

Umwigisha w'Ikirenga Ching Hai

Urufunguzo rwo Kumurikirwa Vuba

Igitabo cy'icyitegererezo Igitabo gitangirwa ubuntu

Ibikubiye muri iki gitabo

<i>Iriburiro</i>	5
<i>Incamake y'Ubuzima bw'Umwigisha w'Ikirenga Ching Hai</i>	9
<i>Amayobera y'Isi Yo Hejuru</i>	12
Ikiganiro mbwirwaruhame cy'Umwigisha w'Ikirenga Ching Hai	12
<i>Ibibazo n'Ibisubizo Nyuma y'Ikiganiro</i>	34
<i>Gutangira kumenyerezwa:</i>	61
<i>Uburyo bwa Quan Yin</i>	61
<i>Amahame ngenderwaho atanu</i>	64
<i>Inyungu z'Ibiribwa bikomoka ku bimera</i>	66
Ubuzima n'Imirire	67
Isano y'Ibinyabuzima n'Ibidukikije	72
Inzara ku Isi	74
Kubabazwa kw'inyamaswa	74
Itsinda ry'Abatagatifu ndetse n'Abandi bantu	75
Umwigisha Asubiza Ibibazo	78
Kurya ibikomoka ku bimera: Igisubizo kiruta ibindi ku Kibazo cy'amazi ku Isi	92
<i>Amakuru Meza ku Barya Ibikomoka ku Bimera</i>	94
Ibyatangajwe	110
Ibitabo	110
Icyegeranyo cy'Imivugo	113
Kasete za Video n'Amajwi	114
Kasete na CD z'Indirimbo	115
DVD	116
Uko wabona Ibitabo byatangajwe	118
Aho mwatubariza	120
Televisiyo y'Umwigisha w'Ikirenga	131

Iki gitabo gitangirwa ubuntu kukivana kuri interineti: *Urufunguzo rwo Kumurikirwa Vuba* (cyanditswe mu ndimi zirenga 72)

[Http://sb.godsdirectcontact.net](http://sb.godsdirectcontact.net) (Tayiwani)

[Http://www.direkter-kontakt-mit-gott.org/download/index.htm](http://www.direkter-kontakt-mit-gott.org/download/index.htm) (Otirishiya)

[Http://www.Godsdirectcontact.org/sample/](http://www.Godsdirectcontact.org/sample/) (Leta Zunze Ubumwe z'Amerika)

Ubutumwa bugufi

- Igihe tuvuze Imana, cyangwa Umwuka w'Ikirenga, Umwigisha atubwira gukoresha amagambo atagira igitsina abogamiyeho kugira ngo twirinde impaka zo kumenya niba Imana ari umugabo cyangwa umugore. Aha bigaragara mu ndimi zifite utugambo dusimbura amazina yerekana igitsinagabo n'igitsinagore (Urugero: mu cyongerezo bakoresha "She" ku gitsinagore naho ku gitsinagabo bagakoresha "He"). Mu rurimi rufite bene aya magambo, Umwigisha avuga ko tugomba gufata "She"+"He"= Hes (nk'uko bisomwa mu ijambo « Bless »); Her+Him= Hirm (nk'uko bisomwa mu ijambo « Dear »); Hers+His= Hiers (nk'uko bisomwa mu ijambo « Firm »).ⁱ
- Nk'umuhanzi kandi akaba n'umwigisha w'ibyiyobokamana, Umwigisha w'Ikirenga Ching Hai akunda amagambo aranga ubwiza bw'imbere mu mutima. Ni yo mpamvu avuga "Au Lac" ashatse kuvuga igihugu nka Viyetinamu na "Formosa" ashatse kuvuga Tayiwani. Au Lac ni izina rya Viyetinamu rya kera, rikaba risobanura "ibyishimo". Naho izina "Formosa", risobanura cyiza/byiza/beza, rigaragaza urugero rwuzuye neza rw'ubwiza bw'ikirwa cya Tayiwani n'ubw'abaturage bacyo. Umwigisha yumva ko gukoresha amazina nk'aya bituma habaho kuzamuka mu ntera y'imyumvire mu by'umwuka ndetse bikazanira amahirwe ahantu n'abaturage bahatuye.

ⁱ Bene ariya magambo akoreshwa mu itondaguranshinga n'interuro mu zindi ndimi, ntabwo aba mu Kinyarwanda. Umugabo n'umugore bose babarizwa mu nteko y'amazina imwe. Bityo rero nta mpungenge abantu bagira ngo bibaze ku birebana no kuba Imana ifite igitsinagabo cyangwa igitsinagore; ibyo nibyaturuka ku rurimi ahubwo ni ku myumvire.

"Ntabwo ndi umuyoboke wa Budisimeⁱⁱ cyangwa wa Kiliziya Gatolika. Ahubwo njye ndi umuyoboke w'Ukuri kandi Ukuri ni ko mbwiriza. Ushobora kuvuga ko ibyo nigisha ari Budisime, Gatolika, Tawoyisimeⁱⁱⁱ cyangwa ukabyita ikindi cyose ubonye. Byose mbihaye ikaze!"

~ Umwigisha w'Ikirenga Ching Hai ~

"Iyo tubonye amahoro yo mu mutima, n'ibindi byose dushobora kubigeraho. Kunyurwa kose, kugera ku byifuzo by'ibintu bya hano ku isi ndetse n'ibyo mu ijuru byose biva mu Bwami bw'Imana – kugera ku musabano w'iteka ryose mu mutima wacu, ku bwenge bw'iteka ryose n'imbaraga zishobora byose. Ibi turamutse tutabigezeho, ntabwo twanyurwa, kabone nubwo umuntu yaba afite amafaranga menshi cyane cyangwa ubushobozi bwinshi, ndetse nubwo yaba ari mu mwanya wo hejuru."

~ Umwigisha w'Ikirenga Ching Hai ~

"Inyigisho zacu zivuga ko icyo ugomba gukora cyose muri iyi isi, gikore, gikore ucyerekejeho umutima wawe wose. Sohoza inshingano kandi wiherere utekereze buri munsu. Uzunguka ubumenyi buruseho, ubwenge buruseho, amahoro aruseho kugira ngo ubashe kwigirira akamaro no kukagirira isi. Ntukibagirwe ko hari ubwiza buri imbere muri wowe. Ntukibagirwe ko ufite Imana Ikaba Iba mu mubiri wawe. Ntukibagirwe ko ufite Imana mu mutima wawe."

~ Umwigisha w'Ikirenga Ching Hai ~

ⁱⁱ Budisime ni idini rifite abayoboke bagera kuri miliyoni 365, ni ukuvuga 6% by'abatuye isi. Budisime ni idini rya kane ku isi mu kugira abayoboke benshi, rikurikira amadini ya Gikirisitu, Isilamu na Hindu. Ryatangiriye mu majyaruguru y'Ubuhinde mu kinyejana cya 6 mbere y'ivuka rya Yesu ritangizwa n'Umubuda wa mbere, ari we Siddhartha Gautama.

ⁱⁱⁱ Tawoyisime ni idini ryatangiyeye risa n'aho rikomatanyaga ubumenyi bw'imitekerereze n'imyitwarire by'abantu na filozofi maze riza guhindukamo idini rishyigikiwe na leta ahagana mu 440 nyuma y'ivuka rya Yesu. Tawoyisime bishaka kuvuga inzira, imbaraga ibumbuye, ikikije kandi ikaba mu bibaho byose, ibifite ubuzima n'ibitabufite. Ni idini riganisha ku miterere kamere y'ibiba mu nsi y'isanzure rikaba rikubiyemo umusabano w'imbusane aho bavugaga ko urumuri rubaho kubera ko hariho umwijima, urukundo rukabaho kubera ko habaho urwango.

Iriburiro

Uko imyaka yagiye isimburana indi igataha, abatuye isi bagiye bagendererwa n'abantu b'akataraboneka bafite intego imwe rukumbi yo kuzamura isi kugera ku rugero rwo hejuru ruhamye mu by'umwuka. Umwe muri bo ni Yesu Kristo ndetse na Shakiyamuni Buda na Muhamedi. Abo uko ari batatu turabazi neza ariko hari abandi benshi tutazi amazina; bamwe bagiye bigisha mu ruhamye nyamara bakamenywa na bake, abandi bakaba batarigeze bamenyekana. Aba bantu bagiye bitwa amazina atandukanye mu bihe bitandukanye no mu bihugu bitandukanye. Abantu bagiye babavuga bakoresheje aya mazina: Umwigisha, Umugenga, Nyirurumuri, Umukiza, Umucunguzi, Umubyeyi w'Imana, Intumwa, Umutambyi mukuru, Nyirubutagatifu n'andi mazina nk'ayo. Baje batuzaniye icyo bise Urumuri, Agakiza, Ibikorwa, Ukubohorwa cyangwa Ububutse. Aya magambo akoreshwa ashobora kuba atandukanye ariko mu nyito zayo yose asobanura kimwe.

Abatugendereye nabo bavuye ahantu hamwe hatagatifu, bahuje ukwemera guhanitse, ubuziranenge mu mico n'ububasha bwo kuzamura ikiremwamuntu nk'uko bamwe mu batagatifu bo hambere turi kumwe uyu muni, nyamara abantu bake cyane akaba ari bo bazi ko turi kumwe na bo. Umwe muri bo ni nk'Umwigisha w'Ikirenga Ching Hai.

Umwigisha Ching Hai ni umwe ahari bidashoboka ko yemerwa nk'umutagatifu uriho. Ni umugore nyamara mu bayobokeye benshi ba Buda ndetse n'abandi baracyemera imvugo z'uko nta mugore waba Buda, Umwigisha w'ibyiyobokamana. Afite inkomoko muri Aziya, ariko benshi mu banyaburayi bategereje ko Umucunguzi wabo azaza asa nabo. Nyamara bamwe muri twe, mu bice byose by'isi no mu madini menshi atandukanye babashije kumumenya kandi bagakurikiza inyigisho Ze, bazi

uwo ari we. Kugira ngo ibi mwe mubimenye, bizabasaba kugira imitima yiteguye kandi mukaba abanyakuri. Nta kindi bizabasaba keretse igihe no kubishyiraho umutima.

Abantu benshi bamara igihe cyabo kinini bashaka imibereho kandi bita ku byo bakeneye bifatika. Dukora uko dushoboye kugira ngo ubuzima bwacu n'ubw'abo dukunda bube bwiza. Iyo igihe kubitwemereye, hari ubwo twerekeza umutima ku bintu nka za politiki, imikino, televiziyo, cyangwa ku kintu gishya cyaciye igikuba mu bantu. Bamwe muri twe barangije gusogongera ku Mbaraga zuje Urukundo z'umusabano wo mu mutima n'Imana tuzi ko ubuzima buvuga ibirenze ibyo. Twumva biteye agahinda kuba Inkuru Nziza itaramenyekana biruseho ahantu hose. Igisubizo cy'izi ntambara zose zo mu buzima ni ukwicara dutuje muri twe, maze tugategereza. Tuzi ko Ijuru riri hafi yacu. Mutubabarire nidutandukira ku bwo kuzurwa n'ibinezaneza maze tukavuga ibintu bibangamiye ibyo mutekereza mu bwenge bwanyu. Ntabwo bitworohye gukomeza guceceka nyuma yo kubona ibyo twabonye na nyuma yo kumenya ibyo tuzi.

Twe tuvuga ko turi abigishwa b'Umwigisha w'Ikirenga Ching Hai, tukaba abigishwa be bakurikiza Uburyo bwe (Uburyo bwa Quan Yin), tubagezaho iki gitabo cy'ibanze twizeye ko kirushaho kubegereza mwe ubwanyu ku kuzura k'Ubumana, byaba binyuze ku Mwigisha wacu cyangwa undi mwigisha.

Umwigisha Ching Hai yigisha akamaro ko kwimenyereza kuzirikana wiherereye, kwisuzuma mu mutima no gusenga. Asobanura ko tugomba kwibonera twe ubwacu ko Imana iri muri twe niba koko tugomba kugira umunezero muri ubu buzima. Atubwira ko kumurikirwa atari iby'abantu bamwe, ibintu umuntu atabasha kugeraho, ibintu byagerwaho gusa n'abantu bitarura abandi. Umurimo we ni ugukangura Imbaraga z'Imana ziba muri twe mu gihe twibereye mu buzima busanzwe. Aravuga ati: Dore uko ibintu bimeze. Twese tuzi Ukuri. Ni uko ahubwo

twakwibagiwe. Bityo rero ugasanga rimwe na rimwe umuntu agomba kuza akatwibutsa intego y'ubuzima bwacu, akatubwira impamvu tugomba gushaka Ukuri, impamvu tugomba kuzirikana twiherereye, n'impamvu tugomba Kwizera Imana cyangwa Buda, cyangwa uwo ari we wese dutekereza ko afite Ububasha Buhebuje mu isanzure y'isi n'ijuru. Nta muntu n'umwe ahamagarira kumukurikira. Gusa icyo akora ni ukwitangaho urugero mu kumurikirwa kwe kugira ngo n'abandi babonereho Kubohorwa kwabo kwa Nyuma.

Iki gitabo ni icy'ibanze ku nyigisho z'Umwigisha w'Ikirenga Ching Hai. Umenye ko inyigisho zo mu ruhame, ibisobanuro n'ibyo yavuze bikubiye muri iki gitabo ni We Ubwe wabyivugiyeye; maze bishyirwa ku byuma bifata amajwi, birandikwa, rimwe na rimwe bigahindurwa bivanywe mu zindi ndimi maze bikaza kunozwa bikavamo inyandiko zo gutangazwa mu bitabo. Turabasaba gutega amatwi cyangwa kureba kasete z'umwimerere. Muzarushaho kumumenyera muri ubu buryo bwa za kasete kurusha gusoma ibye mu nyandiko. Birumvikana rero ko uburyo bwuzuye bwo kumumenya ni ukumubona We ubwe.

Kuri bamwe, Umwigisha Ching Hai ni Mama wabo, ku bandi ni Papa wabo, naho ku bandi ni Umukunzi wabo. Byibura ni we Nshuti nyanshuti mwabasha kubona muri iyi si. Abereyeho kugira ibyo aduha, ntabwo abereyeho kugira ibyo atwaka. Nta faranga na rimwe yaka ku nyigisho Ze, ku kunga atanga cyangwa ku gukingurira abantu amarembo y'iby'umwuka. Ikintu kimwe Azabavaniraho ni umubabaro wanyu n'intimba zanyu. Ariko gusa, namwe mugomba kuba mubishaka!

“Umwigisha ni ufite urufunguzo rwo gutuma nawe uba Umwigisha ... Ni Ugufasha kubona ko nawe uri Umwigisha kandi ko wowe n'Imana muri Umwe. Ni ibyo gusa ... iyo ni yo nshingano gusa y'Umwigisha.”

~ Umwigisha w'Ikirenga Ching Hai ~

“Inzira yacu si idini. Nta muntu duhindura ngo abe umuyoboke w'Idini Gatolika cyangwa Budisime cyangwa irindi rifite imyizerere yihariye. Ahubwo icyo mbagezaho gusa ni uburyo bwo kwimenya wowe ubwawe; ukamenya inkomoko yawe; ukibuka inshingano zawe hano ku isi; ukavumbura amabanga yo mu isanzure; ukamenya impamvu hariho umubabaro mwinshi, maze ukabona ibidutegereje nyuma y'urupfu.”

~ Umwigisha w'Ikirenga Ching Hai ~

“Twatandukanijwe n'Imana no kuba hari ibyo duhugiyemo. Niba hari icyo umuntu ari kukubwira, telefone igakomeza guhamagara, ukaba uhugiye mu byo guteka cyangwa kwiganirira n'abandi bantu, birumvikana ko atakubona ngo muvugane. No ku Mana rero ni ko bigenda. Imana iduhamagara buri muni ariko nta gihe dufite maze tukanga kuyitaba.”

~ Umwigisha w'Ikirenga Ching Hai ~

Incamake y'Ubuzima bw'Umwigisha w'Ikirenga Ching Hai

Umwigisha Ching Hai yavukiye mu muryango ukize ahitwa Aulac, akaba umukobwa w'umuntu w'icyamamare mu nzira kamere. Yakuriye mu idini Gatolika maze akomora inyigisho fatizo za Budisime kuri nyirakuru. Akiri umwana muto, yagaragayeho gukunda hakiri kare inyigisho za filozofi n'iyobokamana ndetse n'urukundo rudasanze agirira ibiremwa byose bifite ubuzima.

Afite imyaka umunani, Umwigisha Ching Hai yagiye kwiga mu Bwongereza, nyuma aya gukomereza mu Bufaransa no mu Budage, aho yaje gukorera Umuryango Utabara Imbabare maze aza gushyingiranwa n'Umudage w'umuhanga mu bumenyi. Nyuma y'imyaka ibiri muri urwo rugo ruhira, abyemeranyijeho n'umugabo we, areka urugo ngo aje gushaka ibyo kumurikirwa, bityo agasohoz igitekerezo gihebuje yari yarabanye na cyo kuva akiri umwana. Muri icyo gihe, Yigaga uburyo bunyuranye bwo kuzirikana wihereye n'inyigisho z'iby'umwuka abiyobowemo n'abarimu n'abigisha bari aho yashoboraga kugera. Yaje kubona ko nta kamaro kugira ngo umuntu umwe agerageze gufasha isi mu mibabaro yayo maze abona ko inzira iruta izindi mu gufasha abandi ari ukugera ku kuzura We ubwe. Ashingiye kuri ibi nk'intego ye rukumbi, yatembereye mu bihugu bitandukanye ashakisha uburyo buzira amakemwa bwageza umuntu ku kumurikirwa.

Mu myaka myinshi y'ibibazo, ibigeragezo n'imibabaro, Umwigisha Ching Hai yaje kubona mu misozi ya Himalaya Uburyo bwa Quan Yin no Gukwirakwiza iby'ijuru. Nyuma y'igihe cyo kubishishikarira atagoheka, mu mwiherero yarimo mu misozi ya Himalaya, yaje kugera ku kumurikirwa kuzuye.

Mu myaka yakurikiye kumurikirwa Kwe, Umwigisha Ching Hai yaje kubaho ubuzima butuje, bucishije bugufi bw'umubikira muri Budisime. Nk'umuntu udashyanuka muri kamere ye, yahishe ubwo Butunzi kugeza ubwo abantu baje kumushaka ngo abibigishe kandi abafungurire amarembo y'iby'umwuka. Ku bwo kubisabwa ubudatuza no kubishishikarizwa n'abigeze kuba abigishwa be muri Formosa no muri Leta Zunze Ubumwe z'Amerika, nibwo Umwigisha Ching Hai yaje gutangira kwigisha mu ruhamwe ku isi yose, ubu yabyigishije ibihumbi byinshi by'abashaka iby'umwuka bataryarya.

Kuri ubu abantu benshi bashaka Ukuri bakomoka mu bihugu bitandukanye no mu madini yose bagiyeye bamugana bashaka ku bwenge bwe buhebuje. Ku bashaka n'umutima wabo wose kwiga no gukoresha uburyo bwo Kumurikirwa Vuba kandi na we ubwe yagenzuye agasanga buhebuje ubundi – Uburyo bwa Quan Yin – Umwigisha Ching Hai ashaka kububigisha no kurushaho kubayobora mu by'umwuka.

*Isi yuzuye ibibazo.
Ninnye gusa wuzuye muri Mwe!
Iyo muza kuba mushyizwe mu isi,
Ibibazo byose byayivanwamo.
Ariko kuko isi yuzuye ibibazo,
Ndabona nta mwanya kuri Mwe!*

*Nagurisha amazuba yose, amezi yose n'inyenyeri
Biri mu isanzure,
Kugira ngo nigurire umwe mu Micyo Myiza Yawe.
Mbega Umwigisha wo Kurabagirana Kutarondoreka!
Ngirira ubuntu maze urumuri rwawe rurasire mu Mutima wanjye
ugushaka.*

*Ab'isi basohoka nijoro bakajya kuririmba no kubyina,
Bamurikiwe n'urumuri rw'isi bumva indirimbo z'isi.
Ni nyje njyenyine wicaye mu iyerekwa,
Ngenda ku mucyo wo Kurabagirana n'Injyana z'indirimbo mu
mutima.*

*Kuva namenya Ubwiza bwawe Uwiteka,
Sinashoboye kugira ikindi nkunda muri iyi si.
Mbundikirira mu Buntu bw'urukundo Rwawe,
None n'Iteka ryose!
Amina*

*Byavanywe mu gitabo cyitwa "Silent Tears", gikubiyemo imivugo
yanditswe n'Umwigisha w'Ikirenga Ching Hai*



Amayobera y'Isi Yo Hejuru

Ikiganiro mbwirwaruhame cy'Umwigisha w'Ikirenga Ching Hai
cyo kuwa 26 Kamena 1992(DVD#260)
Umuryango w'Abibumbye, New York
(Yabivuze mu Cyongereza)

Tubahaye ikaze mu Muryango w'Abibumbye. Ndashababwira ko twasengera hamwe akanya gato buri wese mu kwizera kwe kandi tugashima ku bw'ibyo dufite, ibyo twahawe n'ibyo twifuzaga, twizeye ko abadafite ibibahagije na bo bazahabwaga nk'uko natwe twahawe; impunzi zo ku isi, abagezweho n'ingaruka z'intambara, abasirikare, abayobozi ba za leta ndetse n'abayobozi b'Umuryango w'Abibumbye bazabasha kugera ku byo bashakaga maze bakabana mu mahoro.

Turizera ko ibyo dusaba tubibabwira kuko ari uko byanditswe muri Bibiliya. Murakoze!

Muzi ko insanganyamatsiko y'icyigisho ivugaga ngo "Hejuru y'Iyi Si" kuko nkeka ko ntazongera kubabwira kuri iyi si isanzwe. Iyi si mwese muzi. Ariko hejuru y'iyi si, hari ibindi bintu. Ndatekereza ko

mwese uko mwaje hano mushishikajwe no kumenya. Nk'uko mugenzi wacu yabivuze, ntabwo ari ikintu kirebana n'ibitangaza cyangwa ikindi gihebuje mudashobora kwizera. Ni ikintu cyo mu buryo bwa gihanga, cyumvikana cyane kandi cy'ingirakamaro cyane.

Twese twumvise ko muri Bibiliya cyangwa Ibyanditswe by'amadini y'ubwoko butandukanye, havugwa ko hari amajuru arindwi, hari inzego zinyuranye z'umutimanama. Harimo Ubwami bw'Imana, hari Kamere ya Buda, n'ibindi. Ibi ni bimwe mu bintu byasezeranijwe hejuru y'iyi si. Ariko si abantu benshi bagera kuri ibi byasezeranijwe mu Byanditswe, si benshi. Sindibuvuge ko nta n'umwe, ariko si benshi. Ugereranyije n'abatuye isi, abantu bagera mu Bwami bw'Imana cyangwa ibyo twita "ibiri hejuru y'iyi si" ni bake cyane.

Kandi niba uri muri Amerika, birashoboka ko ufite amahirwe menshi yo gusoma ibitabo byinshi bisobanura ibintu byinshi biri hejuru y'isi yacu. Na zimwe muri filime abanyamerika bakoze siko zose ari impimbano. Nanone, hari za filime zakozwe n'Abayapani, siko na zo zose ari impimbano. Kubera ko aba bantu bashobora kuba barasomye bimwe mu bitabo byanditswe n'abantu bagiye ahirengeye hejuru y'iyi si cyangwa se nabo ubwabo bakaba bararabutswe Ubwami bw'Imana.

None se ni iki kiri mu Bwami bw'Imana? Kuki tugomba kwigira ku by'ubwami bw'Imana niba twifitiye imirimo ihagije yo gukora mu isi, tukaba dufite akazi, dufite amazu atekanye, tukaba dufite abo dukunda bahagije, n'ibindi? Ahubwo kubera ko dufite ibi byose, ni yo mpamvu tugomba gushishikazwa n'Ubwami bw'Imana.

Byumvikana cyane nk'iby'iyobokamana iyo tuvuze Ubwami bw'Imana. Mu by'ukuri ni zimwe mu nzego zisumbuye z'umutimanama. Abantu bo mu bihe bya kera, bavuga ko ari ijuru, ariko mu mvugo z'abahanga dushobora kuvuga ko ari urwego rutandukanye –

rwisumbuyeho rw'ubumenyi, urwego rwisumbuyeho rw'ubwenge. Kandi turamutse tuzi uko twabigenza, dushobora kugera kuri uru rwego.

