe mu bihugu vyiza aho umwidegmyvo ukenewe canke uhambaye wo kwizera urubahirizwa. Nimba ata muntu aduserukira ari aho uherereye, usabwe kubariza ku cicaro cacu gikuru canke ku biro vyacu vyoba bikwegereye.

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Ushaka ido n'ido n'amakuru atunganijwe ku vyerekeye ibigendajuru vy'isi yoseTerefone: <http://suprememastertv.com/saTerefonelite>

Imboneshakure y'Umwigisha Kibirengeye

IMBONESHAKURE Y'UMWIGISHA KIBIRENGEYE ni umurongo w'ikigendajuru cidegemvya utanga amasanamu **amasaha 24 ku musi, imisi indwi ku ndwi**, ikaba ifise urutonde rw'ibintu bitandukanye mu congereza hamwe no muzindi **ndimi zirenga 40 hamwe n'izindi ntoto**. Niyo mboneshakure twibaza ko ishobora kukuzanira Agateka n'**Ubugororotsi** mu buzima bwawe.

Imirongo isanzwe iboneka
Gutangaza ku bigendajuru **14!**

Amerika ya Ruguru: **Galaxy 25 (97° W)**

Amerika y'Epfo: **Hispasat (30 °W), InTerefonosat 907 (27.5° W)**

Aziya: ABS (75° E), AsiaSat 2 (100.5° E), AsiaSat 3S (105.5° E)

Aziya na Afrika: InTerefonosat 10 (68.5° E) C-Band

Uburaya, Afrika: **InTelsat 10(68.5° E) KU-Band**

Ostrariya , New Zealand: Optus D2 (152° E)

Mu ntara z'Ubugororotsi be no muri Afrika y'Uburaruko: Eurobird 2(25.5° E)

Iburaya, Intara z'Ubugororotsi be no muri Africa y'Uburaruko: Hotbird (13° E), Astra 1(19.2°E), Eurobird (28.5° E) ,

Ubwongereza na Repuburika ya Ireland: Imboneshakure yo kw'Ijuru Umurongo wa 887

Inezereze n'urutonde rwubaka, kandi **ABONEKERAHU** ku buhinga bwa none (internet) canke biciye kuri terefone ngendanwa yawe kuri:

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E-mail : Info@SupremeMasterTV.com

Terefone:1-626-444-4385 / Fax: 1-626-444-4386

Urugendo mu Bisata vy'Ukuryohora ku Mirongo y'ibigendajuru kuri ETTV :

RTDS (Cell TV) Umurongo 21: Afrika (Togo Lome)

ETTV ETTV Umurongo super X: Ku w'Imana 12:00-12:30 (amasaha y'i Taipei)

ETTV Aho Ibiganiro vyumvikana muri Aziya harimwo ibihugu 27 muri Aziya Oseyaniya.

Ku w'Imana 10:00-10:30 (amasaha y'I Taipei) ku Mboneshakure y'urutsinga/Ikigendajuru

ETTV Aho Ibiganiro bishika muri Amerika: Amerika ya Ruguru: RETA ZUNZE

UBUMWE ZA AMERIKA (Harimwo Hawaii, Alaska na Kanada)

Ku wa Gatandatu 10:00~10:30 (PDT [amasaha y'i Los Angeles])

Ku Mboneshakure y'urutsinga/ikigendajuru

Ibikorwa vy'Imboneshakure y'Urutsinga: Ku: Karifoniya yo mu maja Epfo

(Umwanya Warner; Charter Communications; Adelphia; Champion; Altrio; Cox)

ETTV Aho Ibiganiro vyumvikanira muri Amerika y'Ikiratini: Amerika ya Ruguru:

RETA ZUNZE UBUMWE ZA AMERIKA; , Amerika yo hagati, Amerika

y'Epfo, Akarere ka Karayibe: ibihugu icumi na bine harimwo Repuburika

y'Abadominika, Haiti na Kiba Ku w'Imana 10:00-10:30 (PDT [Amasaha y'i

Los Angeles])

Ku Mboneshakure y'urutsinga/Ikigendajuru

Ishirahamwe Mpuzamakungu ry'Umwigisha Kibirengeye Ching Hai

riranabashikiriza urukurikirane rw'amakaseti y'amasanamu y'Umwigisha

Kibirengeye y'urutonde rwo gusangira ukuri biciye ku Mboneshakure. Urugendo

Urugendo mu Bisata vy'Ukuryohora bitangazwa ku mboneshakure mu bihugu biri

kw'isi yose. Ukeneye ido n'ido , usabwe kurungika Email kuri:

TV@Godsdirectcontact.org

Imihora y'ubuhinga bwa none (internet) Quan Yin WWW :
<http://www.Godsdirectcontact.org.tw/eng/links/links.htm>

Kubonana n'Imana kuranguruye—Ca ku murongo w'ubuhinga bwa none (internet)
 w'Ishirahamwe Mpuzamakungu ry'Umwigisha Kibirengeye Ching Hai.

Shikira indongozi y'imihora ya Quan Yin, iboneka mu ndimi nyinshi, co kimwe
 n'imboneshakure ibonesha amasaha 24 , Urugendo mu Bwami bw'Ukuryohoye .

Urashobora no kwimura canke ukiyandikisha ngo uze wame uronka Amakuru

y'Umwigisha Kibirengeye Ching Hai, ari mu buryo bw'ibitabu, canke wewe

nyene ukavyiyimurira. Aka gatabu k'imponjo kitwa Urupfunguruzo

rw'Ukubonesherezwa Giturumbuka karahari mu ndimi nyinshi.

Kasohotse: April. 2009

Umwanditsi: Umwigisha Kibirengeye Ching Hai

Uwagasohoye: Ishirahamwe Mpuzamakungu Risohora Ibitabu ry'Umwigisha Kibirengeye Ching Hai

Co., Ltd.

Aho riri : No. 236 Ibarabara rya Sounghshan, Taipei, Formosa, R. O. C.

Terefone: 886-2-87873935 Fax: 886-2-87870873

E-mail: smchbooks@Godsdirectcontact.org

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Ububasha bwose ni ubw'umwanditsi.

Urahawe kaze kwimura ibiri muri aka gatabu ariko ubanje kuronka uruhusha rw'Umwanditsi canke uwagasohoye.

Twebwe, abigishwa b'Umwigisha Kibirengeye Ching Hai, twariboneye amananza umuntu ababazwa mu gihe ariko arondera Ukuri gukwiriye. Kubw' ivyo turatahura rero ukuntu bigoye kandi bidasanzwe ko umuntu aronka Umwigisha muzima yabonesherejwe bikwiye yigisha ubuhinga buhanitse bwo gukangura ubwenge twarazwe kugira dutahure ukwo Kuri; ari na bwo buhinga bwigishijwe n'Abigisha bese b'ukuri bo hambere. Tumaze kubona akamaro kanini ko gukurikiza buno buhinga, dushikiriye iri yegeranywa ry'ivyigwa vyatanzwe n'Umwigisha w'Icubahiro Ching Hai mu bihugu bitandukanye kw'isi, kugira ngo dufashe abarondezi b'Ukuri bipfuzwa kubohorwa kudashira mu gihe kimwe co kubaho hamwe no gufasha abandi kuronka inyishu ku bibazo vyabo bitandukanye vy'ubuzima, ivuka no n'urupfu hamwe no guteza imbere ivy'impwemu n'ivy'Ukuri.