Bityo rero, mu bihe bishize muri Amerika, twese twumvise ibiherutse kuvumburwa; ko abantu bavumbuye imashini yagushyira muri samadhi (urugero ruhanitse rwo gutekereza mu by'umwuka). Ibi waba warabimenye? Iyi mashini iri ku isoko muri Amerika. Amadolari magana ane kugeza kuri magana arindwi, bitewe n'urwego ushaka. Bavuga ko – iyi ari iy'abantu b'abanebwe badashaka gutekereza biherereye, bashaka gusa kwibera muri samadhi. Niba utabizi, ubu noneho ngiye kubivugaho gato.

Bavuga ko ubu bwoko bw'imashini bushobora kugushyira mu mutuzo mu buryo umuntu yitwara mu mitekereze; ukumva uruhutse, ubwo noneho ukabasha kugera ku gipimo cyo hejuru cy'ubwenge. Ibi byitezweho kuguha ubumenyi bwo hejuru, ubwenge bwo hejuru maze ukumva ukomeye, n'ibindi. Iyi mashini kandi rero ikoresha umuziki bahisemo, umuziki uturutse hanze yayo, ubwo rero ukenera utwumvisho two mu matwi maze ugacomeka ku muriro kugira ngo ukubere imbarutso, ubwo rero utangira kubona udushashi tw'umuriro. Bityo ugakenera igitambaro cyo kwipfuka mu maso. Utwumvisho two mu matwi n'igitambaro cyo gupfuka mu maso nibyo ukeneye kugira ngo ukore samadhi. Ibi ni byiza cyane, kandi ku madolari Magana ane, birahendutse. Ariko samadhi yacu irushijeho guhenduka, nta kiguzi namba, kandi ni iy'iteka ryose. Ntukenera umuriro wo kuri bateri cyangwa ku mashanyarazi, ucomeka cyangwa ngo ucomokore; cyangwa igihe imashini ipfuye, ntukenera kujya kuyikoresha.

Noneho rero, niba urumuri n'umuziki bikorwa n'abantu bishobora gutuma abantu bagubwa neza bakagira ubwenge –

byitezwe ko bibaha ubu bwenge, ariko ibyo nabisomye mu binyamakuru, sinabyikoreye nnyewe ubwanjye ngo mbibone. Ni yo mpamvu bigezweho bikaba byaraguzwe cyane, niko numva bavuga. Niba ibi bintu abantu bakora bishobora kudushyira mu mutuzo bikatwongerera igipimo cy'ubwenge bwacu, noneho se ntumutekereza ukuntu ikintu cy'umwimerere cyadufasha mu bwenge bwacu? Ikintu cy'umwimerere kiri hejuru y'isi ya none ariko gishobora kugerwaho na buri muntu igihe dushaka gukorana na cyo. Iki kintu nta kindi rero ni Indirimbo z'ijuru n'Ijwi ry'ijuru by'imbere mu mutima. Bitewe n'uko izi Ndirimbo zingana, Urumuri cyangwa Indirimbo z'imbere mu mutima, dushobora kujya hejuru y'isi si, tukagera ku rwego rw'imyumvire rwimbitse.

Ntekereza ko n'amategeko y'iby'ubugenge ari ko ateye. Ushaka kohereza icyogajuru, hejuru y'aho rukuruzi y'isi itagera, ugomba kuba ufite ingufu nyinshi zigisunika kandi cyaba gifashe ikirere cyihuta cyane, kigatanga urumuri. Bityo rero ndatekereza ko iyo twihuse mu isi yo hejuru, natwe dushobora kurabagiranaho Urumuri kandi dushobora kumva n'Ijwi.

Ijwi ni uburyo bw'Imbaraga zinyeganyeza budusunikira ku nzego zisumbuyeho, ariko bubikora nta rusaku, nta ntugunda, nta kiguzi no kutisanzura ku "muntu bikorerwaho". Iyo ni yo nzira yo kujya hejuru y'isi ya none.

None ni iki kiri ahirengeye hejuru y'isi si cyiza kurusha isi yacu? Ibyo tubasha gutekereza n'ibyo tutabasha gutekereza. Igihe cyose duhuye na byo, nibwo nyine tubimenya. Nta wundi mu by'ukuri washobora kubitubwira. Ariko ntutugomba kubitezukaho, tugomba kuba abanyakuri nyabo, bitabaye ibyo nta wundi wabasha kubidukorera. Kimwe nuko ntawagusimbura mu gukorera ONU ngo wowe ukomeze kubihemberwa. Ni nk'uko ntawadufasha ngo aye maze twe twumve

duhaze. Ku bw'iyi mpamvu, umuti ni ukubyimenyereza. Dushobora gutega amatwi umuntu ubifitemo ubunararibonye, ariko ibyo ntabwo byatuma tuhakura ubunararibonye twebwe ubwacu. Dushobora kugira ubunararibonye igihe runaka, mu bihe runaka cyangwa se mu minsi runaka tubikesheje imbaraga z'uriya muntu wamenye Imana. Noneho dushobora kubona Urumuri cyangwa tukumva Ijwi, mu buryo busanzwe nta mbaraga tubishyizemo, ariko inshuro nyinshi, nta gihe kinini bimara. Ubwo rero tugomba kubyimenyera ubwacu, tukabyikorera twe ku giti cyacu.

Urenze iyi si yacu hari izindi si nyinshi zitandukanye. Dushobora gufata urugero nk'urw'umuntu wisumbuyeho gato kuturusha. icyo twita isi imurikirwa n'inyenyeri nk'uko mu nyito z'Abanyaburayi babivuga. Ndetse no mu isi imurikirwa n'inyenyeri, bafite inzego zirenze ijana zitandukanye. Buri rwego ni isi ku giti cyayo, kandi igaragaza urwego rw'imyumvire yacu. Ni nk'uko tujya muri za kaminuza, maze uko dukomeza amashuri makuru yacu buri manota akerekana imyumvire yacu mu bundi buryo buruseho ku byerekeye inyigisho zo ku cyiciro cya kaminuza nuko bigakomeza buhoro buhoro kugeza duhawe impamyabushobozi.

Muri iyi si imurikirwa n'inyenyeri, tuzareba ubwoko bwinshi bw'ibyo bita ibitangaza kandi dushobora kuzageragezwa n'ibitangaza kandi natwe ubwacu dushobora kuzakora ibitangaza. Dushobora gukiza abarwayi, dushobora kubona ibintu bimwe abandi bantu badashobora kubona. Dufite nibura ubwoko butandatu bw'imbaraga z'ibitangaza. Dushobora kubona kure y'ibiboneshwa amaso bisanzwe, dushobora kumva ibiri kure y'aho ikirere kigarukira. Intera y'aho ibintu biri ntacyo igabanya nta n'icyo yongerera kuri twe. Ibyo ni byo twita amatwi yumva iby'ijuru n'amaso areba ibyo mu ijuru. Nuko rero dushobora kureba mu bitekerezo by'abantu n'ibyo bibwira mu byo

batekereza, hari igihe kandi dushobora kubibona koko, tukabona n'ibindi. Izi ni imbaraga rimwe na rimwe tugira igihe tubashije kugera ku Rwego rwa Mbere rw'Ubwami bw'Imana.

Muri uru Rwego rwa Mbere, nigeze kuvuga haruguru ko dufite izindi nzego nyinshi zitandukanye zitugeza kuri byinshi cyane birenze ibyo ururimi rwabasha kuvuga. Urugero, nyuma yo kubitangira, noneho dutangira kwihereza tugatekereza kandi iyo urwego rwacu ari urwa mbere, ubwo tuba dufite ubushobozi bwinshi burenze. Ubwo turushaho guteza imbere impano yacu y'ubuvanganzo tutagiraga mbere. Nanone tumenya ibintu byinshi abandi batazi, ibintu byinshi bitugeraho nk'impano zivuye mu ijuru, rimwe na rimwe ziza ari amafaranga, rimwe na rimwe zikaza mu kazi dukora ndetse rimwe na rimwe hakaza n'ibindi bintu. Ubwo tugatangira kwandika imivugo cyangwa se tugashobora gushushanya no gukora ibintu tutashoboraga gukora mbere kandi tutashoboraga no gutekereza ko twakora. Urwo ni Urwego rwa Mbere. Dushobora nanone kwandika imivugo, tukandika ibitabo mu nyandiko ihebuje. Dushobora kuba twarigeze kwandika nk'abantu batabigize umwuga, ariko noneho dufashe nk'urugero ubu dushobora kwandika. Izi ni inyungu z'ibintu bifatika dushobora kubona igihe turi mu Rwego rwa Mbere rw'umutimanama.

Mu by'ukuri rero, ibi bintu sibyo Imana itangaho impano. Ibi bintu biri mu ijuru imbere muri twe kandi bibaho gusa kubera ko twabikanguye, maze bikigaragaza; ubwo tukabasha kubikoresha. Ibi rero ni amwe mu makuru arebana n'Urwego rwa Mbere.

Noneho, iyo tugiye ku rwego rwisumbuyeho tubona ibindi bintu byinshi kandi tukagera ku bindi bintu byinshi. Birumvikana rero ko ntashobora kubabwira ibintu byose kubera igihe gito. Nanone kandi singombwa gutega amatwi ibintu byose byiza bivugwa kuri za keke n'utundi tuntu turyoshye maze ntitwigere tubiryaho ngo twumve. Bityo

rero, njye ndagutera amatsiko ho gato, gusa niba wifuzza kubirya, ibyo ni ibindi. Dushobora gutanga nyuma ibiryo nyabyo. Yego! Mu gihe nyine mushaka kubirya.

Ubu noneho, niba tuzamutse tukajya hejuru gato y'uru rwego tukagera ku Rwego rwa Kabiri, urwego twita urwa "Kabiri" kugira ngo tworoshye uburyo tubivugamo, noneho dushobora – muri uru Rwego rwa Kabiri – kugira ubushobozi bwinshi kurusha Urwego rwa Mbere, ndetse harimo n'ibitangaza. Ariko ikintu gitangaje dushobora kugeraho mu Rwego rwa Kabiri ni ukuvugana ubutyoza n'ubushobozi bwo kujya impaka mu biganiro. Nta muntu n'umwe washobora kwigarurira umuntu wageze mu Rwego rwa Kabiri kubera ko afite imbaraga zihaburira zo kuvuga ashize amanga kandi n'imbaraga z'ubwenge ziba ziri ku rugero ruhanitse.

Abantu benshi bafite ubwenge busanzwe cyangwa igipimo cy'ubwenge cyoroheje cyane ntibashobora kugereranywa n'uyu muntu kubera ko igipimo cy'ubwenge bwe kiba cyafungutse kugera ku rwego rwo hejuru cyane. Ariko si ubwonko ubu tuzi bufatika buba bwiyongereye, ni Imbaraga z'umwuka, ni Imbaraga zo mu ijuru, ni ubwenge karemano buri muri twe. Butangira noneho gufunguka. Mu Buhinde, uru rwego abantu barwita "Budi" bishaka kuvuga urwego rw'ubwenge. Igihe rero ugeze ku rwego rwa "Budi," bakwita Buda. Iyo ni yo nkomo ya Buda – "Budi" na Buda. Ubu rero ijamba Buda ni icyo risobanura. Ariko ntibirangiriyeho aha. Ntabwo ngiye kubabwira kuri Buda gusa, hari ibirenze ibyo.

Bityo rero, umuntu umurikiwe abantu benshi bamwita Buda. Iyo nta bintu azi birenze Urwego rwa Kabiri, ashobora kuba ashimishijwe cyane n'uko ibyo bintu biri. Ni byo, gutekereza ko ari Buda ukiri mu mubiri n'abigishwa be bakanezezwa no kumwita Buda. Ariko niba mu by'ukuri ageze ku Rwego rwa Kabiri aho ashobora

gusobanukirwa n'ibyahise, ibiriho n'ibizaba ku muntu uwo ariwe wese ahisemo kureba kandi akaba abifitemo gushira amanga mu kuri kutajegajega, ariko si iherezo ry'Ubwami bw'Imana.

Nta muntu wagombye kwishimira ubu bushobozi bwo kureba ibyahise, ibiriho n'ibizaba kubera ko ibi ari ububiko bw'inyandiko z'ibyabaye mu mateka ya muntu (cyangwa akashic), nk'uko mubizi mu mvugo z'abanyaburayi. Abantu mwese mukoresha yoga cyangwa mwe mufata igihe cyo gutekerereza ahiherereye murasobanukirwa n'ububiko bw'inyandiko z'ibyabaye mu mateka ya muntu ari byo bimeze nk'inzu y'isomero dusanga hafi y'ibiro by'Umuryango w'Abibumbye, ikaba irimo indimi z'ubwoko bwose. Uhasanga icyarabu, ikirusiya, igishinwa, icyongereza, igifaransa, ikidage, buri kintu cyose mu isomero ryawe rikwegereye, ubwoko bw'indimi zose. Uramutse ushoboye gusoma izi ndimi zose, wamenya ibibera muri icyo gihugu. Bityo rero, n'umuntu ugeze ku Rwego rwa Kabiri, arasobanukirwa, agasobanura neza cyane imiterere y'umuntu, mbese uko wowe ubwawe ubona amateka y'ubuzima bwawe.

Hari byinshi cyane umuntu yungukira mu Rwego rwa Kabiri rw'umutimanama. Ariko igihe umuntu ageze mu Rwego rwa Kabiri, ibintu biba agahebuzo, uba Buda ukiri mu mubiri kubera ko wafunguye Budi, ari bwo bwenge. Tumenya ibintu byinshi, ibintu byinshi tutabasha kurondora. Kandi icyitwa igitangaza cyose cyatubaho, twabishaka tutabishaka, kubera ko ubwenge bwacu bwahumutse bukaba bushobora gusabana n'isoko nkuru yo gukiza no gushyira ibintu kuri gahunda kugira ngo ubuzima bwacu burusheho kubamo umutuzo no kuba bwiza. Ubwenge bwacu cyangwa Budi buba bwahumutse ku buryo bushobora kugera ku makuru yose ya ngombwa yo mu bihe byashize n'ibihe turimo kugira ngo dushyire kandi twongere dushyire kuri gahunda cyangwa ngo dukosore ikintu twakoze nabi mu bihe

byashize. Kugira ngo hakosorwe amakosa maze ubuzima bwacu turusheho kubugira bwiza.

Urugero, niba tutari tuzi ko twakoshereje umuturanyi wacu kubera ikintu twakoze tutabishaka, noneho turabimenya. Biroroshye cyane! Niba tutari tubizi, umuturanyi akaba aturwanya mu ibanga, akagerageza rimwe na rimwe kudukorera ikintu agamije kutugirira nabi kubera ubwumvikane buke cyangwa kubera ko hari ikintu kibi twakoreye umuturanyi, ariko noneho ubu tumenya impamvu byabayeho. Ni yo mpamvu rero byoroshye. Dushobora gusanga uwo muturanyi cyangwa tukamutelefona, cyangwa dushobora gutegura umunsi mukuru, tukawutumiramo umuturanyi maze tugakemura ikibazo cy'ubwumvikane buke dufitanye.

Ibintu bisa n'ibyo bibaho iyo tugeze ku rwego rw'ubwenge, duhita dusobanukirwa bucece ibi byose maze tukabishyira ku murongo bucece cyangwa tugasabana n'isoko y'imbaraga ishobora kudufasha gushyira ku murongo ibi bintu, mu kunoza uburyo tubaho n'inzira y'ubuzima bwacu tukayigira nziza. Bityo rero, tugabanya impanuka nyinshi, ibintu byinshi biza tutabyishimiye n'uburyo bw'imibereho mibi y'ubuzima bwacu. Ni byo! Ni byo rwose! Bityo rero iyo tugeze ku Rwego rwa Kabiri, biba byarangije kuba agahebuzo.

Ni yo mpamvu, ibyo ndangije kubasobanurira ari ibintu by'ubumenyi kandi byumvikana cyane bikaba atari ngombwa gutekereza ko umuntu ukoresha yoga cyangwa utekereza ahiherereye ari umuntu w'umwuka cyangwa umuntu utameze nk'abandi bo ku isi. Ni abantu bo ku isi, nka buri wese muri twe, bateye imbere kubera ko bazi uko bikorwa.

Muri Amerika, tuvuga ko buri kintu gishingira ku bumeningiro, bityo rero tubasha kwiga buri kintu. Sibyo se? Dushobora kwiga buri kintu. Ibi rero biri hejuru y'ubumenyi bwo mu isi,

muri bwo naho dushobora kugira ibyo tubwigiramo. Ibi byumvikana nk'ibidasanzwe cyane, ariko uko ibintu birushaho kwisumburaho niko birushaho koroha. Biroroshye cyane kurusha uko tujya mu mashuri yisumbuye cyangwa kaminuza aho dusanga ibibazo n'amahurizo y'imibare bikomeye cyane.

Mu Rwego rwa Kabiri, naho harimo inzego nyinshi zitandukanye. Ariko mbivuga muri make kuko ntashobora kuvuga amabanga y'ijuru yose mu magambo arambuye. Uko biri kose nawe uzayamenya yose nukorana urugendo n'Umwigisha warukoze. Bityo rero ibi ntabwo ari ibanga. Ariko bifata igihe kirekire, niba tugomba guhagarara kuri buri rwego, narwo rukaba rufite inzego, n'izindi nzego nto nyinshi kandi tukaba tugomba gusuzuma buri kintu – bifata igihe kirekire cyane. Bityo rero hari igihe Umwigisha akunyuzwa muri izo nzego ho gato, uva kuri rumwe ujya ku rundi, ku buryo bwihuse cyane – Uva aha, ujya aha vuba cyane! Kubera ko iyo udakeneye kuba umwigisha, ubwo ntukenera kwiga ibintu byinshi cyane. Byagutera kurwara umutwe. Ni yo mpamvu, ari ukuhakunyuzwa gusa ahasigaye ukigarukira Iwanyu, kubera ko nabwo bitwara igihe kirekire. Rimwe na rimwe bifata ubuzima bw'umuntu bwose. Ariko kumurikirwa byo duhita tubibona.

Ariko ibi ni intangiriro, ni nko kwiyandikisha. Umunsi wa mbere wiyandikishijeho muri kaminuza, uhita uba umunyeshuri wa kaminuza. Ariko ibi ntaho bihuriye n'impamyabushobozi y'ikirenga. Ni nyuma y'imyaka itandatu, ine cyangwa cumi n'ibiri ukarangiza kwiga ukabiharerwa impamyabushobozi. Ariko uhita uba umunyeshuri wa kaminuza, iyo ari kaminuza y'ukuri, kandi iyo uuyandikishijemo, uba ushaka mu by'ukuri kuba umunyeshuri wa kaminuza. Bityo rero impande zombi zigomba gusenyerwa umugozi umwe.

Ni ko bimeze rero iyo dushaka kujya hejuru y'iyi si, dufate nk'urugero nk'igihe dushaka kwishimisha kubera ko nta handi twajya i New York, tukaba tuzi ibintu byose byo mu duce twa Manhattan, Long Beach, umwaro "muto" na buri mwaro wose. (Habeho guseka) Ubu dufate ko dushaka gukora urugendo rwo kujya ahantu hadasanzwe ku isi, kugira ngo turebe ibihabera. Sibyo se? Kuki se atari byo? Kubera ko twishyura amafaranga menshi kugira ngo tujye i Miami, Florida, kugira ngo twoge gusa mu nyanja, none se ni kuki tutajya rimwe na rimwe mu masi atandukanye ari hejuru y'isi kugira ngo turebe uko amasi duturanye ateye n'ukuntu abantu baho babaho? Ndatekereza ko nta kintu kidasanzwe kuri ibyo. Sibyo se? Ni nko gukora urugendo rwisumbuyeho, urugendo rw'ibitekerezo, urugendo rw'umwuka aho kuba urugendo rufatika umuntu ava ahantu akajya ahandi. Hari ubwoko bubiri bw'urugendo. Bityo rero birumvikana cyane kandi biroroshye cyane kubisobanukirwa.

Ubu turi ku Rwego rwa Kabiri. Harya ikindi ngomba kubabwira ni iki? Uko ni ko dukomeza kwibera muri iyi si, ariko tukaba dufite n'ubumenyi ku yandi masi, kubera ko dukora urugendo muri ayo masi.

Ni nko kuba umuturage w'Amerika cyangwa umuturage w'ikindi gihugu cyose ku isi, ariko ukaba utembera uva mu gihugu kimwe ujya mu kindi kugira ngo umenye uko igihugu muturanye kimeze. Kandi ndatekereza ko abenshi muri mwe muri mu Muryango w'Abibumbye ntabwo muri abanyamerika kavukire. Si byo se? Ni byo. Bityo rero ubu muzi ibintu bimwe. Dushobora kujya ku yindi si cyangwa ku rundi rwego rw'ubuzima kugira ngo dusobanukirwe. Kubera ko intera idutandukanya ari nini cyane ku buryo tudashobora kuyigenda n'amaguru, tukaba tudashobora gufata icyogajuru, cyangwa ibiguruka mu kirere bitazwi.

Amasi amwe ni maremare kurusha aho ibiguruka mu kirere bitazwi byaguruka. Ibiguruka bitazwi! Ikintu kiguruka, sibyo se! Ubu, hari ubushobozi muri twe bwihuta kurusha uko ibiguruka bitazwi byabasha. Iyo ni roho yacu. Rimwe na rimwe tuyita umwuka. Dushobora kuguruka twifashishije uwo mwuka, nta lisansi cyangwa mazutu, nta polisi, nta muvundo w'ibinyabiziga bindi cyangwa ikindi kintu cyose. Nta mpamvu zo kugira impungenge ko umunsi umwe Abarabu batazatugurisha lisansi na mazutu, [habeho guseka] kubera ko uwo mwuka urahagije wo ubwawo. Nta na rimwe uwo mwuka upfa keretse igihe dushaka kuwangiza twica amahame abantu b'isi yose bagenderaho, twica umusabano w'ijuru n'isi, kandi biroroshye cyane kubwirinda. Turakubwira uko wabigenza niba ushishikajwe no kubimenya.

Urugero, ndabivuga muri make, sibyo se? Njye sindi umubwirizabutumwa. Ntimugire ikibazo, simbatwara ku rusengero. Ni urugero gusa.

Hari amategeko amwe mu isanzure y'isi tugomba kumenya, nko kumenya ko igihe dutwaye imodoka, tugomba kumenya amategeko y'umuhanda. Ibimenyetso by'umuriro bitukura bivuga guhagarara, ibara ry'icyatsi rivuga kugenda. Gutwarira ikinyabiziga ibumoso, iburyo, n'ibindi. Mu mihanda minini, ukamenya umuvuduko utegetswe. Bityo rero hari amategeko yoroshye yo mu isanzure y'isi, mu isi ifatika. Hejuru y'isi yacu, hejuru y'iyi si tubona nta mategeko ahaba, nta mategeko ahaba, nta mategeko namba. Dufite umudendezo, turi abaturage bafite umudendezo, ariko tugomba kuzamuka tukarenga ibyo kugira ngo tube ab'umudendezo. Kandi igihe cyose tukiri muri iyi si, turi mu mubiri, tugomba kubahiriza uko bishobotse kose kugendera ku mategeko kugira ngo tutagira ibibazo. Bityo imodoka zacu ntizangirike maze tukabasha kuguruka twihuse

cyane, tukogoga ikirere, nta kibazo.

Bityo rero aya mategeko yanditswe muri Bibiliya, Bibiliya y'Abakirisitu, Bibiliya y'Ababudisiti cyangwa Bibiliya y'Abahindu. Ayoroheje muri yo ni nk'aya: ntukagirire nabi mugenzi wawe, ntukice, ntukice, ntugasambane na ntukibe, n'ayandi; ntugafate ibisindisha umubiri, birimo ibiyobyabwenge muri iyi minsi. Ahari Buda yari abizi mu kinyejana cya 20 ko tuzavumbura kokayine n'ibindi bisa na yo, niko kuvuga ngo nta biyobyabwenge. Ibiyobyabwenge bikubiyemo ibintu byose by'urusimbi cyangwa ikindi kintu gituma imitima yacu yikundira kwishimisha mu bifatika maze ikibagirwa urugendo rw'umwuka.

Niba dushaka kuguruka vuba, hejuru nta ngorane, aya ni amategeko y'ibifatika kimwe n'amategeko agenga ibifatika. Igihe icyogajuru gishaka kogoga ikirere, umuhanga mu by'ibiyogajuru agomba kugira amategeko akurikiza. Ni uko bigenda, sibyo se? Mbega ukuntu tugomba kubyitondera cyane kurushaho kubera ko dushaka kuguruka tujya hejuru hisumbuyeho, hasumba aho ibiyogajuru byabasha kugera, twihuta kurusha ibiguruka bitazwi. Ariko hari ibindi bisobanuro birambuye bishobora gutangwa, uramutse ubishaka, kandi ibi bibaho mu gihe cyo gutangira kubimenyerezwa. Ubu ariko ntabwo dushaka kukubuza amahoro tukubwira aya mabwiriza ushobora kuvuga ngo "nsanzwe mbizi, nsanzwe mbizi. Nabisomye muri Bibiliya. Amategeko icumi, sibyo se? Amategeko icumi."

Mu by'ukuri, benshi muri twe basomye amategeko ariko bumva amategeko ntacyo ababwiye cyane cyangwa se ngo banayasobanukirwe mu buryo bwimbitse. Cyangwa se ugasanga dushaka gusobanukirwa, uko tubyumva, ariko ntitubyumve neza uko biri. Ni yo mpamvu atari bibi kubyibutsa rimwe na rimwe, cyangwa kongera gutega amatwi igisobanuro nyacyo cyimbitse. Urugero muri Bibiliya, mu isezerano rya kera, ku rupapuro rubanza, Imana iravuga iti,

naremye inyamaswa ngo zigukunde kandi zigufashe kandi uzigenge. Maze Irongerera ivuga ko yaremye ibyo kurya byose byo gutunga inyamaswa, buri nyamaswa ikagira ubwoko bwihariye bw'ibiyitunga. Ariko Imana ntiyigeze itubwira kurya inyamaswa. Oya! Ahubwo Imana iravuga iti, dore nkuremeye ibyo kurya byose, ibyatsi byose n'imbuto z'ibiti biryoshye kandi binogeye ijisho. Ibi ni byo bizagutunga. Ariko si abantu benshi bita kuri ibyo. Benshi mu bigishwa ba Bibiliya baracyarya inyama nta gusobanukirwa icyo Imana yashakaga kuvuga mu by'ukuri.

Niba kandi dukoze ubushakashatsi bwimbitse tuzamenya ko tutaremewe kurya inyama. Umubiri wacu, amara yacu, igifu cyacu, amenyo yacu, buri kintu kiremwe ku buryo gikorana n'ibiribwa by'ibimera gusa. Nta gitangaje rero kubona abantu benshi barwara, basaza vuba, bananirwa, bagira ubunebwe mu gihe bari baravutse batangaje cyane ari n'abanyabwenge. Bikagera ubwo bagenda bahondobera buri muni, kandi uko bagenda barushaho gusaza niko barushaho kumva baguwe nabi. Ni ukubera ko twangiza "imodoka" zacu, "ibyogajuru" byacu n' "Ibiguruka" byacu bitazwi. Bityo rero niba dushaka gukoresha iyi "modoka" igihe kirekire kandi mu mutekano, noneho tugomba kuyitaho mu buryo bukwiye.

Dufate nk'urugero. Ubu dufite imodoka. Mwese mutwara imodoka. None uramutse uyishyizemo lisansi bitajyanye, byagenda gute? Ni iki cyabaho? Ahari imodoka yahaguruka ikagenda metero nkeya maze igahagarara. Kandi ntiwarenganya imodoka. Ahubwo ni ikosa ryacu, twibeshye dushyiramo lisansi itari iy'imodoka. Cyangwa niba lisansi irimo utuzi duke muri yo, yego imodoka ahari yagenda akanya gato ariko iba ifite ikibazo. Cyangwa niba lisansi yanduye cyane maze tukaba tutayisukuye, imodoka igenda akanya gato ariko nyuma tukagira ibibazo. Rimwe na rimwe iraturika kubera ko nyine

tutigeze twita ku modoka yacu ku buryo bukwiye.

Imibiri yacu rero nayo imeze nk'imodoka dushobora gukoresha tuguruka tuva hano tujya mu buzima bw'iteka, tujya ku rwego ruhanitse cyane rw'ubwenge mu bumenyi. Ariko rimwe na rimwe turayangiza ntutuyikoreshe mu bintu yagenewe gukoreshwamo. Urugero, imodoka yacu ikora ibirometero byinshi ikatugeza ku kazi, ku nshuti n'ahandi hantu heza hatandukanye. Ariko ntutuyiteho maze tukaza gushyiramo lisansi itariyo, cyangwa ntitwite ku mavuta, ntitwite ku kagega k'amazi ko mu modoka, n'ibindi byose. Ubwo imodoka ikanga kugenda yihuta cyane. Ntigende igihe kirekire cyane. Nyuma noneho tukagenda gusa mu mbuga iwacu, tukazenguruka mu gikari cyacu. Nabyo ni byiza. Ariko tuba twarenze ku ntego yatumye tugura imodoka. Ni ugupfusha ubusa amafaranga, igihe n'ingufu. Ni uko biri. Ntawe twarenganya. Nta mupolisi uzigera abigucira amafaranga. Ikibazo ni uko wapfushije imodoka yawe ubusa, wapfushije ubusa amafaranga yawe mu gihe washoboraga kujya kure maze ukabona ibintu byinshi maze ukanezewa n'ahantu hanyuranye.

Ni ko bimeze no ku mibiri yacu. Dushobora kuba muri iyi si ariko dushobora kwitonda kuko muri iyi mibiri yacu dufitemo ibindi bikoresho, tukaba dushobora kuguruka tukajya hejuru yabyo. Nk'uko umuhanga mu by'ibyogajuru yicara mu cyogajuru. icyogajuru ni igikoresho cye. Agomba kwitonda ntarenge ku mategeko agenga ibifatika kugira ngo icyogajuru cye kiguruke mu mutekano kandi vuba. Ariko uwo muhanga ni ingenzi imbere muri icyo cyogajuru. icyo cyogajuru kiramutwara kikamugeza aho agiye. Ariko icyogajuru sicyo gikoresho cy'ingenzi – ahubwo icy'ingenzi ni umuntu ugitwara, n'aho agiye. Aramutse agikoresheje mu kuzenguruka ikirwa cya Long Island, kwaba ari ugupfusha igihe ubusa. Ni ugupfusha ubusa amafaranga y'igihugu.

Bityo rero imibiri yacu ni iy'igicro kinini kubera ko muri yo ni ho hicaye Umwigisha. Ni yo mpamvu muri Bibiliya bivigwa ngo mumenye ko imibiri yanyu ari insengero z'Imana kandi Imana Ishobora byose ikaba muri mwe ndetse n'Umwuka Wera bikaba uko. Niba Umwuka Wera cyangwa Imana Ishobora byose ituye muri twe, ntimwumva ukuntu bikomeye, ukuntu bifite agaciro gakomeye! Ariko abantu benshi basoma ibi bihuta ariko ntibasobanukirwe, ntibabone agaciro gakomeye gakubiye muri iyi nteruro kandi ntibagerageze no gushaka kubimenya. Bityo rero ni yo mpamvu abigishwa banjye bakunda gukurikira inyigisho zanjye kuko bashobora kubona uwicaye imbere muri bo n'ibiri hejuru y'iyi si, usibye imiruhu yacu ya buri muni, gushaka amafaranga, kwigaragambya n'ibindi bibazo byose bifatika.

Dufite ubwiza buruseho, umudendezo uruseho, n'ubumenyi buruseho muri twe. Kandi turamutse tumenye inzira nyayo yo gusabana n'ibi, ibi byose ni ibyacu kuko tubifite imbere muri twe. Ikibazo ni uko tutazi aho urufunguzo ruherereye kandi tukaba twarakinze iyi "nzu" hakaba hashize igihe kirekire none ubu tukaba twaribagiwe ko dufite ubu butunzi. Ni uko ibintu bimeze.

Bityo rero, uwo witwa Umwigisha ni we ushobora kudufasha gukingura urugi akatwereka ibisanzwe ari ibyacu kuva kera. Ariko tugomba gufata igihe tukinjiramo maze tukagenzura buri kintu dufite.

Uko biri kose twari mu Isi ya Kabiri. Ese mushishikajwe no kuba mwakomeza mukajya imbere? (Abamuteze amatwi: Yego! Yego!) Mushaka kumenya buri kintu ntacyo mukoze? Nta kibazo. Ariko byibura umuntu yakubwira uko igihugu runaka gisa igihe yigeze kukigeramo nubwo wowe waba utarakizezemo. Sibyo se? Byibura birabashishikaje, ahari koko mushaka kugenda. Nta kibazo. Noneho reka turebe inyuma y'Isi ya Kabiri. Sinarangije Isi ya Kabiri yose ariko

muzi ko tudashobora kwicara hano umunsi wose. Bityo rero nyuma y'Isi ya Kabiri, mushobora kugira imbaraga ziruseho. Niba mubiyemeje kandi mugakora, muzajya mu Isi ya Gatatu. Ahitwa Isi ya Gatatu. Ni urwego rwisumbuyeho.

Umuntu ujya mu Isi ya Gatatu agomba kuba yera byibura nta deni na rimwe ry'iyi si afite. Niba hari ikintu tugomba umwami w'iyi si igaragarira amaso, ntidushobora kuzamuka. Ni nko kuba uri umwicanyi mu gihugu runaka, ibyawe ntibiba ari shyashya, ntushobora kurenga imipaka ngo ujye mu kindi gihugu. Bityo rero ideni ry'iyi si rikubiyemo ibintu byinshi cyane twakoze mu bihe byahise no mu bihe turimo ndetse ahari no bihe bizaza mu buzima bwacu bw'ibifatika. Ibi byose bigomba gukemuka, mbese ni nko kwishyura imisoro kuri gasutamo mbere yo kwinjira mu isi yo hejuru. Ariko igihe turi mu Isi ya Kabiri, dutangira gukora, dukoresheje *karma*¹ dusigaranye zo mu buzima bwa kera n'ubwa none, kubera ko nta karma zo mu bihe byashize, ntitwabasha kubaho ubuzima bwa none.

Abigisha bari mu byiciro bibiri bitandukanye. Umwe ni utagira karma ariko akazitira kugira ngo aze hasi, undi ni nka twe, abantu basanzwe, ariko ufite karma zejeje. Bityo rero umuntu wese ashobora kuba Umwigisha, Umwigisha wo mu bihe bizaza. Kandi rimwe na rimwe Umwigisha atira karma akamanuka akava mu masi yo hejuru. Ibi murabyumva gute, gutira karma? Birashoboka. Birashoboka.

Dufashe nk'urugero, mbere y'uko mumanuka muza hano, mwigeze kuhaza mbere. Mwatanze kandi mwafatanyije n'abantu banyuranye bo ku isi mu myaka myinshi cyangwa mu myaka amagana.

¹ *Karma* ni imvano y'ibintu biba ku bantu mu buzima bwabo kandi akaba ari bo biturutseho. Ibyo umuntu yakoze bigira ingaruka ku mibereho ye izaza; ibintu bibi biba ku bantu biterwa n'ibyo bakoze, naho ibintu byiza biba ku bantu bituruka ku bintu byiza baba barakozwe mu bihe byashize.

Nyuma ukaza gusubira mu ijuru cyangwa mu rugo utuyemo ruri kure cyane, rufite inzego zitandukanye byibura ku Rwego rwa Gatanu. Iyo ni yo nzu y'Umwigisha, Urwego rwa Gatanu. Ariko hejuru y'uru rwego hari izindi nzego nyinshi.

Ubu noneho iyo dushaka kugaruka hano hasi, dufashe nk'urugero, kubera urukundo cyangwa indi nshingano twahawe n'Imana Data, noneho turamanuka. Kandi kubera ko dufite ibyo duhuriyeho n'abantu mu bihe byahise, dushobora gutira bimwe mu bikorwa byabo, ibi twita karma. Nta kintu, nta kintu cyiza abantu bagira, keretse ideni. Dushobora kugira ideni dufata maze tukaryishyura dukoresheje imbaraga zacu z'umwuka, buhoro buhoro kugeza turangije umurimo muri iyi si. Bityo rero uyu ni Umwigisha w'ubundi bwoko. Hari n'abandi bo muri iyi si, nyuma yo kwimenyereza bahita baba Abigisha hano, mbese ni nko kurangiza amashuri makuru. Ni byo. Ni yo mpamvu muri za kaminuza tugira abarimu n'abanyeshuri biga bakarangiza nabo bakaba abarimu nyuma y'aho. Hari abarimu bamaze igihe kirekire mu kazi, hakaba n'abarimu bakirangiza amashuri yabo, n'abandi. Niko bimeze, hari n'Abigisha bateye gutya.

Ubu noneho niba dushaka kujya mu Isi ya Gatatu, tugomba byanze bikunze kuba tutarangwaho akantu kose ka karma. Karma ni itegeko rivuga ngo Uko mubiba niko muzasarura. Ni nk'uko dutera urubuto rw'igiti cy'itunda, maze tukazasarura amatunda; twatera inanasi, tukazabona inanasi, ibi ni ibyitwa karma. Ibi ni ururimi rwa Sansikrit bivuga intandaro n'ingaruka. Bibiliya ntivuga kuri karma ariko iravuga iti Uko mubiba niko muzasarura. Ibyo ni ibintu bimwe.

Bibiliya ni incamake y'inyigisho z'Umwigisha, kandi n'ubuzima Bwe nabwo buvugwa muri make. Niyo mpamvu nta bisobanuro byinshi dusanga muri Bibiliya. Kandi Bibiliya yagiye yandikwa mu nyandiko nyinshi zimwe zagiye ziburizwamo kugira ngo

zihure n'ingirwa bayobozi b'aya matsinda; buri gihe ntibabaga ari abantu bita ku by'umwuka. Muzi ko mu bintu byose abantu bagurisha bakanagura buri kintu. Abaranga ibyo abantu bagura/bagurisha – barahari mu nzego zose z'ubuzima. Ariko Bibiliya y'ukuri, tuzi ko bitandukanye ho gato, byisumbuyeho, bisobanutse kurushaho, birushijeho koroha ku buryo byumvikana. Uko biri kose ntitubivugaho kuko abantu bavuga ko ari ugusuzugura iby'Imana kubera ko ntitwashobora kugira byinshi tubibemezaho. Bityo dushobora kuvuga gusa ibintu dushobora kwemeza.

Ubwo ahari mushobora kumbaza muti, “Dore uravuga iyi Si ya Kabiri, Isi ya Gatatu n'Isi ya Kane. Wabitwemeza gute?” Ni byo nshobora kubyemeza! Nshobora kubyemeza. Muramutse mugendanye nanjye, mu nzira imwe, mwabona ibintu nk'ibyo. Ariko mudakozese urugendo, ubwo nyine sinabasha kubibemeza. Ibyo birumvikana. Ibyo birumvikana. Impamvu ntinyuka kuvuga kuri ibi bintu ni uko hari igihamya. Dufite igihamya cy'abigishwa ibihumbi n'ibihumbagiza ku isi yose. Bityo rero dushobora kuvuga ibintu tuzi. Ariko kuri ibi mugomba kugendana nanjye, mugomba gukora urugendo. Naho ubundi ntimwavugaga ngo, “Nkorera urugendo maze unyereke buri kintu.” Ibyo sinabishobora.

Dufashe nk'urugero, ndamutse ntari hano ku Muryango w'Abibumbye muri iki cyumba, ibyo mwambwira byose kuri iki cyumba nta kamaro, mu by'ukuri sinabyiboneye njye ubwanjye. Sibyo se? Bityo rero tugomba kugendana n'umuntu wese watuyobora mu byo yiboneye. Hari bamwe mu bigishwa mfite muri iki cyumba bafite ubwenegihugu butandukanye, biboneye bimwe muri ibi bintu ndangije kubabwira – babibonyeho igice, ibindi babibona byose uko byakabaye.

Nanone kandi, nyuma y'Isi ya Gatatu, ibi ntibivugaga na

rimwe kuri buri kintu. Ibyo nababwiye ni agace gato k'ibyo bintu. Ni nko kubara inkuru y'urugendo, tuvuga isano ibintu bifitanye mu ncamake, nta kubivuga mu magambo arambuye cyane. Ndetse n'igihe dusomye igitabo kivuga ku gihugu runaka, mu by'ukuri icyo gitabo si igihugu. Sibyo se? Ni yo mpamvu hari ibitabo byinshi bivuga ku ngendo, ku bihugu bitandukanye byo mu isi, ariko tuba tugikeneye kwigirayo twebwe ubwacu. Tuzi Esipanye na Tenerife n'Ubugereki, ariko ibi tubizi mu mafilime gusa cyagwa mu bitabo gusa. Tugomba kujyayo maze tukumva ibyishimo bizanwa no kwiberayo mu by'ukuri n'ibyo kurya batanga n'amazi meza y'inyanja n'ikirere cyiza n'abantu beza ndetse n'ahantu h'ubwoko bwose tudashobora kumenyera mu gusoma ibitabo.

Bityo rero reka tuvuge ko uko biri kose mumaze kurenga Isi ya Gatatu, none ubwo hakurikiraho iki? Birumvikana ko mwajya ahisumbuyeho, mu Isi ya Kane. Kandi aha mu Isi ya Kane, ni ibidasanzwe gusa. Nta nubwo dushobora gukoresha ururimi rworoshye ngo dusobanurire abantu basanzwe ibi bintu byose, ibi tubiterwa no kwanga gucumura ku mwami w'iyi si. Kubera ko iyo si ari nziza bihebuje nubwo hari uduce twayo twijimye cyane, twijimye cyane kurusha ijoro rya New York igihe umuriro wabuze. Waba warigeze ubona umujyi wose uko wakabaye uri mu icuraburindi? Yego! Harijimyeye kurusha iryo curaburindi! Ariko mbere y'uko ugera ku Rumuri, harijimyeye kurushaho. Ni nk'aho ari umujyi wabuzanyijwe. Mbere y'uko tugera ku kumenya Imana, turahagarikwa, aho ngaho. Ariko turi kumwe n'Umwigisha, Umwigisha ufite ubunararibonye, ushobora gukomeza, bitaba ibyo ntitwashobora kubona inzira mu isi iteye gutyo.

Igihe tugeze mu bihe binyuranye by'imibereho, ntituba twanyuze mu ihinduka ry'iby'umwuka gusa ahubwo tuba twanyuze mu

ihinduka ry'ibifatika, ihinduka ry'iby'ubwenge n'ihinduka rya buri kintu mu buzima bwacu. Ubuzima dutangira kububona mu bundi buryo, tugenda mu bundi buryo, dukora mu bundi buryo. Ndetse n'akazi kacu, akazi kacu ka buri muni kagira ubundi busobanuro maze tukamenya impamvu dukora gutya, tukamenya impamvu tugomba kuba muri ako kazi cyangwa se impamvu tugomba kukareka tugashaka akandi. Dusobanukirwa intego y'ubuzima bwacu bityo ntitwongere kubura umutuzo cyangwa ngo twumve dufite igihunga, ni byo rwose! Ariko dutegereza dutuje, twihanganye kugira ngo umugambi wacu ku isi usohore, kubera ko tuzi aho tujya nyuma y'aho. Tubimenya tukiriho. Handitswe ngo, "gupfa ukiri mu mubiri." Ni byo, Ni byo! Kandi ndatekereza ko bamwe muri mwe mwigeze kumva ibintu bimeze nk'ibi, ariko nta Mwigisha n'umwe nzi ushobora kuvuga ibinyuranye n'ibi keretse ko tugomba kwishimira by'ukuri amayerekwa y'imbere muri twe.

Ni gute se hari umuntu wavuga ku buryo butandukanye imiterere ya Mercedes Benz? Igomba gukomeza kuba imodoka y'ubwoko bumwe. Bityo rero umuntu wese utunze Mercedes Benz, uzi Benz, yavuga imiterere y'imodoka y'ubwoko bumwe ariko iyo avugaga siyo Benz. Bityo rero nubwo mbabwira mu mvugo isanzwe ariko ibi si ibintu bisanzwe kandi ibi ni ibintu tugomba kwimenyera twe ubwacu, twifashishije imirimo yacu, ubunyakuri, umuntu wo kutuyobora. Nta ngorane bitera muri ubwo buryo. Nubwo bishobora kubaho ko umwe mu bantu miliyoni dushobora kubyigezaho twe ubwacu, ariko tunyuzemo mu kaga, mu ngorane ndetse n'ibyo tugeraho bikaba bitakwiringirwa, bitizewe cyane.

Bamwe mu bantu bo mu bihe byashize, urugero nka Swedenborg, asa naho yabigezeho ku giti cyo. Cyangwa se Gurdjieff,

nawe bivugwa ko yabigezeho ku giti cye – akaba yakoze urugendo wenyine. Ariko icyo nsomye iby'aba bantu, muri uyu murimo, ntibabigezeho nta ngorane n'ibibazo byinshi bahuye nabyo. Kandi siko bose muri bo bagera ku rwego rusumba izindi.

Bityo rero nyuma y'aho ujya ku rwego rwisumbuyeho. Nyuma y'urwego rwa Kane ujya ku rwego rwisumbuyeho, inzu y'Umwigisha ari rwo Rwego rwa Gatanu. Abigisha bose ni aho baza baturutse. Nubwo inzego zabo zisumbuyeho kuruta urwego rwa Gatanu, ni aho bibera. Ni ho Abigisha batuye. Hejuru y'aho, hari ingeri nyinshi z'Ubumana, zikomeye kugira ngo umuntu azisobanukirwe. Sinshaka kubateramo urujijo yenda ahari ubutaha nzabibabwira cyangwa se ahari nyuma yo gutangira kubimenyerezwa igihe muzaba mwiteguye kurushaho; nzababwira ibintu bitangaje ku bijyanye n'ibyo mutekereza. Mbega ukuntu rimwe na rimwe biba atari byiza gutekereza byinshi bivuga ku Mana.

Ibibazo n'Ibisubizo Nyuma y'Ikiganiro

IKIBAZO: Wigeze kuvuga ko Umwigisha ashobora gutira karma z'abantu. Ese icyo gihe izo karma zirasibangana kuri abo bantu? Ingaruka ziba izihe kuri aba bantu?

UMWIGISHA: Umwigisha ashobora gusiba karma z'umuntu wese, niba ibyo ari byo Umwigisha ahisemo gukora. Ubundi abigishwa bose, mu gihe cyo gutangira kumenyerezwa, karma zose zo mu bihe byashize bigomba gusibwa. Reka mbarekere gusa karma zo mu gihe turimo kugira ngo tubashe gukomeza muri ubu buzima naho ubundi twahita dupfa ako kanya. Nta karma ntawabaho muri ubu buzima! Ni yo mpamvu Umwigisha agomba gusiba karma zabitswe gusa - umuntu akaba yera - maze Umwigisha akamusigira ibikorwa byo kwizera bike kugira ngo akomeze ubu buzima, kugira ngo akore ibyo agomba gukora muri ubu buzima. Nyuma y'ibi biba birangiye. Ni yo mpamvu ashobora kugenda, none se bitabaye gutyo ni gute yabasha kugenda? Nubwo yaba yera muri ubu buzima, yera ku ruhe rugero? Hanyuma se bite ku buzima bwa nyuma, murabyumva?

IKIBAZO: Intego y'ibyo ukora ni iyihe?

UMWIGISHA: Intego? Ntabwo nabibabwiye? Kugenda hejuru y'iyi si, kwisubirira mu Bwami bw'Imana, kumenya ubwenge bwanyu, ndetse no kuba umuntu urushijeho kuba mwiza muri ubu buzima.

IKIBAZO: Ese habaho karma mu majuru yose?

UMWIGISHA: Mu majuru yose, oya, ni ukugera mu Ijuru rya Kabiri gusa kubera ko imitima yacu, ubwonko bwacu, mudasobwa “bikorerwa” muri urwo Rwego rwa Kabiri. Iyo tumanutse iyo nzira yose, iyo nzira tukayimanuka tuvuye mu majuru yo hejuru tukagera muri iyi si y'ibifatika, tuvuge yenda tuje kugira akazi dukora, dufashe nk'urugero, nk'Umwigisha ubwe ava mu Ijuru rya Gatanu akagera mu isi ifatika ariko agomba kunyura mu Rwego rwa Kabiri agafata iyi mudasobwa akayatsa kugira ngo akorere muri iyi si. Ni nk'umuntu woga akibira mu nyanja. Agomba gutegura ikigofero cyabugenewe, umwuka wo guhumeka na buri kintu cyose. Nubwo kuri we atabona ko biteye isoni ariko igihe yambaye ikigofero kirimo umwuka wo guhumeka, aba asa n'umutubu. Rimwe na rimwe niko tuba tumeze iyo turi kumwe ... n'iyi mudasobwa n'inzitizi zituzengurutse. Naho ubundi tuba turi beza bidasubirwaho. Nubwo mutekereza ko muri beza ubungubu, muri babi cyane ugereranyije n'abo muri bo mu by'ukuri kubera ibikoreho byose tugomba kwambara kugira ngo twibira kure muri iyi si dukore.

Bityo rero nyuma yo kuva mu Rwego rwa Kabiri ngo tujye ahisumbuye, tugomba gusigayo mudasobwa yacu, ntituba tukiyikeneye ukundi aho hejuru. Bityo rero ni nk'igihe uwibira ageze ku nkengero, akuramo ikigofero cyose cy'umwuka wo guhumeka n'ibikoreho bye byose byo kwibira maze akongera akamera uko yari mbere. Sibyo se? Niko biri!

IKIBAZO: Wavuze ko ku iherezo ry'Isi ya Kabiri, mbere y'uko ujya hejuru, usiga inyuma karma cyangwa ko ugomba gusiba cyangwa guhanagura karma. Ibi bishaka kuvuga na karma z'ubuzima bwa kera wigeze kugira muri ubu buzima?

UMWIGISHA: Yego. Kubera ko nta “mudasobwa” yo kwandika

ibibonetse byose. Dufite gusa ibikorwa byo kwizera kubera ko dufite iyi mudasobwa, imitima yacu, ubwonko bushinzwe kwandika ikintu cyose duhuye na cyo muri iyi si y'ibifatika. Ni yo mpamvu tuyifite. Cyaba icyiza cyangwa ikibi ni aha tucyandika. Ibi ni byo twita karma. Karma ni iki? Ni ibyo duhura na byo, ibibi cyangwa ibyiza, uko tubyitwaramo, ibyo tugenda twiga mu bihe byinshi by'ubuzima. Kandi kubera ko dufite icyitwa umutimanama, tuzi ko dushobora kuba beza kandi mu bindi bihe tukaba twakoze nabi. Ni yo mpamvu ibyo tubyita karma. Ibintu bibi biradutsikamira bikaduheza hasi, ni nk'imyanda myinshi, imitwari, kubera rukuruzi y'isi; bidukururira hasi maze bigatuma kurira umusozi bitugora. Kubera ikinyabupfura mu myitwarire giteye ku buryo bwinshi muri iyi si, amategeko menshi, imico myinshi, imigenzo myinshi mu bihugu bitandukanye bidufungira muri iyi myumvire y'ikibi n'icyiza, igicumuro n'ubuziranenge. Ni yo mpamvu iyo dusabanye n'abantu b'iyi si, tuba dufite ibyo tuzi ku kibi cyangwa icyiza, igicumuro n'ubuziranenge bishingiye ku mico, imigenzo y'igihugu runaka, amategeko y'icyo gihugu. Ubwo buryo dutekerezamo, uko dukora ikintu runaka, uko ducumura bigeraho bikaba akamenyero; twakora kiriya kintu, tukaba abanyabyaha. Kandi ibi byose ni aha byandikwa. Ibi ni byo bitubashisha kuva mu isi tujya mu yindi, bigatuma duhera muri iyi si y'ibifatika cyangwa tukajya mu isi yo hejuru gato, ariko ntutujye hejuru bihagije. Ntituba dufite umudendezo uhagije. Ntituba tworohereye bihagije kugira ngo twogoge ibirere. Biterwa n'iyi mitekerereze; iyi mitekerereze iba yaratugiyemo kuva mbere.

IKIBAZO: Ese iyo tuvutse biba byaragenwe mbere ko tuzagera ku rwego runaka mu buzima bw'umuntu wese?

UMWIGISHA: Oya, dufite umudendezo n'ubushake bwo kwiruka cyane cyangwa buhoro. Dufashe nk'urugero, imodoka yawe ushyiramo

litiro nyinshi za lisansi cyangwa mazutu. Ariko ushobora kuyitwara ukagenda wihuta maze ukagera aho ujya vuba cyane cyangwa ukagenda buhoro. Ni wowe biturukaho.

IKIBAZO: Njye nshaka kukubaza: abamalayika baba ku ruhe rwego?

UMWIGISHA: Urwego babaho? Eeh! Ushaka kuvuga ubuhe bwoko bw'abamalayika?

IKIBAZO: Abamalayika barinzi.

UMWIGISHA: Abamalayika barinzi, bashobora kuba ku Rwego rwa Kabiri. Abamalayika bari muni y'ibiremwanuntu – ni ab'igicro kiri hasi. Babereyeho kudukorera.

IKIBAZO: Ese ntibarenga hejuru y'urwo rwego?

UMWIGISHA: Oya! Keretse bashoboye kuba ibiremwanuntu. Bose bifuzaga cyane kuba ibiremwanuntu kubera ko Imana iba mu biremwanuntu. Dufite byose byadushoboza kuba umwe n'Imana, ariko abamalayika nta byo bafite. Ibi biragoye kubyumva. Nzabibabwira undi muni.

Abamalayika baremewe ngo tubakoreshe na mwe murabona ubwoko bunyuranye bw'abamalayika. Urugero, niba bararemwe n'Imana, ubwo rero bagomba kudukorera. Kandi ntibagomba, ntibategetswe kurenga aho. Ariko babishobora. Rimwe na rimwe hari ikintu kiremwa nta gahunda nyayo y'uko kizanozwa.

Dufate urugero rw'ibintu biri mu nzu yawe wakoreye kugushimisha. Nubwo ari byiza cyane, ugira gutya wicaye hano, ukazimya cyangwa ugacana amatara mu nzu yawe yose no mu busitani, ugacana cyangwa ukazimya televiziyo, kubera ko ari wowe wayikoreye, ariko nta kindi ibereyeho usibye kugukorera. Nubwo hari

aho ari byiza kurusha wowe, nko kuba iri hano maze ikagenzura buri kintu, ariko wowe ukaba udashobra kubikora ku mbaraga za kimuntu. Ariko ibi ntibivuga ko ari nziza kukurusha. Yaremewe kugukorerera gusa. Nubwo yaba nziza kukurusha ariko siko biri. Sibyo se! Nta kibazo. Ntishobora kuba ikiremwamuntu, ntishobora kuba mudasobwa.

IKIBAZO: Mwigisha Ching Hai, nshaka kumenya – kuko ubu turi mu mubiri, ese ni ukubera ko dushobora kuba twaraguye akaba ari yo mpamvu tugomba kubaturwa muri uyu mubiri mbere? Ese ni uku twahoze cyangwa hari igihe twigeze kuba tumeze neza mbere kurusha uko turi ubungubu? Ni iyihe myitwarire myiza umuntu yagira kugira ngo arushaho kwihuta aya mbere?

UMWIGISHA: Gusohoka mu mubiri maze tugakomeza imbere? Yego, twabishobora turamutse tuzi uko twabikora. Hari uburyo bwinshi butandukanye bwo gusiga uyu mubiri inyuma maze tukajya hejuru y'iyi si. Bamwe baragenda ntibagere kure, abandi bagera kure cyane, abandi bo bagera ku iherezo. Bityo rero nshingiye ku igereranya nakoze mu bushakashatsi bwanjye butandukanye kuva nkiri muto – nubwo n'ubungubu ngaragara nkaho nkiri muto, ariko icyo gihe nari muto kurusha uko ndi ubungubu, uburyo bwacu hano ni bwo buhebuje ubundi kuba bwiza, ni byo! Bugenda bukagera ku bundi buhera ubundi, ubuhera ubundi, ku mpera z'iherezo.

Hari ubundi buryo bwinshi, niba uhisemo kubyimenyera, ushobora guhitamo. Ku isoko hari uburyo bwinshi: bumwe bujya mu isi imurikirwa n'inyenyeri, ubundi bujya mu Isi ya Gatatu cyangwa iya Kane ariko si benshi bashobora kujya mu ya Gatanu. Nuko rero, uburyo bwacu, uko dukora ni ukukugeza mu Isi ya Gatanu mbere y'uko tukubatura. Tukakureka ukagenda wenyine. Kandi hejuru y'aho dushobora kwegera ubundi bumana bw'Imana, hejuru y'Urwego rwa

Gatanu, ariko buri gihe ntibiba binejeje.

Dutekereza buri gihe ko uko tugiyeye hejuru ari ko birushaho kuba byiza; buri gihe siko biri. Urugero, rimwe na rimwe twinjira mu ngoro nziza, tukaba twatumwe mu ruganiriro na nyirurugo. Turicara tugahabwa icyo kunywa gifutse n'ibyo kurya biryoshye n'ibindi bintu. Nyuma tukumva twagombye kujya ikambere mu nzu, tukihera ijisho. Mukagira gutya mukibona aho bamena imyanda, ndetse namwe muzi n'ibindi bintu biba mu nzu. Buri gihe ntibiba ari ngombwa. Nanone mu nzu y'amashanyarazi, twinjira mu nzu y'amashanyarazi iri inyuma y'inzu, hejuru y'inzu, maze tukahakubitanira na kabutindi maze tukahasiga ubuzima. Bityo rero singombwa cyangwa se ntawagirwa inama buri gihe yo gukomeza ngo agere kure, ariko hari igihe dushobora kubikora dushaka kwirebera uko biragenda.

IKIBAZO: Mfite ibibazo bibiri. icya mbere ni iki: Umuntu aramutse yibutse ibyamubayeho kera, ni iyihe si ibyo twibuka byo mu bihe byashize biturukamo? icya kabiri: ni iyihe sano ubuzima bwa kera bufitanye na karma zo muri iki gihe n'imyumvire y'iki gihe? Ese ni bimwe mu "birenga ku mitwaro" igenwe?

UMWIGISHA: Ni byo, ni byo. Bifitanye isano cyane. Ikibazo cya mbere, karma za kera ziva he? Ushobora gusoma iby'ubuzima bwahise, ibi ni ukuri. Kandi iby'ubuzima bwa kera, nk'uko nabibabwiye bikomoka mu bubiko bw'ibyabayeho. Nibyo. Iyi ni nk'inzu y'isomero mu Isi ya Kabiri igerwamo na buri wese ubashije kugera aho. Si buri wese ushobora kugera ku isomero ry'Umuryango w'Abibumbye ngo arigeremo. Ariko urugero ubungubu nabishobora kubera ko natumiwe ngo nze gutanga ikiganiro mu Muryango w'Abibumbye. Si byo se? Si buri wese wakwinjira hano, ariko mwe mwabishobora, kubera ko musa naho muri abaturage ba hano. Ni ko bimeze rero igihe tugeze mu Isi ya

Kabiri, dushobora gusoma ubuzima bwa kera. Nanone kandi igihe tugeze mu Isi ya Mbere, mu duce tumwe twayo, dushobora kunaga akajisho ku buzima bw'umuntu bwa kera. Ariko ibyo ntibiri hejuru cyane kandi ntibyuzuye cyane.

Ni iyihe sano ibyo mu buzima bwa kera bifitanye na karma zo muri iki gihe? Dushobora kuvuga ko ibi ari ibintu twize kugira ngo duhangane n'ubuzima bw'iki gihe. Ibyo mwize bikabacengera kera, ni byo muzana mugashyira mu bikorwa mu buzima bw'iki gihe. Nanone kandi, ibintu byinshi cyane bidashimishije byo mu bihe byahise byagutera ubwoba ubonye ikimenyetso gisa cyane rwose n'icyo mu buzima bwa kera. Urugero, niba mu buzima bwa kera warigeze gukora impanuka ugahanuka ku ngazi maze ugakomereka bikomeye hari umwijima kandi ntihagire umuntu ugufasha. Nanone ubu iyo umanutse ku ngazi, wumva wongeye kugira ubwoba, cyane cyane iyo izo ngazi ari ndende kandi hasi hijimye; wumva ufite intambara mu mutima wibaza niba ari ngombwa ko umanuka cyangwa se ukabireka. Cyangwa se niba ubuzima bwa kera wigeze kwiga mu bitabo ukabukoraho ubushakashatsi bwimbitse mu bumenyi runaka. Ubona wowe ubwawe ugishimishijwe cyane n'ubu buzima. Bityo wumva ufite ikintu gisa n'ikigukururira gukora ubushakashatsi ubwo ari bwo bwose, nubwo ubungubu waba utari umuhanga. Cyangwa ikindi kintu cyose kimeze gutyo.

Ni yo mpamvu Mozart yari umuhanga w'igitangaza igihe yari afite imyaka ine. Yahise ajya mu bya piyano maze aba ikirangirire kugeze ubu. Yari umuhanga w'igitangaza kubera ko yari yarabyitoje no mu bundi buzima bw'inshi kugeza abaye ikirangirire, ariko nyuma y'aho aza gupfa. Mbere yuko agera ku isonga y'umwuga we, yarapfuye kandi ntiyari anyuzwe no gusiga umwuga we kubera ko yakundaga umuziki. Bityo rero yaje kugaruka maze ubunararibonye bwose yari

yarize mu mpano ye ya kera yo gucuranga buramugarukira kubera ko ubwo yapfaga yari afite icyifuzo gikomeye cyane cyo gukomeza.

Kandi bamwe muri aba bantu biga byinshi cyane mu Isi y'Inyenyeri cyangwa Isi ya Kabiri mbere y'uko bavukira ubwa kabiri muri iyi si. Ni yo mpamvu bafite impano zitangaje mu bumenyi, cyangwa mu muziki, cyangwa mu buvanganzo, cyangwa mu bundi buvumbuzi, abandi bantu batazi. Murabona ubwoko bw'ibintu bivumburwa bidasanze rwose abandi bantu badashobora gusobanukirwa ndetse badashobora no kurota ko bavumbura. Barabyize kubera ko babibonye.

Ni yo mpamvu hari ukwiga k'uburyo bubiri muri iyi si cyangwa mu isi yo hejuru. Ababifitemo impano kandi bahebuje, nk'abahanga b'ibitangaza, ni impuguke zo mu isi zo hejuru nko mu Isi y'Inyenyeri, Isi ya Kabiri; rimwe na rimwe no mu Isi ya Gatatu, iyo ahisemo kugaruka. Barahebuje! Ni abahanga b'ibitangaza.

IKIBAZO: By'umwihariko, gutangira kumenyerezwa kwawe gukubiyemo iki kandi igihe umuntu yatangiye kubimenyerezwa, imikorere ya buri muni iba ikubiyemo iki?

UMWIGISHA: Mbere ya byose ni uko byose ari ubuntu, nta kintu kirimo utegetswe, keretse ko ugomba kugira ibyo wiyemeza wowe uramutse ushaka gukomeza ukagera kure. Bityo rero mu bisabwa kuzuzwa nta burambe burimo. Nta bumenyi bubanza burebana n'ingororangingo cyangwa gutekereza mu rwiherero bisabwa. Ariko noneho, ugomba kwiyemeza mu buzima bwawe indyo itarangwamo inyama: amagi ntiyemewe, amata aremewe, foromaje iremewe. Ikintu cyose kidasaba kwica kiremewe.

Amagi kubera ko ari kimwe cya kabiri cyo kwica, nubwo nta kintu kiba cyakaremwemo. Nanone kandi igi rifite ubwiza busa naho bukurura imbaraga zitari nziza. Ni yo mpamvu abapfumu

benshi – abirabura n'abazungu – cyangwa abayoboke ba vodu, abitwa abavodu, bakoresha amagi mu gukurura utugingo two mu bantu bahanzweho na satani. Ibi murabizi cyangwa ntimubizi? (Umuntu umwe arasubiza ati ndabizi) Murabizi? Yee, ni byiza cyane! Noneho mpise mbabonera igihama byibura, nubwo atari uguhita umuntu abisobanukirwa. (Habeho guseka)

Igihe cyo gutangira kumenyerezwa, wihurira n'Urumuri n'Ijwi by'Imana. Indirimbo z'Umwuka zirakuzamura ku rwego rwisumbuyeho rw'umutimanama. Wumva uko Samadhi imera – amahoro n'ibyishimo byinshi. Nyuma y'ibyo ukomeza kubikorera mu rugo iyo ubirimo utikinira. Iyo ubirimo wikinira, sinaguhata, sinakongera kukubangamira ukundi. Ariko uramutse ukomeje maze ukaba ushaka ko ngufasha noneho ndakomeza. Niba utabishaka, dore inzira igendere. Amasaha abiri n'igice y'umwiherero ku muni: kanguka kare mu gitondo, mbere y'uko wongera gusinzira – wiherere uzirikane amasaha abiri; n'igice cy'isaha mu kiruhuko cy'ifunguro rya saa sita. Igihe ntari hano ntanga ikiganiro, mufite isaha imwe y'ikiruhuko cy'ifunguro rya saa sita. Ushobora kugira ahantu wihisha maze ukazirikana wiherereye. Ubwo rero uba ubonye isaha imwe. Ku mugoroba ukongera gukora isaha imwe cyangwa igice cy'isaha. Mu gitondo, byuka mbere ho isaha imwe.

Rushaho gushyira ubuzima bwawe kuri gahunda, reba televiziyo inshuro nke zishoboka, ibiganiro by'imburamumaro bike, kwirirwa uvugira kuri telephone bigabanye, soma ibinyamakuru gake, maze urebe ko utabona igihe cyinshi. Ni byo rwose dufite igihe cyinshi ariko rimwe na rimwe tugipfusha ubusa. Mbese ni nko gufata ya modoka yacu tukazenguruka mu gikari aho kugira ngo tujye Long Island, ni ko bimeze. Ese munyuzwe n'ibyo ngibyoye? (Ubaza: Yego!) Nta bindi musabwa, nta bindi rwose keretse ko mugomba kwiyemeza

maze mukabyimenyereza mu buzima bwanyu bwose. Buri muni hagenda habaho impinduka nziza n'ibitangaza binyuranye mu buzima bwawe, kandi bidatewe nuko ubyifuzza. Bizabaho uko byagenda kose. Ubwo nyine utangire gusogongera by'ukuri uko ijuru rimeze hano ku Isi, niba mu by'ukuri udakina. Uko niko ibihumbi n'ibihumbagiza by'abigishwa bacu bakidukurikira, bakidukurikira nyuma y'imyaka myinshi, kubera ko babifitemo ubumenyi bwiza, burushije kuba bwiza, kubera ko babibamo badakina kandi bakabishyira mu bikorwa.

IKIBAZO: Mudusobanurire imiterere y'umutimanama.

UMWIGISHA: Imiterere y'umutimanama, ni byo. Biragoye kubisobanura ariko mushobora gukoresha ubwenge bwanyu mugatekereza. Ni nk'ubwoko bw'ubwenge, nko kumenya ikintu neza kurusha uko wari ukizi mbere. Yego, uba uzi ikintu kiri hejuru y'isi, uba uzi ikintu kiri mu isi utari uzi mbere, usobanukirwa ibintu byinshi utazi cyangwa utari uzi mbere. Uyu ni wo mutimanama.

Nanone kandi iyo ufunguye uyu mutimanama, cyangwa icyo bita ubwenge, usobanukirwa mu by'ukuri uwo uriwe n'impamvu uri hano n'ikindi kintu kiri hejuru y'isi, ndetse n'undi muntu uri hejuru cyangwa utandukanye n'abaturage bacu b'isi. Hari ibintu byinshi. Bityo rero urwego rw'umutimanama ni nk'inze zinyuranye z'imyumvire, mbese ni nko kurangiza amashuri. Uko urushaho kwiga ni ko urushako kumenya, kugeza urangije amashuri ukabihereza impamyabushobozi.

Biragoye gusobanura ikintu kidafatika, ariko nagerageje. Ni uburyo bw'imyumvire. Biragoye gusobanura imyumvire. Iyo ugiye ku nzego zinyuranye, ziri hejuru z'umutimanama, imyumvire yawe iba itandukanye. Umenya ibintu ku buryo butandukanye, wumva umeze ukundi. Wumva ufite amahoro bidasubirwaho, uri mu mutuzo, mu munezero uhebuje. Nta bibazo ugira, usobanukirwa buri kintu cyo mu

buzima bwawe bwa buri muni. Umenya uko witwara mu bintu n'ukuntu wakemura ibibazo neza kurushaho. Ndetse no mu isi y'ibifatika bigira inyungu. Ndetse no muri wowe, uko wumva umeze, ni wowe ubizi gusa. Biragoye gusobanura ibi bintu. Mbese ni nko kurongora umukobwa ukunda – uko wumva umeze, ni wowe ubizi gusa. Nta muntu n'umwe ushobora kubikumvira.

IKIBAZO: Nyakubahwa Mwigisha, tugushimiye ibisobanura uduhaye. Ndibaza niba ushaka kuvuga ku kintu kiri mu mutimanama wanjye. Kuki muri iki gihe Abigisha benshi cyane ku Isi baduha amahirwe yo kwiga twihuse cyane mu gihe kera byari bikomeye cyane? Mushobora kugira icyo mubitubwiraho?

UMWIGISHA: Yego, rwose. Kubera ko muri iki gihe cyacu, ihanamakuru ryateye imbere. Usanga tuzi Abigisha kurushaho, mu gihe kera bitashobokaga, Abigisha ntibabagaho, cyangwa se Abigisha ntibagerwagaho. Birumvikana, ni ukuri ko abigisha bamwe bagerwaho kurusha abandi. Biterwa n'amahitamo y'umwigisha, cyangwa ubushake bwe bwo gutanga, cyangwa uko aziranye n'abantu muri rusange. Ariko rero buri gihe cyagiye kigira Abigisha umwe, babiri, batatu, bane, batanu. Biterwa n'ibikenewe muri icyo gihe. Ubu tuzi ko hari Abigisha benshi batandukanye, bashobora ahari kuba bari mu nzego zitandukanye, kubera ko muri ibi bihe dufite amahirwe yo kugira ibitangamakuru, dufite za televiziyo, dufite amaradiyo, ibitabo byandikwa ari za miliyoni, ibihumbi n'ibihumbagiza by'ibitabo byandikwa mu kanya nk'ako guhumbya.

Mu bihe bya kera, twashakaga kwandika igitabo tukabanza gutema igiti cyose maze tukacyasa dukoresheje amashoka yoroheje kandi yahitaga asaza mu gihe gito ntiyongere gukoreshwa ikindi gihe; twagombaga kubisena dukoresheje amabuye n'ibindi bintu maze

tukagenda ducora ijambo ku rindi. Igihe rero washakaga kwandika umubare runaka wa za Bibiliya, byafata umurongo munini w'ibikamyo binini haramutse icyo gihe harabagaho amakamyo. Bityo rero ni yo mpamvu ubu hari Abigisha benshi.

Yego, ni amahirwe rero, ibi ni byiza cyane kuri mwe kuba mubafite – mushobora kugura, mushobora guhitamo icyo mushaka. Bityo rero nta wakubeshya ngo akubwire ko ari we mwigisha urusha abandi bose. Ni byo, mushobora kugereranya mugakoresha ubwenge bwanyu mugashyira mu gaciro mukavuga muti “Uyu ni we mwigisha urusha abandi” cyangwa se muti “Njye nikundira uriya kurusha abandi”, “Uriya afite isura iteye ubwoba”, “Uriya ni we mubi”. (Habeho guseka)

IKIBAZO: Kubera ko wigeze kuvuga ibyo kujya kugura ibintu mu maduka, ese mushobora gutangira kwigisha umuntu wigishijwe n'undi Mwigisha?

UMWIGISHA: Nabishobora ari uko gusa uwo muntu yemera by'ukuri ko nshobora kumugeza ku rwego rwisumbuyeho kandi vuba. Naho ubundi ni byiza ko umuntu aguma ku Mwigisha we iyo acyumva amwubatsheho cyane akaba yizeye uwo Mwigisha. Iyo wumva rero ko Umwigisha wawe arusha abandi bose, ubwo rero ntuhindura. Igihe ugifite gushidikanya, ukaba utarabona rwa Rumuri na rya Jwi nigeze kuvuga, noneho ushobora kugerageza. Yego, ni kubera ko Urumuri n'Ijwi ari igipimo cyemewe gisuzumirwaho Umwigisha w'ukuri. Niba hari umuntu udashobora kuguha urwo Rumuri cyangwa iryo Jwi, uwo si Umwigisha w'ukuri, mumbabarire kuba mbivuze gutyo. Inzira ijya mu ijuru igendana n'Urumuri n'Ijwi.

Ni nko kwibira mu nyanja, ugomba kuba ufite ikigofero cy'umwuka wo guhumeka n'ibindi bisa na byo. Hari ibintu bigenewe

intego zinyuranye. Ni yo mpamvu ubona Abatagatifu bose bafite ikamba ry'uruziga rizengurutse imitwe yabo. Urwo ni Urumuri. Iyo ukoresheje ubu buryo, urabagiranaho urwo Rumuri rumeze nk'urwo bashushanya ku mashusho ya Yesu maze abantu bakabasha kurubona. Iyo umuntu areba mu mwuka, ashobora kubona Urumuri rwawe. Ni yo mpamvu bashushanya Yesu afite ikamba ry'uruziga ku mutwe, bagashushanya Ababuda bafite urwo Rumuri rubazengurutse. Mushobora kubonana abigisha, bari ku ntera yo hejuru, Urumuri rumeze nk'uru muramutse muhumutse. (Umwigisha atunga urutoki mu jisho rye ryuje Ubwenge) Abantu benshi bashobora kurubona. Muri mwe hari uri hano warubonye? Wowe? Wabonye iki?

IKIBAZO: Yego, ndabona umucyo ukurabagiranaho, umucyo ukurabagiranaho.

UMWIGISHA: Yego, ariko umucyo urabagirana utandukanye n'Urumuri. Umucyo urabagirana ugira amabara atandukanye, rimwe na rimwe uba ari umukara, ubundi risa n'ibara ry'ikawa, ry'ikawa y'amabara, rimwe na rimwe umuhondo cyangwa umutuku. Biterwa n'uko umuntu ameze muri icyo gihe. Ariko igihe ubonye umuntu ufite umucyo urabagirana mu by'umwuka, umenya ko bitandukanye. Sibyo se?

IKIBAZO: Mu by'ukuri simfite ikibazo. Ahubwo – ni uko nigeze kumara igihe nkora raja yoga. Ndatekereza ko nanjye nabonye umucyo urabagirana. Nshatse kuvuga icyo gihe, sinarimfite ubumenyi bwinshi, sinarinsobanukiwe.

UMWIGISHA: None ubu ntukibona uwo mucyo urabagirana? Ese uwubona rimwe na rimwe gusa?

IKIBAZO: Oya, ubu sinkiherera ngo nzirikane.

UMWIGISHA: Eeh, ni yo mpamvu watakaje imbaraga zawe. Ugomba kongera kuzirikana wiherereye. Niba ucyemera iyo nzira, ugomba kwiherera ukazirikana. Ibyo hari aho byagufasha. Ntacyo byagutwara. Sibyo se?

IKIBAZO: Nabonye mu nyandiko ngufi yanyu ko hari imirongo ngenderwaho 5. Igihe umuntu atangiye kumenyerezwa, agomba kubaho akurikije iyi mirongo ngenderwaho?

UMWIGISHA: Yego, yego, yego. Ni amategeko yo mu isanzure y'isi.

IKIBAZO: Sinumva icyo "kwiandarika mu bijyanye n'imibonano mpuzabitsina" bisobanura.

UMWIGISHA: Bisobanura ko niba ufite umugabo, utagomba gushaka undi wa kabiri. (Habeho guseka) Biroroshye cyane. Oroshya ubuzima bwawe, nta kwigora no gutongana ku birebana n'amarangamutima. Ni byo. Erega bibangamira amarangamutima y'abandi. Ntitugomba gukomeretsa abandi ndetse no mu marangamutima. Ni icyo bivuga. Tugerageza kwirinda amakimbirane, tugerageza kwirinda icyababaza buri wese mu marangamutima, ku mubiri, mu bitekerezo, cyane cyane abo dukunda, ni uko biri.

Niba hari undi mugabo ufite, ntubimubwire. Birushaho kumubabaza iyo ubimubwiye. Ahubwo bikemure buhoro buhoro kandi mu mutuzo, kandi ntubimwaturire. Kubera ko rimwe na rimwe abantu batekereza ko ari ubushishozi no kuba inyangamugayo cyane iyo bafitanye umubano n'undi muntu, maze bakajya mu rugo bakabibwira umugore cyangwa umugabo wabo. Ibyo nta gaciro. Si byiza. Warangije gukora ikosa, kuki wazana uwo mwanda mu rugo maze abantu ngo bawunezererwe? Iyo atabizi, nta kibazo yumva abifiteho bigeze aho. Kubimenya nibyo bibabaza. Bityo rero twagerageza gukemura icyo kibazo maze ntuzongere ukundi, ni uko biri. Byaba

byiza kurushaho kutabibwira mugenzi wawe mubana, kubera ko bizamubabaza, bizababaza mugenzi wawe.

IKIBAZO: Nabonye ko Abigisha benshi b'iby'umwuka bakunda gusetsa. Ni iyihe sano iba hagati yo gusetsa no gukora iby'umwuka?

UMWIGISHA: Mbese! Ndateka ko baba banezerewe, batuje, bishimiye buri kintu. Bashobora kwiseka bo ubwabo cyangwa bagaseka abandi; bagaseka ibintu byo mu buzima bisa n'iby'abasazi abantu bakunda kwihambiraho ubutagoheka kandi bakabifata bakomeje cyane badakina.

Nyuma yo kubwiriza hari ukuntu tugeraho tukavuga ibintu byoroheje, tukumva tutakivuga ibintu bikomeye. Turamutse dupfuye ejo, ubwo nyine twapfa; niba tugomba kubaho, ubwo nyine tubaho. Niba tubuze byose, ubwo tuba tubuze byose nyine; niba dufite byose, tuba tubifite. Tugira ubwenge n'ubushobozi bihagije nyuma y'uko kumurikirwa kutugeraho mu bintu byose. Bityo rero ntakidutera ubwoba. Ubwoba bwacu burashira, impungenge zacu zirashira. Ni yo mpamvu tuba dutuje. Twumva ntaho duhuriye n'isi. Ibyo twaronka cyangwa twahomba byose ntibiba bigifite ikintu kinini bitubwira. Iyo turonse ibintu byinshi, ni ku nyungu z'abantu, maze tukabibaha; ni ku nyungu z'abo dukunda. Iyo bitabaye ibyo ntidufata ubuzima bwacu nk'aho hari icyo bumaze ku buryo twanyura mu ntambara n'imibabaro ngo tububungabunge. Ni byiza iyo tubungabunze ubuzima bwacu. Ntibivuga ko twicara mu buriri umunsi wose turi ku mavi maze tukisherera tukazirikana. Ahubwo turakora.

Urugero nk'ubu ndacyakora. Nsiga amarangi, nkora n'imirimu y'ubukorikori kugira ngo mbone ikitunga. Bityo rero sinshaka ko hagira umuntu umpa ibitunga. Ndetse amafaranga ninjiza ni menshi cyane ku buryo nshobora gufasha abandi. Nshobora

gufasha impunzi, abakozweho n'ibiza n'abandi. Kuki tutagomba gukora? Ariko dufite ubuhanga n'ubushobozi bwinshi cyane, bityo ubuzima buratworohera cyane nyuma yo kumurikirwa kuko twumva nta mpamvu yo guhangayika. Ubusanzwe twishyira mu mutuzo. Ubwo rero gukunda gusetsa niko bitangira. Ndukeka ko ibintu ari uko biri.

Ese mubona nkunda gusetsa? (Abamuteze amatwi: Yego) (Habeho guseka no gukoma amashyi) Ubwo rero birashoboka, nshobora kuba ndi Umwigisha uteye ukwanjye, sibyo? (Habeho guseka) Reka twizere ko ari uko biri, ku bwanyu, mukaba mutamaze amasaha abiri muteze amatwi umuntu utaramurikirwa, muta igihe cyanyu.

IKIBAZO: Ibibazo twe dufite imitima ishaka kumurikirwa twibaza buri gihe maze bakatubwira inkuru n'ibintu bidafatika, ubu rero nkaba nifuzaga kumva icyo Mwe mubivugaho. icya mbere ni: Turi bande? Ndinde? Ni gute naje kwibona mu bihe bibi maze nkaba ngomba gusubira lwacu? Ni gute navuye lwacu kandi ni ukubera iki ari ngombwa gusubira lwacu? Mwigize kuvuga ibyo gusubira mu Isi ya Gatano, kandi ko ngo atari ngombwa kujya hejuru yawe. Ariko niba hari ahandi hari hejuru y'aho, ubwo hamaze iki? Ni iyihe sano mfitanye naho niba ntagomba gusubira inyuma ngo nyeyo?

UMWIGISHA: Noneho ndumva bitangiye kuba urwenya. (Habeho guseka no gukoma amashyi) Ni byo. Ku birebana n'ikibazo cy'uwo ndi we, mushobora kugenda mukabaza umwigisha Zen, kandi ni benshi muri Leta ya New York. Mushobora kureba kuri mapaji agenda atangazwa maze mukabonamo umwe. (Habeho guseka) Njye sinzobereye muri ibyo.

Ku kibazo cya kabiri, "Kuki uri hano?" Ahari ni kubera ko ukunda kwibera hano. Cyangwa se ninde washobora kudutegeka kuba

hano kandi turi abana b'Imana. Abitwa abana b'Imana ni nk'Imana ubwayo. Oya? Igikomangoma kiba kimeze nk'umwami, mu bintu bimwe na bimwe, cyenda kuba nk'umwami cyangwa se ari umwami wo mu gihe kizaza. Bityo rero igihe cyose ashatse kugira aho ajya, ubwo nyine arahajya. Uko byagenda kose, dufite umudendezo wo guhitamo kuba mu ijuru cyangwa ahandi hantu twishakiye twe ku bushake bwacu. Ni ukuvuga ko ushobora kuba warahisemo kuba uri hano mu itangiriro, mu myaka myinshi ishize, ukiga ikintu ukiyemeza kucyishoramo, ikintu giteye ubwoba. Abantu bamwe bikundira ibintu biteye ubwoba.

Dufashe nk'urugero rw'igikomangoma, gishobora kuba mu ngoro ya cyami ariko gishobora kujya komonganira mu mashyamba kubera ko cyikundira kwirebera ibintu uko biteye muri kamere yabyo. Bishobora kubaho muri ubwo buryo. Bishobora guterwa nuko turambiwe, turambiwe kuba mu ijuru, kubera ko buri kintu cyatunganyijwe maze kikagezwa ku muryango w'ingoro tubamo, bityo ugasanga twe ubwacu hari ikintu dushaka kwikorera. Kimwe n'urugo rwa cyami, rimwe na rimwe nabo bashaka kwitekerera bakaba badashaka ko abagaragu baba batari hafi aho. Maze bakiyandurisha isosi n'amavuta, ahantu hose, ariko ugasanga babyishimiye. Si ibintu bikwiye cyane umuntu w'igikomangoma, ariko barabikunda.

Bityo rero, dufashe urugero, nk'ubu mfite abantu bantwara mu modoka. Aho ngiye hose, abantu bifuzaga kubera abashoferi. Ariko rimwe na rimwe, nkunda kwitwara njye ubwanjye. Ntwara ibirometero icumi mu isaha akamodoka kanjye k'amapine atatu, gacomekwa ku muriro nta kunywa itabi. Nkunda kwitwara gutya kubera ko aho ngiye hose, abantu bahita bambona cyane, bityo rero rimwe na rimwe mba nshaka kujya ahantu abantu batanzi. Sinkunda kuvuga cyane keretse

iyongomba gutanga ikiganiro kubera ko bimaze kuba nk'inshingano kuva abantu bamvumbura maze bakangira ikirangirire kugeza ubu. Sinshobora guhunga abantu kenshi cyane ariko rimwe na rimwe ngomba kwiruka nkigendera nnyenyine nk'amezi abiri cyangwa atatu. Mbese ni nk'umugore wateteshejwe maze akahukana agasiga umugabo. Nanjye ni ko guhitamo kwanjye.

Bityo rero birashoboka ko mwahisemo kuba muri hano akanya gato. Birashoboka ko ubu igihe kigeze mukaba mushaka kugenda kubera ko mumaze kwiga ibihagije byo muri iyi si, mukumva ko nta kindi mushaka kwiga, murambiwe gukora urugendo. Mushaka kuruhuka. Kujya mu Rugo, mukabanza kuruhuka. Maze mukareba niba mushaka kongera kugenda, mugakora urugendo rwo kwishora. Ibi nibyo mbasha kubabwira kugeza ubu.

Kuki tugomba kujya mu Rugo? Kubera iki Urwego rwa Gatanu, nta rwa Gatandatu? Ni wowe biturukaho. Nyuma y'Urwego rwa Gatanu, ushobora kujya ahandi hose ushaka. Hari izindi nzego nyinshi hejuru y'aho. Ariko birushaho gutanga umutuzo, ntibigira aho bibogamiye iyo wigumiye hariya. Hejuru hari imbaraga zikabije, uko urushaho kuzamuka, ni uko ahari bimeze. Ushobora kugenda akanya gato, ariko hari igihe waba udashaka kuruhuka.

Urugero, inzu yawe ni nziza, ariko hari uduce tw'inzu yawe tugenewe ubwiherero kandi ntiwakwifuzaga kuharukira iteka, nubwo ari mu nzu yawe. Ni nko mu mpinga z'umusozi kandi uko harushaho kuba hejuru, niko harushaho kuba heza ariko si ahantu ho kuruhukira. Cyangwa mu cyumba kibamo iby'amashanyarazi mu nzu yawe – imashini, urusaku rwinshi, icyokere, ubushyuhe, n'ingorane. Ntiwakwifuzaga kuba nubwo bigufasha cyane mu nzu yawe. Ni uko bimeze.

Hari imiterere myinshi y'Imana tudashobora gutekereza.

Buri muni dutekereza ko uko tuzamuka hejuru, niko turushaho gukunda. Ariko hari uburyo bwinshi bw'urukundo. Hari urukundo ruhutaza, urukundo rukomeye, urukundo rworohereje, urukundo rutabogama. Bityo rero biterwa n'uko dushobora kubyihanganira. Imana izaduha urukundo ku ngero zitandukanye. Ni byo. Inzego zitandukanye zitanga inzego zinyuranye z'urukundo ruva ku Mana. Ariko rimwe na rimwe ruba rukomeye birenze, tukumva rwenda kudushwanyura.

IKIBAZO: Ndabona kwangirika kwinshi gukomeje ahadukikije, kwangirika kw'ibidukikije. Ubugome bukorerwa inyamaswa. Ndibaza uko Mubibona n'ibyo Mushobora gutegeka abantu bagerageza kuva mu isi mu buryo bw'umwuka, mu kubafasha guhangana n'ibibazengurutse no guhangana no kwangirika kubera ahabakikije? Ese Mutekereza ko kujya hejuru y'iyi si biduhagije ngo tumenye ibyo dusize inyuma, cyangwa Mwumva dufite muri iyi si inshingano zo kugerageza kugabanya imibabaro? Ese hari akamaro bizagira?

UMWIGISHA: Bizagira akamaro, bizakagira. Byibuze kuri twe, ku bw'umutimanama wacu, kugira ngo twumve ko turi gukora ikintu runaka kandi tukaba twagerageje uko dushoboye ngo tuvane imibabaro kuri ibyo biremwa bimeze nka twe. Nanjye ndabikora. Ibyo mubaza byose, ndabikora ubu. Narabikoze, ndabikora kandi nzakomeza kubikora.

Narangiye kubabwira ko amafaranga yacu asaranganywa mu miryango inyuranye, rimwe na rimwe mu bihugu binyuranye, igihe byagwirirwe n'amakuba. Sinshaka kubyirata cyane ariko kubera ko mubibajije – nabaha urugero rw'igihugu cya Filipine twafashije umwaka ushize mu cyiza cya Mt. Pinatubo. Twafashije abakozweho n'umwuzure muri Au Lac, abakozweho n'umwuzure mu Bushinwa,

n'ahandi. Ubu turimo kugerageza gufasha impunzi za Au Lac dufasha Umuryango w'Abibumbye, Umuryango w'Abibumbye upfa kuba ushaka ko twawufasha. Ariko turimo turagerageza. Tubafashisha amafaranga, nanone dushobora kubimurira ahandi iyo Umuryango w'Abibumbye wemeye ko bibaho – tubyemerewe n'Umuryango w'Abibumbye.

Yego, dukora rero ibi bintu byose mwabajije nanone kandi kubera ko turi hano, tugomba gusukura aho tuba uko dushoboye kose. Bityo rero, dufasha mu mibabaro kandi dufasha ku rugero mbonera rwemewe ku isi, mu buryo bw'umwuka n'umubiri. Yego. Kubera abantu bamwe badashaka kunyigiraho iby'umwuka. Baba bishakira gusa imfashanyo z'iby'umubiri. Bityo rero tubafashisha iby'umwuka tubinyujije mubifatika. Ibyo ni byo dukora; ni yo mpamvu ngomba gukorera amafaranga. Ni yo mpamvu ntashaka gutungwa n'ibyo abandi bampaye.

Abihayimana n'abigishwa banjye bose bagomba gukora, mbese nk'uko mubikora. Usibye ibyo rero, dufasha no mu by'umwuka; tugafasha mu mibabaro y'isi, dufasha mu kugabanya imibabaro y'isi. Ibi tugomba kubikora. Ibi ntibivuga ko twiyicarira muri Samadhi umunsi wose maze tukishimisha. Ibyo ni ukuba Umubuda (umuntu umurikiwe) wikunda cyane. Umeze nk'uko ntawe dushaka hano. (Habeho guseka)

IKIBAZO: Mwigeze kuvuga urwego aho umuntu aba azi ko afite imbaraga zituruka kuri uko kumurikirwa. None byamara gute uramutse uzi izo mbaraga, ukaba utazi ko uzifite, ariko ukaba zo uzizi? Ndetse ushobora no kwiyumvamo ko uzizi. Ni gute wazigeraho cyangwa utazigeraho? Niba utazigezeho, ni gute utarambirwa iyo nzira binyuramo? Nko kubona inzira binyuramo igenda buhoro, igenda iba inzira isanzwe y'isi igihe umenya ko ushobora gusenga cyangwa

gukora ikindi kintu kugira ngo ugere ku mwanzuro ukwiye. Ibyo bisobanura iki kandi ni gute umuntu yabigeraho yizeye ko bizaba amahoro? Murumva ibyo nshaka kuvuga?

UMWIGISHA: Ndabyumva, ndabyumva. icyo wavuze ni uko igihe dufite imbaraga zo guhindura ibintu n'igihe ibintu bituzengurutse bifashe inzira itihuta no kugenda buhoro, ni gute wategereza ngo ubyihanganire. Si byo wavuze? Cyangwa se ngo umuntu yasenga cyangwa agakora iby'ubumaji cyangwa akagira abo abigerekaho maze ugategeka ko bibaho. Si byo? Oya, mfite kwihangana kubera ko tugomba gukorera ku muvuduko w'iyi si kugira ngo tutayizanamwo akaduruvayo. Yego.

Urugero, umwana ntashobora kwiruka. Si ukubera ko wihuta cyangwa ushaka kwiruka ngo bitume umwana asitara maze agwe hasi. Bityo rero tugomba kugira kwihangana. Nubwo twaba dufite imbaraga zo kwiruka, tugomba kugendana n'uwo mwana, ni byo. Ni yo mpamvu rimwe na rimwe bindakaza nkarambirwa ariko ngomba kwiga kugira ukwihangana. Ni yo mpamvu ngomba kugenda ngaca bugufi imbere y'abaperezida batandukanye ku bw'impunzi nubwo tuba dushaka no kugerekaho inkunga y'amafaranga. Dushobora gutanga ibyo dufite byose, buri kintu, za miliyoni na ndetse za miliyari z'amadolari. Tugomba kunyura mu nzira z'uruja n'uruza rw'imikorere idahwitse y'abakora mu biro. Ibya Kayizari mu bihe Kayizari.

Singiye gutunga urutoki Umuryango w'Abibumbye ngo ntume nabo biruka. Oya, oya. Twatera imidugararo muri iyi si dukoresheje imbaraga za gihanuzi, z'ibitangaza. Bigomba kugenda uko bigomba kugenda. Ariko dushobora kuzamura imitimanama y'abantu tubakiza mu by'umwuka, tubahesha ubwenge bw'iby'umwuka no kumurikirwa. Tukabaha ubumenyi igihe bashatse kubikora, bashatse gukorana natwe. Ubwo nibwo buryo bwiza kurusha ubundi,

uburyo bwo kudakoresha imbaraga z'ibitangaza. Nta na rimwe njya nkoresha mbigambiriye imbaraga z'ibitangaza mu buzima ubwo aribwo bwose. Ariko ibitangaza bibaho ku bakozi b'iby'umwuka. Ibi birasanzwe ariko ntibigambirirwa. Nta kugerageza gusunika ibintu. Yego, ariko si byiza. Umwana ntashobora kwiruka. Sibyo se? Munyuzwe n'igisubizo mbahaye?

Niba hari icyo aricyo cyose mu bisubizo byanjye bitabanyuze, nyamuneka mubimbwire, kubera ko nshobora kurushaho kubisobanura. Ariko ndizera ko muzi ubwenge – mukaba mwaratoranyijwe kurusha abandi mukaba abanyabwenge bo mu mashyamba yose. Ni yo mpamvu ntasobanura cyane.

Ni byiza kuba dufite Umuryango w'Abibumbye, rwose ngomba kubibabwira. Yego, yego rwose. Tuburizamo menshi mu makimbarane n'intambara nyinshi zo mu isi, nubwo tudashobora kuzimaraho zose. Ariko njya nsoma ibitabo by'Umuryango w'Abibumbye. Buri wese ni Umuryango w'Abibumbye. Nakurikiranye imwe mu mirimo y'Umuryango w'Abibumbye. Ngomba kuyishimira imigambi yayo n'imikorere yayo myiza mu kubohora abafashwe bugwate aho abandi bantu badashobora gutabara. Imbaraga zose z'isi ntabwo zishobora gutabara ariko umukomiseri umwe ni we ubikora. Ni byo, ndetse n'ibindi bintu byinshi bijyanye no gutabara abagwirirwe n'ibiza, gutabara mu bibazo by'impunzi.

Numvise ko hari miliyoni 12 z'impunzi – izo ni inshingano. Si byo se? Ni akazi kenshi, intambara na buri kintu cyose. Bityo rero ni byiza kuba dufite Umuryango w'Abibumbye, yego! Ni byiza cyane.

IKIBAZO: Murakoze Mwigisha Ching Hai, kuba mutuvunguriyeho ku Bwenge bwanyu. Njye mfite ikibazo kijyanye no kwiyongera

kw'abaturage b'isi n'ibibazo bijyanye no kwangiza ibidukikije n'ibura ry'ibiribwa rikomeje kuba ingorabahizi. Mushobora kugira icyo muvuga kuri ubu bwiyoungere bw'abaturage? Ese izi ni karma z'isi? Cyangwa ibi bigiye kuzarema ibintu bisa na karma mu bihe bizaza?

UMWIGISHA: Kurushaho kugira abantu kuri iyi si ni byiza cyane. Kubera iki? Ubwinshi bw'abantu, urusaku rwinshi, kwinezeza kurushaho. Sibyo se? (Habeho guseka) Mu by'ukuri si ukubera ko turi abaturage benshi bikabije. Ntabwo dutuye isi ku buryo buringaniye. Mu duce tumwe na tumwe abantu baracucitse ugasanga badashaka kujya gutura ahandi. Ni uko bimeze. Ku isi dufite ahantu hanini cyane hadatuwe, hatarakoreshwa. Ibirwa byinshi bidatuwe, imisozi y'imirambyi minini kandi myinshi yuzuye amashyamba gusa, nta kindi kintu. Urugero, abantu bakunda kwicucika i New York (Habeho guseka) kubera ko hanejeje kurushaho. Niba leta cyangwa leta iyo ari yo yose ishoboye guhanga imirimo no gushinga inganda, igashyiraho imirimo y'uburyo butandukanye ahantu hatandukanye, naho abantu bajya gukorera. Ahubwo usanga abantu bicucitse mu duce tumwe kubera ko byoroshye kuhabona akazi, cyangwa se umutekano. Niba ubusugire, umutekano n'amahirwe yo kubona akazi biboneka n'ahandi hantu hatandukanye, abantu naho bajyaye. Bashobora kujyaye ku bw'umutekano wabo, ku bwo gushaka imibereho. Ibi ni ibintu bisanzwe cyane.

Bityo rero ntitwakagombye gutinya ubucucike bw'abaturage. Tugomba kurushaho kugira gahunda kugira ngo duhe abaturage b'isi inyungu zishingiye ku mirimo bakora, amacumbi n'umutekano. Ni uko rero hose bimeze. Ntabwo rero twazigera tuba mu bucucike.

Naho ku kibazo cyawe kijyanye n'ibiribwa, wakagombye kumenya neza ko muri Amerika, dufite amakuru menshi cyane ajyanye

no kubungabunga isi yacu. Ibiribwa bikomoka ku bimera ni bumwe mu buryo bwiza bwo kubungabunga umutungo w'isi, bwo kugaburira abaturage bose b'isi kubera ko dupfusha ubusa ibiribwa byinshi, ingufu, amashanyarazi, imiti byinshi bikomoka ku bimera ngo tworore inyamaswa. Mu gihe byakagombye guhita bigaburira abandi bantu. Kandi ibihugu byinshi bikenye, bagurisha ibiribwa byabo bikomoka ku bimera bikize ku ntungamubiri ku giciro cyo hasi cyane. Ariko ibi ntibifasha abaturage bo muri ibyo bihugu bindi. Hakabayeho gusaranganya ibiribwa ku buryo buringaniye, kandi ibiribwa bikomoka ku bimera byatuma bishoboka, atari twe gusa, atari ku nyamaswa gusa, ahubwo ku bw'isi yose.

Kimwe mu binyamakuru by'ubushakashatsi, byigeze kuvuga ko buri wese aramutse ariye ibiribwa bikomoka ku bimera, isi ntiyakongera gusozza ukundi. Nanone tugomba gukorera kuri gahunda. Hari umuntu nzi ushobora gukora mu bishishwa by'umuceri ibiribwa by'intungamubiri ndetse akabikoramo n'amata. Kandi ibi twigeze kubivugaho kera. Yavuze ko yakoresheje amadolari ibihumbi magana atatu ashobora kugaburira abantu ibihumbi magana atandatu muri Ceylon – abakene, abafite ibibazo by'imirire mibi, ababyeyi, n'abandi. Byari byiza cyane. Uko tubikora mu bice byinshi by'isi, ni uko dupfusha ubusa umutungo kamere, atari uko dufite udahagije. Imana ntiyaturemeye kwicirwa n'inzara hano. Mu by'ukuri, nitwe twiyicisha inzara.

Bityo rero tugomba kongera gutekereza, kongera gushyira ibintu kuri gahunda, kandi ibi bisaba ko leta z'ibihugu byinshi zibyemeranyaho. Bagomba kubitwemerera mu kuri kose, mu mucyo n'icyubahiro n'ubushake bwo gukorera abaturage aho kwikorera bo ubwabo. Turamutse tubyemerewe na leta z'ibi bihugu byose, mu by'ukuri nta kibazo twaba dufite. Nta kibazo twagira.

Tugomba kugira ubuyobozi bwiza, gahunda nziza y'ubukungu, abayobozi babifitemo impano na za leta zikorera mu mucyo. Ariko ibyo byakwihuta igihe abantu benshi cyangwa abantu bose bahindutse ab'umwuka. Noneho bakamenya uko bitwara. Noneho bakamenya amahame ngenderwaho. Bamenya uko baba inyangamugayo n'uko bakwirinda kwiyanduzira. Ubwo noneho bamenya uko bakoresha ubwenge bwabo, bakabasha gutekereza ibintu byinshi byo gukora maze tukongerera gushyira ubuzima bwacu kuri gahunda.

IKIBAZO: Ibi bisa naho bikomeye cyane kubera ko uko mbibona, kwangirika kwinshi kw'ibidukikije muri iki gihe, nk'uko mbyumva, kugendana n'ubwiyongere bw'abaturage busaba ahanu hanini ho gutura, amacumbi kugira ngo babeho uko tubizi n'uko dushaka kubaho mu kinyejana cya makumyabiri.

Tuvuge amashyamba y'inzitane yo muri Burezili – kwangirika kw'ibidukikije muri icyo gihugu. Kwangirika kw'ishyamba, imvura y'ishyamba. Ubutaka burimo kugenda butsembwaho ibyatsi maze ibi bigatera imyuzure. Ibi bikaba bidafitanye isano n'ikibazo cy'ubucucike bw'abaturage.

UMWIGISHA: Yego, birumvikana ko buri kintu gifitanye isano n'ikindi muri iyi si. Kandi igisubizo rukumbi ni ukugikemura uhereye mu mizi, si mu mashami. Kandi mu mizi ni uguturiza mu by'umwuka. Birumvikana? (Habeho gukoma amashyi)

Bityo rero icyo tugomba gukora ni ukugerageza gukwirakwiza ubutumwa bwiza bw'umwuka; ibyo tuzi maze tukagira imyitwarire y'iby'umwuka. Ibi ni byo abantu batagira. Ni byiza gukoresha imashini ikoresha n'umuriro maze ukabona urumuri ukumva n'umuziki ugenda uvuga maze ukabona samadhi. Ariko

uramutse udafite imyitwarire iboneye, ushobora gukoresha rimwe na rimwe izo mbaraga mu bintu bibi – ntiwashobora kuzigenzura.

Ni yo mpamvu muri iri tsinda riri hano, dukomeza kwigisha abantu amahame ngenderwaho mbere ya byose. Amahame ni ngombwa. Tugomba kumenya aho tujya, tugakoresha Imbaraga zacu. Imbaraga zitarimo urukundo, zitarimo ubugwaneza, zitarimo gusobanukirwa neza umucombonera, ubwo rero nta kamaro. Zihinduka iby'ubupfumu– gukabya. Ni byo. Aho ni ho ubupfumu bukomoka.

Biroroshye rero kubona ibyo kumurikirwa, ariko birakomeye kubigumana. Mu nzira ducamo, niba tutagira imyitwarire ihwitse ntitunagire umuco mbonera, Umwigisha azabatwara zimwe mu Mbaraga zanyu kugira ngo mutazikoresha mu bidakwiye mugakora ibintu bibi mu baturage. Iryo ni ryo tandukaniro. Umwigisha afite kubigenzura. Imbaraga z'Umwigisha, Imbaraga z'Umwigisha, sibyo se?

Yego, nishimiye ibibazo byanyu byose by'ubwenge mwabajije. Ibibazo birimo ubwenge cyane.

Abantu bakora ibi bintu kubera ko atari abanyabwenge bihagije, nko kwangiza ubutaka mwigeze kuvuga, cyangwa gukora ikintu kubera kutagira ubwenge. Yego, umuzi ni ubwenge, gukora iby'umwuka. Mukamurikirwa.

Mbashimiye kuba mwanteze amatwi. Mbifurije amahirwe masa.

"Gutangira kumenyerezwa mu by'ukuri si ugutangira kumenyerezwa... Muza hano mukemera ko mbafasha kugira ngo mwifashe ubwanyu. Sinaje hano kubahindura abigishwa... naje kubafasha kuba Abigisha."

~ Umwigisha w'Ikirenga Ching Hai ~

"Buri wese asanzwe azi uko bazirikana biherereye, ariko mwiherera muzirikana ku bintu bibi. Abantu bamwe bazirikana abakobwa beza, abandi amafaranga, abandi ubucuruzi. Igihe cyose witaye ku kintu cyane, n'umutima wawe wose, ku kintu kimwe, ibi ni byo kuzirikana wiherereye. Nita gusa ku Mbaraga z'imbere, ku Bugwaneza, Urukundo n'Impuhwe ziranga Imana."

~ Umwigisha w'Ikirenga Ching Hai ~

"Gutangira kumenyerezwa bivuga gutangira ubuzima bushya mu buryo bushya. Ibi bisobanura ko Umwigisha yakwemereye kuba kimwe mu biremwa mu ihuriro ry'abatagatifu. Ubwo ntuba ukiri umuntu usanzwe, uzamurwa hejuru. Mu bihe bya kera babyitaga "Umubatizo" cyangwa "Guhungira mu Mwigisha."

~ Umwigisha w'Ikirenga Ching Hai ~

Gutangira kumenyerezwa: Uburyo bwa Quan Yin

Umwigisha Ching Hai atangira kumenyereza abantu b'abanyakuri bashaka kumenya ukuri mu kuzirikana wiherereye mu Buryo bwa Quan Yin. Mu myandikire y'igishinwa "Quan Yin" bisobanura kwitegereza Uko Ijwi Rigenda. Ubwo Buryo bukubiyemo kuzirikana wiherereye ku Rumuri rw'imbere n'Ijwi ry'imbere. Amayerekwa y'imbere yavuzwe kenshi mu byanditswe by'umwuka byo mu madini yose yo ku isi guhera kera.

Urugero, Bibiliya y'abakristo iravuga iti, Mbere na mbere hari Jambo, kandi Jambo yari kumwe n'Imana, kandi Jambo uwo yari Imana. (*Yohana 1:1*) Uyu Jambo ni Ijwi ry'imbere. Nanone yiswe Logos, Shabd, Tao, Umuyobora w'Ijwi, Naam, cyangwa Indirimbo yo mu Ijuru. Umwigisha Ching Hai aravuga ati, Jambo yumvikanira mu buzima bwose agatuma isanzure yose ibaho. Iyi ndirimbo y'imbere ishobora gukiza ibikomere byose, igakemura ibyifuzo byose, ikamara inyota y'iby'isi. Ifite imbaraga zose n'Urukundo rwose. Biterwa nuko dukozwe muri iri Jwi, guhura na ryo bigatanga amahoro n'umunezero mu mitima yacu. Nyuma yo kumva iri Jwi, impagarike yacu yose irahinduka, uko tubona ubuzima birahinduka cyane bikaba byiza kurushaho.

Urumuri rw'imbere, Urumuri rw'Imana, ni kimwe n'Urumuri ruvugwa mu ijambo "kumurikirwa." Uko urwo Rumuri rungana bishobora kuva ku mucyo muke rukagera ku kurabagirana kw'amazuba miliyoni nyinshi. Binyura mu Rumuri n'Ijwi by'imbere kugira ngo tubashe kumenya Imana.

Gutangira kumenyerezwa mu Buryo bwa Quan Yin si ikintu cy'umuhango w'abantu bake cyangwa umuhango wo kwinjira mu idini rishya. Mu gihe cyo gutangira kumenyerezwa, hatangwa amahame yihariye yo kuzirikana wiherereye ku Rumuri rw'imbere n'Ijwi ry'imbere, Umwigisha Ching Hai "abagezaho iby'umwuka." Gusogongera bwa mbere ku Kwigaragaza kw'Imana bitangwa bucece. Si ngombwa ko Umwigisha Ching Hai aba ahari mumureba kugira ngo abakingurire uru "rugi". Uburyo bwo Gutambutsa ubutumwa ni igice cy'ingenzi cy'ubu Buryo. Uburyo bwo ubwabwo nta nyungu bugira iyo nta Buntu bw'Umwigisha.

Kubera ko ushobora guhita wumva Ijwi ry'imbere ukabona Urumuri rw'imbere nyuma yo gutangira kumenyerezwa, iki kintu rimwe na rimwe gifatwa nko "Kumurikirwa ako kanya."

Umwigisha Ching Hai yemera gutangira kumenyereza abantu baturutse ahantu hose n'amadini yose. Si ngombwa guhindura idini urimo ubu cyangwa ubundi buryo bw'imyizerere ufite. Ntuzasabwa kwinjira mu muryango uwo ariwo wose, cyangwa ngo ubigiremo uruhare mu buryo ubwo aribwo bwose butajyanye n'imiterere y'ubuzima bwawe bwo muri iki gihe.

Nyamara uzasabwa gutungwa n'ibiribwa bikomoka ku bimera. Kwiyemeza kurya ibiribwa bikomoka ku bimera ubuzima bwose ni ikintu gisabwa mbere yo gutangira kumenyerezwa.

Gutangira kumenyerezwa bikorwa nta kiguzi.

Gukoresha buri muni Uburyo bwa Quan Yin bwo kuzirikana wiherereye no kugendera ku Mabwiriza Ngenderwaho atanu ni byo gusa bitegetswe nyuma yo gutangira kumenyerezwa. Kugendera ku Mabwiriza bikurinda kwigirira nabi wowe ubwawe cyangwa kugirira nabi ikindi kiremwa. Iyi mikorere izashimangira kandi ikomeze kumurikirwa kwawe kubanza, maze bigufashe kugera wowe ubwawe ku nzego zisumba izindi z'ububuyutse cyangwa z'Ubumana. Hatabayeho kubikora buri muni, birumvikana ko wakwibagirwa kumurikirwa kwawe ukisubirira ku rwego rusanzwe rw'imyumvire.

Intego y'Umwigisha Ching Hai ni ukutwigisha ngo tube twihagije. Ni yo mpamvu Atwigisha uburyo bwakoreshwa na buri wese, ku giti cye, nta muntu ubigufashijemo cyangwa ngo ukoreshe ibindi bikoresho ibyo aribyo byose. Ntabwo ashaka abigishwa cyangwa gushyiraho umuryango abantu bagomba gutangamo imisanzu y'umunyamuryango. Nta mafaranga, nta gupfukamirwa, cyangwa impano muzamuha ngo Azemere, bityo rero ntimugomba kumuha ibi byose.

Azemera ukuri kwanyu mu buzima bwa buri muni no kuzirikana wiherereye kugira ngo mujye mbere mugana ku Kwera.

Amahame ngenderwaho atanu

1. Irinde kugirira nabi ikiremwa icyo ari cyo cyose;
2. Irinde kuvuga ibinyoma;
3. Irinde gufata ibitari ibyawwe;
4. Irinde kwiandarika mu bijyanye n'imibonano mpuzabitsina;
5. Irinde gukoresha ibisindisha n'ibiyobyabwenge**;

* Aya mabwiriza ateguka kugendera ubuho bugezweho ku ndyo itarangwamo inyama cyangwa ibiribwa bikomoka ku mata n'ibimera. Nta nyama, amafi, inkoko n'inyoni, amagi (arimo udushwi cyangwa tutarimo, mu migati, mu bisuguti, muri ayisikirimu, n'ibindi.) Cyangwa ubundi bwoko bw'ibiribwa bikomoka ku nyamaswa. Nyamara mushobora kurya ibikomoka ku mata byose ariko mugomba gukora ku buryo foromaje ziba zitarimo imisemburo yo mu gifu cy'inyamaswa.”

** Ibi birimo kwirinda ibihumanya umubiri by'uburyo bwose, nk'ibisindisha, ibiyobyabwenge, itabi, urusimbi, filimi z'ubusambanyi n'iz'ubugizi bwa nabi cyangwa inyangirakiza cyangwa filimi z'imikino y'ubugizi bwa nabi.

"Umuntu w'Imana wuzuye ni ikiremwa muntu cyuzuye. Ikiremwa muntu cyuzuye gikomoka ku Mana byuzuye. Ubu turi ibiremwa muntu ho igice gusa. Dukora ibintu dushidikanya, dukora ibintu dushingiye kuri "jye". Ntitwizera ko ari Imana iba yaduteguriye ibi byose kugira ngo bidushimishe mu byo duhura nabyo. Dutandukanya icyaha no gukiranuka. Dukora ibikomeme muri buri kintu, maze tukicira imanza tukazicira n'abandi. Tubangamirwa n'intege nke zacu bwite ku bikorwa Imana igomba kudukorerwa. Birumvikana? Mu by'ukuri Imana iba imbere muri twe ariko tuyibera imbogamizi. Dukunda kwishimisha ubwacu maze tugakina ariko ntituzi uko tugomba kubikora. Usanga tubwira abandi ngo, 'Yoo! Ntugomba gukora biriya,' maze twe ubwacu tukibwira ngo, "Singomba gukora biriya. Ngomba gukora ibi. None se kuki ngomba gutungwa n'ibikomoka ku bimera?' Yego, ndabizi. Ntunzwe n'ibiribwa bikomoka ku bimera kubera ko Imana iri imbere muri njye ari uko ibishaka."

~ Umwigisha w'Ikirenga Ching Hai ~

"Iyo tudafite ikizinga mu bikorwa byacu, mu magambo no mu bitekerezo, nubwo haba mu isegonda imwe, ubumana bwose, Imana n'abamalayika barinzi bose baba mu ruhande rwacu. Kuri ubu isanzure yose iba iyacu kandi ikaba mu ruhande rwacu, kandi ingoma iba ihari kugira ngo twimikwe dutegereke."

~ Umwigisha w'Ikirenga Ching Hai ~

Inyungu z'Ibiribwa bikomoka ku bimera

Kwiyemeza ubuzima bwose kurya ibiribwa bikomoka ku bimera cyangwa amata y'ibimera ni ibisabwa mbere yo gutangira kumenyerezwa mu Buryo bwa Quan Yin. Ibiribwa bikomoka ku bimera n'amata biremewe ariko ibindi biribwa bikomoka ku nyamaswa harimo n'amagi ntibigomba kuribwa. Ibi hari impamvu nyinshi zibitera, ariko impamvu ikomeye kuruta izinda iva ku Ihame Ngenderwaho rya Mbere ritubwira kwirinda kugirira nabi ikiremwa icyo ari cyo cyose gifite ubugingo, cyangwa se ngo Ntukice.

Kutica cyangwa kutagirira nabi ibiremwa bifite ubugingo biragaragara ko bibifitiye akamaro. Ikitagaragara neza ni ukuntu kwirinda kugirira nabi ibindi biremwa natwe ubwacu bitugirira akamaro. Kuki? Kubera Itegeko rya karma: Ibyo mubiba ni byo muzasarura. Iyo wishe, cyangwa ugatuma abandi bica kubera wowe kugira ngo unezeze irari ryawe ryo kurya inyama, uba ugiyemo ideni rya karma, kandi iri deni rigomba amaherezo kwishyurwa.

Mu kuri kose rero, kurya ibiribwa bikomoka ku bimera ni impano tuba twihaye twe ubwacu. Tugubwa neza, ubuzima bwacu burushaho kuba bwiza uko uburemere bw'amadeni yacu ya karma bugabanyuka, duhabwa kwinjira mu ngoma nshya y'ijuru itagaragara y'amayerekwa y'imbere. Ni igiciro gito ugomba kwishyura!

Ingingo z'iby'umwuka zibuza kurya inyama zirumvikana ku bantu bamwe, ariko hari izindi mpamvu zitegeka ko umuntu atungwa

n'ibikomoka ku bimera. Zose zishingiye ku bwenge busanzwe. Zifitanye isano n'ibibazo by'ubuzima n'imirire by'umuntu ku giti cye, ibidukikije, umuco uboneye no kubabazwa kw'inyamaswa, n'inzara ku isi.

Ubuzima n'Imirire

Ubushakashatsi ku ihindagurika ry'imiterere y'ikiremwa-muntu bwagaragaje ko abakurambere bacu batungwaga muri kamere yabo n'ibikomoka ku bimera. Imiterere y'umubiri w'umuntu ntijyanye no kurya inyama. Ibi byagaragajwe mu nyandiko y'igereranya ry'imiterere y'ingingo z'umubiri w'abantu n'inyamaswa ryakozwe na Dr. G.S. Huntington wo muri Kaminuza ya Columbia. Yagaragaje ko indyanyama zigira amara mato magufi n'amanini. Urura runini rwazo rugaragazwa no kuba rugororotse cyane kandi rusenye. Ibinyuranye n'ibyo rero ni uko inyamaswa zirya ibyatsi zigira urura ruto rurerure n'urura runini rurerure. Kubera ubuke bw'ibigize uturandaryi n'ubwinshi buhanitse bw'ibyubaka umubiri mu nyama, amara ntasaba igihe kinini cyo kwakira intungamubiri, bityo rero amara y'inyamaswa zirya inyama ni magufi kurusha amara y'indyabyatsi.

Ibiremwa-muntu, kimwe n'izindi nyamaswa zitunzwe n'ibimera muri kamere yabyo, bifite urura ruto rurerure n'urura runini. Yose hamwe, amara yacu afite uburebure ugereranyije bugera kuri metero umunani n'igice. Urura ruto rugenda rwizengurukaho ubwarwo inshuro nyinshi, imbere mu mara harahanda, ntahasenye. Kubera ko ari maremare kurusha ayo dusangana indyanyama, inyama turya zihama mu mara yacu igihe kirekire. Niyo mpamvu inyama zishobora kubora maze zikabyara uburozi. Ubu burozi bwagaragajwe

nk'intandaro ya kanseri y'amara kandi byongerera umutwaro umwijima ufite akazi ko kuvana mu mubiri amarozi. Ibi bishobora gutera indwara y'umwijima ndetse na kanseri y'umwijima.

Inyama zibamo intungamubiri nyinshi bita urokinase na urea, byongerera umutwaro impyiko kandi bishobora kwica imikorere y'impyiko. Habaho amagarama cumi n'ane y'intungamubiri ya urokinase mu nusu y'iroti. Iyo ingirangingo nzima zishyizwe mu ntungamubiri zisukika za urokinase, imikorere yazo mu mubiri icika intege. Byongeye kandi inyama ntizigira seliloze cyangwa uturandaryi, kandi ibura ry'uturandaryi rishobora gutuma umuntu yituma impatwe ku buryo bworoshye. Bizwi ko kwituma impatwe bishobora gutera kanseri y'umwoyo cyangwa hemoroyide.

Kolesiteroli n'ibinure byinshi biba mu nyama nanone bitera ibibazo by'umutima n'imitsi. Ibibazo by'umutima n'imitsi biza ku mwanza wa mbere mu bitera imfu muri Leta Zunze Ubumwe z'Amerika no muri Formosa muri iki gihe.

Kanseri iza ku mwanza wa kabiri mu guhitana abantu. Ubushakashatsi bwerekana ko kotsa inyama birema mu mubiri ikintu twita Methylcholanthrene, ikaba intandaro ikomeye ya kanseri. Imbeba zahawe iyi Methylcholanthrene zirwara kanseri, nka kanseri y'amagufwa, kanseri y'amaraso, kanseri yo mu gifu, n'izindi.

Ubushakashatsi bwagaragaje ko imbeba nto igaburirwa n'imbeba y'ingore ifite kanseri y'amabere nayo irwara kanseri. Igihe ingirangingo za kanseri yo mu bantu zashyirwaga mu nyamaswa, inyamaswa nazo zarwaye kanseri. Iyo inyama turya buri muni zikomoka ku nyamaswa zari zisanze zirwaye izi ndwara, maze tukazinjiza mu mubiri yacu, hari ingorane nyinshi zo kuba twarwara izi ndwara.

Abantu benshi bibwira ko inyama ziba zifite isuku nta n'ikibazo ziteye, ko hari amasuzuma zikorera mu mabagiro yose. Hari inka, ingurube, ibiguruka, n'ibindi byicwa ari byinshi bikabije ngo bigurishwe buri munsu ku buryo byose bidasuzumwa mu by'ukuri. Umuntu atiriwe anavuga no kugenzura buri nyamaswa, biragoye cyane kugenzura niba agace k'inyama karimo kanseri. Muri iki gihe, inganda zitunganya inyama zivanaho umutwe iyo urwaye, cyangwa zikavanaho ukuguru iyo kurwaye. Ibice bibi nibyo bivanwaho gusa ibisigaye bikagurishwa.

Ikirangirire mu kurya ibikomoka ku bimera, Dr. J.H. Kellogg yavuze ko, "Igihe turya ibiribwa bikomoka ku bimera, ntitugomba guhangayikishwa n'indwara byari bifite mbere yo gufata. Iyi iba ari indyo inejeje!"

Ariko haracyari indi mpungenge. Antibiyotike n'indi miti irimo siteroyide n'imisemburo itera gukura byongerwa mu biryo by'amatungo cyangwa bigahita biterwa mu nyamaswa binyuze mu nshinge. Bivugwa ko iyi miti ihita ijya mu mibiri y'abantu barya izi nyamaswa. Birashoboka ko za antibiyotike zo mu nyama zigenda zigabanya imikorere ya za antibiyotike zikoreshwa mu mibiri y'ibiremwa muntu.

Hari abantu bamwe bafata ibiribwa bikomoka ku bimera nkaho bidahagije gutunga umubiri. Impuguke y'umuganga ubaga w'umunyamerika witwaga Dr. Miller yakoze akazi ko kuvura muri Formosa igihe cy'imyaka mirongo ine. Yahashinze ibitaro, ibiribwa byose muri ibyo bitaro byakomokaga ku bimera, byaba iby'abakozi n'iby'abarwayi. Yaravuze ati, "Imbeba ni ubwoko bw'inyamaswa bushobora gutungwa mu buzima bwayo n'ibiribwa bikomoka ku bimera n'ibikomoka ku nyamaswa. Iyo imbeba ebyiri zishyizwe ahantu hatandukanye, imwe ikarya inyama, indi ikarya ibikomoka ku bimera,

dusanga imikurire yazo ari imwe, ariko imbeba irya ibikomoka ku bimera imara igihe, ikabasha kurwanya indwara kurushaho. Byongeye kandi, igihe izo mbeba ebyiri zarwaraga, irya ibikomoka ku bimera yakiraga vuba. Yongeraho ko, “Imiti dukeshya ubumenyi bugezweho yarushijeho kuba myiza cyane, ariko nta kindi yakora usibye kuvura indwara. Ariko ibiribwa byo bishobora nyamara kuturindira ubuzima.” Yaravuze ati, “Ibiribwa bikomoka ku bimera ni isoko itaziguye y’intungamubiri kurusha inyama. Abantu barya inyamaswa, ariko isoko y’ibitunga izo nyamaswa turya ni ibimera. Ubuzima bw’inyamaswa nyinshi ni bugufi kandi inyamaswa zifite hafi y’indwara zose abantu barwara. Birashoboka cyane ko indwara z’abantu zituruka ku kurya inyama z’izo nyamaswa zirwaye. None se kuki abantu badahita bakomora ibibatunga ku bimera?” Dogiteri Miller avuga ko dukeneye ibinyampeke, ibishyimbo n’imboga kugira ngo tubone intungamubiri zose dukeneye ngo tugire ubuzima bwiza.

Abantu benshi bibwira ko intungamubiri zikomoka ku nyamaswa ari nziza kurusha izikomoka ku bimera kubera ko iza mbere zifatwa nk’izuzuye naho izo za kabiri zigafatwa nk’izituzuye. Ukuri ni uko hari intungamubiri zuzuye kandi imvange y’ibiribwa bituzuye binyuranye ituma habaho indyo yuzuye.

Muri Werurwe 1988, Ishyirahamwe ry’Abanyamerika ryita ku Mirire (ADA) ryatangaje ko: “ADA ibona ko amafunguro y’ibikomoka ku bimera bitunga ubuzima kandi bikaba bifite intungamubiri zikwiye igihe bipanzwe neza.”

Abantu bemera amakosa avuga ko abarya inyama bagira imbaraga kurusha abarya ibituruka ku bimera, ariko ubushakashatsi bwakozwe na Professor Irving Fisher wo muri Kaminuza ya Yale ku bantu 32 barya ibikomoka mu bimera n’abandi 15 barya inyama bwagaragaje ko abarya ibikomoka ku bimera batananiwa vuba

nk'abarya inyama. Yabwiraga abo bantu kurambura amaboko yabo igihe kirekire gishoboka. Igisubizo cyavuye muri iryo suzuma cyaragaragaye. Mu barya inyama 15, abantu babiri gusa ni bo bashoboye kurambura amaboko yabo mu minota cumi n'itanu kugeza kuri mirongo itatu. Nyamara, mu Bantu mirongo itatu na babiri barya ibikomoka ku bimera, 22 barambuye amaboko yabo mu minota cumi n'itanu kugeza kuri mirongo itatu, abantu 15 barengeje iminota mirongo itatu, 9 barengeje isaha imwe, 4 barengeje amasaha abiri, - umwe mu barya ibikomoka ku bimera yarambuye amaboko arenza amasaha atatu.

Benshi mu basiganwa ku maguru barya ibiribwa bikomoka ku bimera mbere yo kujya mu marushanwa. Dr Barbara More, impuguke mu buvuzi bukoresha ibiribwa bikomoka ku bimera, yarangije isiganwa ry'ibirometero ijana na cumi mu masaha makumyabiri n'arindwi n'igice. Umugore w'imyaka mirongo itanu n'itandatu y'amavuko, yacyiye agahigo kamenyerewe mu basore: "Nshaka kuba intangarugero nerekana ko abantu batungwa n'ibikomoka ku bimera gusa bagira umubiri ukomeye, n'ubwenge bweyutse n'ubuzima bwejejwe."

Ese umuntu urya ibikomoka ku bimera abona intungamubiri zihagije mu ndyo ye? Ishami ry'Umuryango w'Abibumbye ryita ku Buzima risaba ko 4.5% bya kalori za buri muni ziva mu ntungamubiri zubaka umubiri. Ingano zifite 17% bya za kalori nk'intungamubiri, imboga zitwa broccoli zifite 45% naho umuceri ukagira 8%. Biroroshye cyane kubona ifunguro rikize ku ntungamubiri nta kurya inyama. Biyongereye ku nyungu zo kwirinda indwara nyinshi ziterwa n'amafunguro arimo ibinure byinshi nk'ibyorezo by'umutima, za kanseri nyinshi, kurya ibikomoka ku bimera biragaragara ko ari uguhitamo guhebuje.

Hagaragajwe isano iri hagati yo gukabya kurya inyama nyinshi n'ibiribwa bikomoka ku nyamaswa birimo ibinure byinshi, n'indwara z'umutima, kanseri y'ibere, kanseri y'amara, indwara zo mu bwonko. Izindi ndwara zikunze kwirindwa, rimwe na rimwe zigakizwa n'indyo y'ibikomoka ku bimera zirimo izi zikurikira: indwara y'impyiko, kanseri y'akanyamasohoro, diyabete, izo mu gifu, indwara zo mu mara, iz'imitsi, indwara z'ishinya, iz'uruhu, kanseri y'urwagashya, kanseri y'igifu, indwara zo kubura isukari mu mubiri, impatwe, indwara z'umuvuduko ukabije w'amaraso, izo kubura kalisiyumu, kanseri y'umurerantanga, hemoroyide, umubyibuho ukabije na asima.

Usibye kunywa itabi, nta kindi kintu cyatera akaga ubuzima bw'umuntu nko kurya inyama.

Isano y'Ibinyabuzima n'Ibidukikije

Korora inyamaswa kugira ngo tubone inyama bifite ingaruka zabyo. Bituma habaho ibura ry'imvura izanwa n'amashyamba, kwiyongera k'ubushyuhe, kwandura kw'amazi, ibura ry'amazi, gutuma habaho ubutayu, gukoresha nabi ibitanga ingufu n'inzara ku isi. Gukoresha ubutaka, amazi, ingufu n'imbaraga z'abantu mu gushaka inyama ntabwo ari uburyo bwiza bwo gukoresha umutungo kamere w'isi.

Kuva mu mwaka wa 1960, amashyamba atanga imvura 25% yo muri Amerika yo Hagati yaratwitswe ngo haboneke inzuri z'inka zitanga inyama. Havugwa ko buri duce tune tw'ubwoko bw'umugati ukozwe mu nyama z'ibimasa byo mu ishyamba byangiza metero kare 55 z'ishyamba. Byongeye kandi korora inka bituma habaho cyane ubwoko butatu bwa gazi butera kwiyongera

k'ubushyuhe ku isi, ni impamvu irusha izindi mu kwanduza amazi bikaba bisaba utujerekani twinshi tw'amazi tugera kuri 2464 kugira ngo hakorwe buri gapaki k'inyama. Bisaba gusa utujerekani 29 tw'amazi kugira ngo hakorwe agapaki k'inyanya n'utujerekani 139 kugira ngo hakorwe agace k'umugati ukozwe mu ifarini y'ingano. Hafi ya kimwe cya kabiri cy'amazi akoreshwa muri Leta Zunze Ubumwe za Amerika yerekezwa mu ihingwa ry'ibitunga amatungo inka n'andi matungo.

Abantu benshi barushaho kugaburirwa ibikoreshwa mu kugaburira amatungo biramutse bikoreshejwe mu guhinga ibinyampeke byo kugaburira abatuye isi. Kimwe cya kabiri cya hegitari y'ubutaka buhingwamo ubwoko bw'ingano gisarurwamo inshuro 8 z'intungamubiri z'ibyubaka umubiri n'inshuro 25 z'ibitera imbaraga, ubwo bwoko bw'ingano buramutse buhingwiye kugaburira abantu aho kugaburirwa amatungo. Kimwe cya kabiri cya hegitari y'ubutaka gihinzwemo ubwoko bw'imboga bita broccoli gisarurwamo inshuro 10 z'intungamubiri n'ibitera imbaraga ku rugero rumwe n'igice cya hegitari y'ubutaka buhingwamo ibitunga inka zitanga inyama. Ingero zishingiye ku mibare nk'iyi ni nyinshi. Umutungo w'isi warushaho gukoreshwa neza ubutaka bukoreshwa mu kugaburira amatungo buramutse buhinzwemo ibiribwa bitunga abantu.

Kurya ibiribwa bikomoka ku bimera bituma mubasha "kugenda kuri uyu mubumbe w'isi mworohereye kurushaho." Hejuru yo kuba mufata ibyo mukeneye gusa mukirinda gukabya, muzumva numeze neza igihe muzaba muzi ko ikiremwa kitagomba gupfa buri gihe uko mukeneye kurya.

Inzara ku Isi

Hafi miliyari imwe y'abantu bazahajwe n'inzara n'imirire mibi kuri uyu mubumbe w'isi. Abarenga miliyoni 40 bapfa buri mwaka bishwe n'inzara, kandi benshi muri bo ni abana. Usibye ibi kandi, ibinyampeke birenga kimwe cya gatatu cy'ibisarurwa ku isi byerekezwa mu kugaburira amatungo aho gutunga abantu. Muri Leta Zunze Ubumwe z'Amerika, amatungo arya 70% by'umusaruro w'ibinyampeke. Turamutse tugaburiye abantu aho kugaburira amatungo, nta muntu n'umwe wasonza.

Kubabazwa kw'inyamaswa

Ese muzi ko inka zirenga 100.000 zibagwa buri munsu muri Leta Zunze Ubumwe z'Amerika? Inyamaswa nyinshi mu bihugu b'iburayi zororerwa mu "nzuri z'inganda". Ibi bikorwa kugira ngo haboneke umubare munini w'inyamaswa zo kubaga ku buryo buhendutse. Inyamaswa zishyirwa hamwe, isura yazo igahindanywa maze zigafatwa nk'imashini zitanga inyama. Uku ni ukuri benshi muri twe tutazigera tubonesha amaso yacu bwite. Abantu bavuga ko, "Gusura ibagiro inshuro imwe byatuma usezerera inyama ubuzima bwawe bwose ukitungirwa n'ibikomoka ku bimera gusa."

Uwitwa Leo Tolstoy yaravuze ati, "Igihe cyose hazaba hari amabagiro, hazabaho intambara. Ifunguro ry'ibikomoka ku bimera ni igipimo gisharira cy'umutima wa kimuntu." Nubwo benshi muri twe tutababarira kwica, twakuranye iyo migirire ishyigikiwe na sosiyete yo kurya inyama buri gihe nta gutekereza mu by'ukuri ku bikorerwa izi nyamaswa turya.

Itsinda ry'Abatagatifu ndetse n'Abandi bantu

Kuva kera mu mateka yanditse, tubona ko imboga zari ibiribwa kamere bitunga abantu. Mu migani y'ibitekerezo bya mbere byo mu Bagereki n'Abaheburayo byose bivuga ko mu itangiriro rya byose abantu baryaga imbuto. Abatambyi ba kera bo mu Misiri ntibaryaga na busa inyama. Abacurabwenge b'Abagereki nka Plato, Diyojene na Sokarate bose bigishaga ibiribwa bikomoka ku bimera.

Mu Buhinde, Shakyamuni Buddha ashimangira akamaro ko kutagira ikiremwa gihohoterwa, ihame ryo kutababaza ikiremwa icyo ari cyo cyose. Yaburiye abigishwa be ko batagomba kurya inyama, bitaba ibyo ibindi biremwa bikajya bibatinya. Buddha yavuze ibi bikurikira: Kurya inyama ni ingeso abantu biga. Mu itangiriro ntituvuka dufite irari ry'inyama. Abantu barya inyama baca ukubiri n'imbutu y'imbere mu mutima y'Imbabazi Zihebuje. Abantu barya inyama baricana kandi bakaryana ... Muri ubu buzima ndakurya, nawe mu buzima butaha ukandya ... Ugasanga buri gihe bikomeza muri ubu buryo. Ni gute basohoka muri izi Ngoma Eshatu (zo kwibeshya)?

Abatawoyisite benshi bo hambere, Abakirisito n'Abayuda baryaga ibikomoka ku bimera. Ibi byanditse muri Bibiliya Yera: Maze Imana iravuga iti, dore mbahaye ibimera byera imbuto biri mu isi yose n'igiti cyose gifite cyose gifite imbuto zirimo utubuto zacyo ngo zibabera ibibatunga; ariko ku nyamaswa zo mu gasozi n'inyoni zose nzihaye ibyatsi n'ibimera bifite amababi ngo bizibere ibizitunga (*Itangiriro 1:29*). Izindi ngero zibuzanya kurya inyama muri Bibiliya: Ntimukaryane inyama ubugingo bwazo, ni bwo maraso yayo (*Itangiriro*

9:4). Imana iravugaga iti, Ni nde wababwiye kwica inkone n'ihene kugira ngo mubimpeho ibitambo? Dore mwiyezeho aya maraso atariho urubanza, kugira ngo mbashe kumva gusenga kwanyu; nibitaba ibi nzabatera umugongo kubera ko amaboko yanyu yuzuye amaraso. Mwiuhagire mwiboneze mukureho ibyaha byanyu kugira ngo mbababarire (*Yesaya 1:11-16*) Mutagatifu Pawulo, umwe mu bigishwa ba Yesu, mu ibaruwa yandikiye Abaroma yaravuze ati, ibyiza ni ukutarya inyama cyangwa kutanywa ibisindisha (*Abaroma 14:21*).

Mu gihe gishize, abanyamateka bavumbuye ibitabo byinshi bya kera byatanze ibisobanuro bishya ku buzima bwa Yesu n'Inyigisho ze. Yesu ati: Abantu barya inyama bahinduka imva z'izo nyamaswa. Ni ukuri ndababwira yuko umuntu wica na we azicwa. Umuntu wica ibiremwa maze akarya inyama zabyo aba ari kurya inyama z'abantu bapfuye.

Amadini yo mu Buhinde na yo yirinda kurya inyama. Bivugwa ko abantu badashobora kubona inyama batabanje kugira ibiremwa bica. Umuntu ubabaza ibiremwa bifite ibyumviro ntazigera abona umugisha uva ku Mana. Bityo rero mwirinde kurya inyama! (Ihame rya Hindu).

Ibyanditswe byera bya Isilamu, ari byo Ikorowani, bibuzanya kurya inyamaswa zapfuye, amaraso n'inyama.

Umwigisha w'Ikirangirire mu gutekerereza ahiherereye w'Umushinwa witwa Zen, Han Shan Tzu yanditse umuvugo urwanya bikomeye kurya inyama: Ihutire kujya ku isoko kugura inyama n'amafi maze ubigaburire umugore n'abana bawe. Ariko se kuki ubuzima bwabo bugomba gufatwa mu gushyigikira ubwawe? Ntibyumvikana. Ibi ntibizabahuza n'Ijuru ahubwo bizatuma muba imbata za gihenomu!

Abanditsi benshi b'ibihangange, abanyabugeni, abahanga, abacurabwenge n'abantu b'ibihangange batungwaga n'ibikomoka ku

bimera. Aba bantu bakurikira batungwaga n'ibikomoka ku bimera kandi banezerewe: Shakyamuni Buddha, Yesu Kristo, Virgile, 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 ba vuba aha, Paul Newman, Madonna, Princess Diana, Lindsay Wagner, Paul McCartney na Candice Bergen, n'abandi ntarondora.

Albert Einstein yaravuze ati, "Ndatekereza ko ihinduka no kwezwa bituma ibiribwa bikomoka ku bimera bigira ingaruka ku mimerere y'umuntu, bikagirira nwose inyungu inyokomuntu. Bityo rero ni byiza kandi bitanga amahoro ku bantu bahitamo kurya ibikomoka ku bimera." Iyi ni inama rusange itangwa n'abantu benshi bakomeye n'abanyabwenge bagaragaye mu mateka y'isi!

Umwigisha Asubiza Ibibazo

IKIBAZO: Kurya inyamaswa ni ukwica ibiremwa bifite ubuzima ariko se kurya imboga byo ntabwo ari ukwica?

UMWIGISHA: Kurya ibimera na byo ni ukwica ibiremwa bifite ubugingo kandi bikaba inkomyi kuri karma ariko ingaruka ni nke cyane. Niba umuntu akoresha Uburyo bwa Quan Yin bw'amasaha 2 n'igice buri muni, umuntu ashobora guca ukubiri n'ingaruka z'izi karma. Nk'uko tugomba kurya kugira ngo tubeho, duhitamo ibiribwa bitagira umutimanama kandi bibabara gake. Ibimera bigizwe na 90% by'amazi, bityo rero urwego rwabyo rw'umutimanama ruri hasi cyane ku buryo bitumva ububabare ubwo aribwo bwose. Byongeye kandi igihe turya imboga nyinshi ntabwo dutema imizi yazo ahubwo tuzifasha mu kororoka kwazo dutema amashami n'amababi yazo. Mu by'ukuri ihererezo ryabyo ni ingaruka nziza ku kimera. Bityo rero abahinzi b'ibimera bavuga ko kwicira ibimera bibifasha mu kubyibuha no kuba byiza.

Ibi nanone birushaho kugaragara ku mbuto. Iyo urubuto rweze, ruhamagarira abantu kururya kubera impumuro yarwo nziza, ibara ryarwo ryiza n'uburyohe bwarwo. Ni muri ubu buryo ibiti by'imbutu bishobora kugera ku ntego yabyo yo gukwirakwiza imbuto ahantu hanini. Turamutse tutaruciye ngo tururye, urubuto rurahirirana maze rukagwa hasi rukabora. Utubuto twarwo ntutugerwaho n'imirasire y'izuba kubera igiti kiri hejuru maze utwo tubuto tugapfa. Bityo rero kurya imboga n'imbuto ni ibintu biri muri kamere, bikaba nta bubabare bigira namba.

IKIBAZO: Abantu benshi batekereza ko abarya ibikomoka ku bimera ari bagufi kandi bananutse naho abarya inyama bakaba barebare bakanabyibuha. Ese ibi ni ukuri?

UMWIGISHA: Abantu batunzwe n'ibikomoka ku bimera si ngombwa ko baba bananutse cyangwa ari bagufi. Iyo indyo yuzuye, bashobora kuba barebare bakagira n'ingufu. Nk'uko mubibona, inyamaswa nini nk'inzovu, inka, jirafe, imvubu, ifarasi, n'izindi, zitungwa gusa n'imboga n'imbutu. Zifite ingufu kurusha indyanyama, zikaba inyamahoro zikagirira akamaro inyokomuntu. Ariko inyamaswa zirya inyama ni inkazi cyane kandi nta kamaro kazo. Niba abantu barya inyamaswa nyinshi, bazagerwaho n'ingaruka zo kurangwa n'imiterere y'inyamaswa. Abantu barya inyama ntabwo byanze bikunze baba barebare cyangwa ngo bagire ingufu, ahubwo impuzandengo y'iminsi yo kubaho kwabo ni mike cyane. Abesikimo hafi ya bese batunzwe n'inyama ariko se ni barebare kandi bafite ingufu? Ese nibo barama? Ntekereza ko uru rugero rwabashoboza gusobanikirwa neza cyane.

IKIBAZO: Ese abantu barya ibikomoka ku bimera bashobora kurya amagi?

UMWIGISHA: Oya. Igihe turya amagi nabwo tuba twica ibiremwa. Bamwe bavuga ko amagi acuruzwa ari amahuri (inkoko ntiba yarashonzwe n'isake), bityo rero kuyarya si ukwica ibiremwa bifite ubugingo. Ibi bisa naho ari ukuri. Igi rikomeza kuba ihuri kubera ko gusa ibyangombwa bikenewe kugira ngo ribe igi rivamo umushwi biba byaburijwemo, bityo igi rikaba ridashobora kunyura mu nzira yaryo yuzuye y'imikurire yo gutuma rizavamo umushwi. Nubwo iyi mikurire iba itabayeho, igi riba ryifitemo ingufu z'ubuzima karemano zikenewe kuri yi ngingo. Tuzi ko amagi yifitemo ingufu karemano naho ubundi

kuki se intangangore ari bwo bwoko bwonyine bw'ingirangingo zishobora guhura n'intangangabo? Bamwe bavuga ko amagi akubiyemo intungamubiri z'ingenzi, ibyubaka umubiri n'umunyu ngugu wa fosifore, zikenewe mu mubiri w'umuntu. Ariko ibitera imbaraga biboneka muri foromaje ya soya na fosifore iva mu bwoko bwinshi bw'imboga nk'ibirayi.

Tuzi ko kuva mu bihe bya kera kugeza ubu, habayeho abihaye Imana bakomeye benshi bataryaga inyama cyangwa amagi, kandi bakarama. Dufashe urugero rw'umwigisha Ying Guang yaryaga isahane y'imboga n'umuceri kuri buri funguro, kandi yamazwe imyaka igera kuri mirongo inane. Byongeye kandi, umuhondo w'igi ubamo cholesterol nyinshi, bikaba impamvu ya mbere mu gutera ibibazo by'indwara z'umutima n'imitsi y'amaraso, akaba ari indwara za mbere mu guhitana abantu muri Formosa na Amerika. Nta gitangaza kirimo kubona ko abarwayi benshi ari abarya amagi!

IKIBAZO: Abantu borora inyamaswa n'ibiguruka, nk'ingurube, inka, inkoko, imbata, n'ibindi. Kuki tutabirya?

UMWIGISHA: None? Ababyeyi barera abana babo. None se ababyeyi bafite uburenganzira bwo kurya abana babo? Ibiremwa bifite ubugingo bifite uburenganzira bwo kubaho, nta muntu ugomba kubivutsa ubu burenganzira. Turebye nk'amategeko yo muri Hong Kong, ndetse no kwiyahura binyuranyije n'amategeko. None ubwo ntumutekereza ukuntu byaba binyuranyije n'amategeko umuntu yishe ibindi biremwa?

IKIBAZO: Inyamaswa zivukira kuribwa n'abantu. Turamutse tutaziriye, zakuzura isi. Sibyo se?

UMWIGISHA: icyo gitekerezo ntigifite ishingiro. Ese mbere yo kwica

inyamaswa, uyibaza niba ishaka ko uyica ngo uyirye? Ibiremwa byose bifite ubugingo byifuzza kubaho kandi bigira ubwoba bwo gupfa. Ntitwifuzza kuribwa n'urusamagwe, none kuki inyamaswa zigomba kuribwa n'abantu? Ibiremwa muntu bimaze ku isi imyaka ibihumbi mirongo, ariko mbere y'uko ikiremwa muntu kiboneka ku isi hari ubwoko bwinshi bw'inyamaswa bwariho. Ese bwuzuye Isi bikabije? Ibiremwa muri kamere bifite ukuntu bigenda bitaba byinshi. Igihe hari ibiribwa biki cyane, aho guhinga hakaba hato, ibi bitera igabanyuka rikabije ry'abatwaga. Ibi bituma abatwaga baguma ku rugero rukwiye.

IKIBAZO: Ni ukubera iki ngomba gutungwa n'ibikomoka ku bimera?

UMWIGISHA: Ntuzwe n'ibikomoka ku bimera kubera ko Imana iba muri njye ari ko ibishaka. Murabyumva? Kurya inyama binyuranye n'ihame ryo ku isi ryo kutwifuzza kwicwa. Natwe ubwacu ntidushaka kwicwa, ntidushaka twe ubwacu kwibwa. None niba tubikorera abandi bantu, ubwo nyine tuba twirwanya twe ubwacu, bigatuma tubabara. Ikintu cyose mukora kibangamiye abandi gituma mubabara. Ntimushobora kwiruma no kwitwera icyuma. Muri ubwo buryo ntimugomba kwica, kubera ko ibyo binyuranye n'ihame ry'ubuzima. Murabyumva? Byatuma tubabara, ni yo mpamvu tutabikorera. Ibi ntibivugaga ko hari ibyo twiyima mu buryo ubwo ari bwo bwose. Bivugaga ko tubona ko ubuzima bugera no ku bindi bintu. Ubuzima bwacu ntibugarukira kuri uyu mubiri ahubwo buragenda bukagera no ku buzima bw'inyamaswa n'ibindi biremwa. Ibi bituma tuba abantu bo hejuru, bakomeye, bishimye kandi batwaga imipaka. Si byo se?

IKIBAZO: Ese mwagira icyo muvugaga ku mirire y'ibikomoka ku bimera n'ukuntu byatuma ku isi haba amahoro?

UMWIGISHA: Yego. Murabona, intambara nyinshi zibaho ku isi ziterwa n'impamvu z'ubukungu. Reka turebe uko bimeze. Ibibazo by'ubukungu by'igihugu runaka biba byihutirwa kurushaho iyo hari inzara, ibura ry'ibiribwa cyangwa kutabaho ku isaranganywa ry'ibiribwa hagati y'ibihugu bitandukanye. Uramutse ufashe igihe ugasoma ibinyamakuru ugakora ubushakashatsi ku mirire ishingiyeye ku bikomoka ku bimera, noneho ibi wabisobanukirwa neza cyane. Korora inka n'amatungo kugira ngo ubone inyama byatumye ubukungu bwacu buzahara mu nzego zose. Byatumye ku isi habaho inzara – byibura mu bihugu bikennye.

Ibi sinjye ubivuze, ni umunyamerika wakoze ubu bushakashatsi maze abwandikaho igitabo. Ushobora kujya ku iguriro ry'ibitabo iryo ari ryo ryose maze ugasoma ku bushakashatsi bwakozwe ku mirire y'ibikomoka ku bimera no ku itunganya ry'ibiribwa. Ushobora gusoma igitabo cyitwa, "Diet For a New America" cyanditswe na John Robbins. Akaba ari umuherwe w'ikirangirire cyane mu by'ayisikirimu. Yaretse byose kugira ngo atungwe n'ibikomoka ku bimera maze yandika igitabo ku mirire y'ibikomoka ku bimera, iki gitabo kikaba kirwanya ibimenyerewe ndetse n'ubucuruzi bw'umuryango we. Yahombye amafaranga menshi, icyubahiro n'ubucuruzi kandi yabikoze kubera Ukuri. Icyo gitabo ni cyiza cyane. Hari ibindi bitabo n'ibinyamakuru byinshi cyane bishobora kuguha amakuru menshi no kukugezaho ibindi bintu bifatika ku mirire y'ibikomoka ku bimera n'ukuntu bishobora gutuma habaho amahoro ku isi.

Murabona ko twangije umusaruro wacu w'ibiribwa tubigaburira amatungo. Muzi ubwinshi bw'intungamubiri, bw'imiti, amazi akoreshwa, ingufu z'abantu, imodoka, amakamy, iyubakwa ry'imihanda n'ubwinshi bw'ibihumbi n'ibihumbagiza bya za hegitari z'ubutaka bitakara mbere y'uko inka iba ihagije mu gutanga ifunguro

rimwe. Murabyumva? Ibi bintu byose bishobora gusaranganywa ku buryo burunganiye mu bihugu bikennye, bityo tugakemura ikibazo cy'inzara. Ubu rero ni yo mpamvu igihugu gikeneye ibiribwa ahari gitera ikindi kugira ngo kibone ibyo gutunga abaturage bacyo. Amaherezo ibi bituma habaho kurwana ku mpamvu zidafatika n'ibihano. Murabyumva?

Ibyo mubiba ni byo muzasarura. Niba twica umuntu ku bw'ibidutunga, natwe tuzicwa ku bw'ibiribwa nyuma y'aho, mu buryo ubu n'ubu mu gihe kizaza, mu bisekuruza bizaza. Biteye agahinda. Turi abanyabwenge bihagije, turasobanukiwe bihagije ariko benshi muri twe ntibazi impamvu ibihugu duturanye bibabara. Ni ukubera kugira ibyo dukunda kurya n'inda zacu.

Kugira ngo tugaburire umubiri umwe, twica ibiremwa byinshi maze tukicisha inzara ibiremwa byinshi cyane bimeze nka twe. Nta nubwo turavuga ku nyamaswa. Murabyumva? Ubwo rero iki cyaha, umuntu yagikora akizi cyangwa atakizi, kiremerera umutimanama wacu. Bigatuma turwara kanseri, igituntu n'ubundi bwoko bw'indwara zidakira harimo SIDA. Mwibaze, kuki igihugu cya Amerika kibabara kurusha ibindi? Ni cyo gifite umubare munini w'abarwayi ba kanseri ku isi kubera ko Abanyamerika barya inyama nyinshi. Barya inyama nyinshi kurusha ikindi gihugu icyo ari cyo cyose. Mwibaze impamvu Abashinwa cyangwa ibihugu by'abakomunisiti bitagira umubare ungana kuriya w'abarwayi ba kanseri. Ntibarya inyama nyinshi bigeze aho. Murabyumva? Ibi ni ibitangazwa n'ubushakashatsi, sinjye ubibabwira, Si byo? Ntimuncire urubanza.

IKIBAZO: Ni izihe nyungu z'iby'umwuka dukomora ku kurya ibikomoka ku bimera?

UMWIGISHA: Nshimishijwe no kuba umbajije iki kibazo muri ubu

buryo kubera ko byumvikanisha ko mushishikajwe gusa cyangwa mukunda inyungu z'iby'umwuka. Abantu benshi baba bashishikajwe n'ubuzima, imirire n'isura iyo babajije ku mirire y'ibikomoka ku bimera. Bimwe mu by'umwuka by'imirire y'ibikomoka ku bimera ni uko bifite isuku cyane kandi nta guhutaza.

Ntukice. Iyo Imana itubwiye gutya, ntiyavuze ngo ntukice ibiremwa muntu, Yaravuze ngo ntukice ikiremwa icyo ari cyo cyose. Ese Ntiyavuze ko Ituremeye inyamaswa zose ngo zibe inshuti zacu, ngo zidufashe? Ese ntiyashyize inyamaswa mu maboko yacu ngo tuziteho? Yaravuze ngo muziteho muzigenge. Iyo utegeka abagaragu bawe, ese wica abagaragu bawe maze ukabarya? Ubwo se ntiwasigara uri umwami w'incike utagira abantu iruhande rwe? Ubu noneho murabyumva iyo Imana ivuze gutyo. Tugomba kubyumva. Nta mpamvu yo kugira ugushidikanya ku Mana. Yavuze ibintu bisobanutse neza cyane ariko se ninde wakumva Imana usibye Imana?

Ubu noneho mugomba kuba Imana kugira ngo mwumve Imana. Ndongera kubararikira kuba nk'Imana, mukaba mwebwe ubwanyu, ntimube undi muntu. Kwihereza ukazirikana ku Mana ntibivuga guhimbaza Imana, bivuga ko uhinduka Imana. Ubona ko wowe n'Imana muri umwe. Njye na Data turi umwe, siko Yesu yavuze? Niba yaravuze ko We na Se ari umwe, natwe na Se dushobora kuba umwe kubera ko natwe turi abana b'Imana. Kandi na Yesu yaravuze ko ibyo We akora twe dushobora kubikora neza kurushaho. Bityo rero ahari twaba beza kurusha Imana, ninde ubizi!

Kuki dusenga Imana mu gihe nta kintu tuzi ku Mana? Kuki dukoresha kwizera guhumye? Tugomba kumenya mbere ya byose ibyo dusenga kimwe nuko tugomba kumenya umukobwa tugiye gushyingirwa uwo ari we mbere y'uko dushyingiranwa na we. Muri iyi

minsi, ni umuco ko tudashyingirwa mbere y'uko turambagiza. None se kuki twasenga Imana dufite kwizera guhumye? Dufite uburenganzira bwo gusaba Imana ngo itwiyereke, itwimenyeshe. Dufite uburenganzira bwo guhitamo Imana dushaka gukurikira iyo ari yo.

Ubu rero murabona ko bigaragara neza cyane muri Bibiliya ko tugomba kurya ibikomoka ku bimera. Ku mpamvu zose z'ubuzima, tugomba kurya ibikomoka ku bimera. Ku mpamvu zagaragajwe n'ubushakashatsi, tugomba kurya ibikomoka ku bimera. Ku mpamvu zose z'ubukungu, tugomba kurya ibikomoka ku bimera. Ku mpamvu zo kwishyira mu mwanya w'ibindi biremwa, tugomba kurya ibikomoka ku bimera. Ndetse no ku bwo kurengera isi, tugomba kurya ibikomoka ku bimera.

Bivugwa mu bushakashatsi bumwe na bumwe ko abantu bo mu bihugu by'iburengerazuba, muri Amerika, baramutse barya ibikomoka ku bimera inshuro imwe gusa mu cyumweru, twabasha gutabara miliyoni cumi n'esheshatu z'abantu bicwa n'inzara buri mwaka. Bityo rero mube intwari, mutungwe n'ibikomoka ku bimera. Ku bw'izi mpamvu zose, ndetse nubwo mutankurikira, cyangwa se ngo mukoreshe uburyo bumwe, ndabasaba ko mwatungwa n'ibimera ku nyungu zanyu, ku bw'inyungu z'isi yacu.

IKIBAZO: Buri wese aramutse ariye ibimera, ntibyazatera ibura ry'ibiribwa?

UMWIGISHA: Oya. Gukoresha isambu runaka mu guhinga ibiribwa bitanga umusaruro inshuro cumi n'enye kurusha gukoresha iyo sambu mu guhinga ibyo gutunga inyamaswa. Ibimera byo muri buri gice cya hegitari y'ubutaka bitanga ibitera ingufu 800.000; nyamara ibi bimera bisanzwe biribwa n'abantu biramutse bikoreshejwe mu korora amatungo, inyama ziva kuri aya matungo zishobora gutanga gusa

ibitera ingufu 200.000. Ibi bivuga ko muri iyi nzira ibitera ingufu 600.000 biratakara. Ubwo rero ibiribwa bikomoka ku bimera ni ingirakamaro kandi birahendutse kurusha inyama.

IKIBAZO: Ese amafi ni meza ku muntu utunzwe n'ibikomoka ku bimera?

UMWIGISHA: Ni byiza niba ushaka kurya amafi. Ariko niba ushaka kurya ibikomoka ku bimera, amafi si imboga.

IKIBAZO: Abantu bamwe bavuga ko ari ikintu cy'ingenzi kugira umutima mwiza, ariko ko atari ngombwa gutungwa n'ibikomoka ku bimera. Ese ibi birumvikana?

UMWIGISHA: Niba umuntu ari umugwaneza mu by'ukuri, none kuki arya inyama z'ikindi kiremwa? Kuba azibona zibabara bigeze aho, ntiyakagombye kubasha kuzirya! Kurya inyama nta mpuhwe zirangwamo, none ni gute ibi byakorwa n'umuntu ufite umutima mwiza?

Umwigisha Lien Ch'ih yigeze kuvuga ati, "Mwice umubiri wacyo, murye inyama zacyo. Muri iyi si nta kintu kibaho kigira nabi, cyicana, kibi kandi cy'ikigome kurusha uyu muntu." Ni gute we ubwe yavugaga ko afite umutima mwiza?

Mencius na we yaravuze ati, "Uramutse ubonye ikiremwa kigifite ubugingo, ntiwakwihanganira kukibona gipfa, kandi uramutse wumvise gitakishwa n'umubabaro, ntiwakwihanganira kurya inyama zacyo, bityo abantu beza by'ukuri birinda kwegera igikoni."

Ubwenge bwa muntu buruta ubw'inyamaswa kandi dushobora gukoresha intwari kugira ngo zitabasha kuturwanya, bityo rero zipfana urwango. Umuntu ukora ibi, ahutaza uturemwa duto kandi tw'intege nke, nta burenganzira afite bwo kwitwira umuntu mwiza. Iyo inyamaswa zishwe, zipfana umubabaro ukabije, ubwoba, n'ipfunwe. Ibi

bituma haremwa uburozi busigara mu nyama zazo bukagirira nabi abazirya. Kubera inshuro inyamaswa zinyagambura ari nke ku z'abantu, inyamaswa zigira uruhare ku kwinyagambura kwacu, bikagira ingaruka mbi ku mikurire y'ubwenge bwacu.

IKIBAZO: Ese ni byiza kwitwa “umuntu urya ibikomoka ku bimera bivanze”? (Abantu barya ibikomoka ku bimera bivanze ntabwo birinda kurya inyama. Bashobora kurya imboga zivuye mu ifunguro ry'imboga zatetswe hamwe n'inyama.)

UMWIGISHA: Oya. Dufashe nk'urugero, niba ibiryo bishyizwe mu mazi arimo ibihumanya nyuma bikavanwamo, ese utekereza ko bizaba bihumanye cyangwa bidahumanye? Muri Mahaparinirvana Sutra, Mahakasyapa yabajije Buda, igihe dusabirije maze tugahabwa imboga zivanze n'inyama, ese dushobora kurya ibi biryo? Ni gute twasukura ibi biryo?” Buda aramusuza ati, Umuntu ashobora kubisukuzza amazi meza agatandukanya imboga n'inyama, noneho umuntu akabona kurya izo mboga.

Duhereye kuri ibi bivuzwe haruguru dushobora kumva ko umuntu adashobora kurya imboga zivanze n'inyama keretse abanje kuzoza n'amazi, urumva rero ko kurya inyama byo ari ibindi bindi! Ni yo mpamvu byoroshye cyane kubona ko Buda n'abigishwa Be bose bakurikiza imirire y'ibikomoka ku bimera. Nyamara rero abantu bamwe basebeje Buda bavuga ko yari “umuntu urya ibikomoka ku bimera bivanze,” kandi ngo iyo abatanga imfashanyo batanze inyama, yaryaga inyama. Ibi mu by'ukuri nta shingiro bifite. Abavuga gutyo basomye gake cyane lbyanditswe cyangwa se ntibasobanukiwe n'lbyanditswe basomye.

Mu Buhinde, abantu barenga 90% batunzwe n'ibikomoka

ku bimera. Iyo abantu babonye abantu basabiriza bambaye amakanzu y'umuhondo, bose bamenya ko bagomba kubaha ibiribwa bikomoka ku bimera, tutirengagije ko abantu benshi nta n'inyama baba bafite zo gutanga!

IKIBAZO: Kera cyane, nigeze kumva undi Mwigisha avuga ngo, "Buda yariye ikinono cy'ingurube maze arwara impiswi arapfa." Ese ibi ni ukuri?

UMWIGISHA: Si byo na busa. Ni ukubera ko Buda yariye ubwoko bw'ibihumyo, ni byo byamwishe. Iyo duhise tuvana mu rurimi rw'ababurahamani, ubu bwoko bw'ibihumyo bwitwa "ikinono cy'ingurube," ariko si ikinono nyakuri cy'ingurube. Ni nk'igihe dufashe ubwoko bw'imbutu tukazita "longan" (mu Gishinwa ibi bivuga ijambo ku ijambo "ijisho ry'ikiyoka"). Hari ibintu byinshi bitari imboga ukurikije amazina yabyo ariko mu by'ukuri ugasanga ari ibiribwa bikomoka ku bimera, ibyo bintu ni nk'ijisho ry'ikiyoka." Iki gihumyo mu rurimi rw'ikiburahamani rwitwa "ikinono cy'ingurube" cyangwa "umunezero w'ingurube." Byombi bifitanye isano n'ingurube. Ubu bwoko bw'igihumyo ntabwo byari byoroshye kububona kera mu Buhinde kandi cyari ikiribwa cy'imbonekarimwe, bityo abantu bakagiha Buda mu gusenga kwabo. Iki gihumyo ntigishobora kuboneka hejuru ku butaka. Gukurira mu nsi y'ubutaka. Iyo abantu bashaka kukibona, bagomba kugishaka bifashishije ingurube ishaje ikunda kurya ubu bwoko bw'igihumyo. Ingurube zikivumburisha guhumurirwa kwazo kandi iyo hagize icyo zumva, zikoresha ibinono byazo mu kugicukura mu isayo kugira ngo zikibone zikirye. Ni yo mpamvu iki gihumyo cyitwa "umunezero w'ingurube" cyangwa "ikinono cy'ingurube." Mu by'ukuri aya mazina yombi avuga ubwoko bumwe bw'igihumyo. Kubera ko byahinduwe mu rundi rurimi nta kubizirikana kandi kubera ko abantu

batamenye inkomoko yabyo, byatumye ibisekuruza byakurikiyeho byumva nabi byibeshya kuri Buda nk'umuntu urya inyama. Ni ukuri iki ni ikintu kibabaje.

IKIBAZO: Bamwe mu bakunda inyama bavuga ko bagura inyama ku mabagiro, bityo ko atari bo bica nyine ko ubwo nta kibazo kurya izo nyama. Mutekereza ko ibi ari ukuri?

UMWIGISHA: Iri ni ikosa ryatera akaga. Mugomba kumenya ko ababazi bica ibiremwa bifite ubugingo kubera ko abantu bashaka kurya inyama. Muri Lankavatara Sutra, Buda yaravuze ati, haramutse nta muntu n'umwe urya inyama, nta kwica kwabaho. Bityo rero kurya inyama no kwica ibiremwa bifite ubugingo ni icyaha kimwe. Kubera ko kwica ibiremwa byinshi cyane bifite ubugingo, twugarizwa n'ibiza kamere n'amakuba aturuka ku bantu. Intambara na zo ziterwa no kwica gukabije cyane.

IKIBAZO: Abantu bamwe bavuga ko mu gihe ibimera bitabyara ibintu by'uburozi nk'uburozi bujya mu mwijima (bwitwa urea), abahinzi b'imbutu n'imboga bakoresha ku bimera imiti myinshi yica udukoko, iyo miti ikaba atari myiza ku buzima bwacu. Ese ni ko bimeze?

UMWIGISHA: Niba abahinzi bakoresha imiti yica udukoko ku bihingwa ndetse n'indi miti yo mu nganda irimo uburozi bw'inshi nka DDT, bishobora gutera kanseri, ubugumba n'indwara z'umwijima. Uburuzi nka DDT bushobora gukwirakwira mu binure kandi bukunze kuboneka mu binure by'inyamaswa. Igihe uriye inyama, ibi bivugaga ko uba uriye ibi bintu byose birimo imiti yica udukoko n'ubundi buruzi buba mu binure by'inyamaswa biba byaragiye byirundanya mu mikurire yazo. Ubwinshi bw'ubu buruzi bushobora kuba inshuro cumi n'eshatu kuruta ububa mu mbuto, imboga cyangwa impeke.

Dushobora kuvana uburozi bw'imiti buri ku mbuto inyuma, ariko ntidushobora kubuvana aho bwirunze mu binure by'inyamaswa. Iyi nzira yo kwirundanya ibaho kubera ko imiti yica udukoko igenda yiyegeranya. Bityo rero ababirya ku ikubitiro ni bo bagerwaho n'ingaruka nyinshi.

Ubushakashatsi bwo muri Kaminuza ya lowa bwagaragaje ko imiti yica udukoko iboneka mu mibiri y'abantu hafi ya yose iva mu kurya inyama. Bavumbuye ko urugero rw'imiti yica udukoko mu mibiri y'abatanzwe n'ibikomoka ku bimera ruri hasi y'urw'abarya inyama. Mu by'ukuri, usibye imiti yica udukoko, hari ubundi burozi buba mu nyama. Mu nzira yo korora inyamaswa, byinshi mu biribwa byazo biba birimo uburozi bwo mu nganda butuma zikura vuba cyangwa ngo zihindure ibara ry'inyama zazo, uburyohe cyangwa imiterere yazo cyangwa kugira ngo zibikike igihe kirekire, n'ibindi.

Dufashe urugero, ibituma inyama zibikika bikomoka ku byo bita nitrate bibamo uburozi bwinshi. Ku wa 18 Nyakanga 1971, ikinyamakuru cyitwa New York Times cyatangaje ko, "Akaga kanini kihishe ku buzima bw'abarya inyama ni ibintu bihumanya bitagaragara mu nyama nka za bagiteri zo mu bwoko bumwe bw'amafi, ibisigazwa by'imiti yica udukoko, ibituma ibintu bibikika, imisemburo, imiti ya antibiyotike ndetse n'ibindi mvaruganda." Hejuru y'ibivuzwe haruguru, inyamaswa ziterwa inshinge, zishobora kuguma mu nyama. Muri uru rwego, intungamubiri zo mu mbuto, imbuto zigira akabuto k'imbere gakomeye, ibishyimbo, ibigori n'amata byose ni byiza kurusha intungamubiri z'inyama ziba zifite 56% by'imyanda idashobora kuvanwaho n'amazi. Ubushakashatsi bugaragaza ko ibyo bintu bongeramo bikorwa n'abantu bishobora gutera za kanseri, izindi ndwara cyangwa ubumuga ku bana bataravuka. Bityo rero ni byiza ko

n'abagore batwite barya ibikomoka ku bimera gusa ku bw'ubuzima bw'umubiri n'ubw'umwuka bw'umwana batwite. Iyo unywa amata menshi ushobora kubona imyunyungugu myinshi ikomeza amagufwa myinshi; mu bishyimbo wabonamo ibitunga umubiri byinshi; kandi mu mbuto no mu mboga habamo intungamubiri n'imyunyungugu.

Kurya ibikomoka ku bimera: Igisubizo kiruta ibindi ku Kibazo cy'amazi ku Isi

Byakuwe ku makuru No. 154 y'Umwigisha w'Ikirenga Ching Hai

Amazi ni ingenzi ku biremwa byose byo ku isi. Nyamara gukabya gukoresha amazi yo kuri uyu mubumbe wacu, nk'uko byashyizwe ahagaragara n'Ikigo cy'ubushakashatsi ku Mazi ku Isi cy'i Stockholm (SIWI), byashyize mu kaga uyu mutungo w'agaciro mu bisekuruza bizaza. Aha hepfo hari ibintu bitangaje byavuzwe mu nama ngarukamwaka ya SIWI y'Icyumweru cy'amazi ku Isi yabaye kuva 16-20 Kanama 2004:

* Mu myaka myinshi ishize, kwiyongera k'umugaruro w'ibiribwa kwarenze kwiyongera kw'abaturage. Ubu ahenshi ku isi barabura amazi yo gukoresha mu kongera umugaruro.

* Inyama zirimo impeke zisaba 10.000 - 15.000 kg by'amazi kuri buri kilo cy'inyama gitunganyijwe. (Ibi bingana n'urugero rw'imikorere myiza ruri muni ya 0.01%; haramutse hari uruganda rusanzwe rukora kuri uru rwego, rwahita rusimburwa!)

* Ibinyampeke bisaba 400-3000 kg by'amazi kuri buri kilo cy'impeke gitunganyijwe (ni ukuvuga 5% by'amazi akenewe ku nyama).

* Kugeza kuri 90% by'amazi atunganywa akoresha mu guhinga ibiribwa.

* Ibihugu nka Australiya, aho amazi ari ingume, usanga mu by'ukuri bohereza amazi mu mahanga binyuze mu nyama.

* Mu bihugu biri mu nzira y'amajyambere, abarya inyama bakoresha umutungo ungana na litiro 5.000 (utujerekani 1.100) z'amazi ku muni ugereranyije na litiro 1.000-2.000 (utujerekani 200-400) zikoresha

n'abantu barya ibikomoka ku bimera. (Byatangajwe mu kinyamakuru cyitwa Guardian cyo ku wa 23/8/2004).

Nanone hari ahandi bongera kuvuga, ibi ntibyavuye muri raporo ya SIWI, ko ahantu hanini h'ishyamba rikurura imvura rya Amazone hagenda hatsembwa kugira ngo bahahinge soya. Nyamara izi soya zigaburirwa amatungo. Byarushaho kuba byiza zihise zigaburirwa abantu!

Nk'uko benshi mu batangiye kumenyerezwa babyibuka, Umwigisha avuga ingaruka ku bidukikije zo gutunganya inyama mu Isomo rye ryitwa "Inyungu zo Gutungwa n'Ibikomoka ku Bimera" rikubiye mu gitabo Urufunguzo rwo Kumurikirwa Vuba: "Korora inyamaswa kugira ngo haboneke inyama bifite ingaruka zabyo. Bituma habaho gutsembwa kw'amashyamba akurura imvura, kwiyongera k'ubushyuhe ku isi, ibihumanya amazi, ibura ry'amazi, kwiyongera k'ubutayu, kudakoresha neza umutungo utanga ingufu ndetse n'inzara ku isi. Ikoreshwa ry'ubutaka, amazi, ingufu, n'umuhate w'abantu wo kubona inyama ntabwo ari uburyo bwiza bwo gukoreshamo umutungo w'isi."

Bityo rero kugira ngo hagabanywe amazi akoreshwa ku isi, abantu bakeneye ubundi buryo bwo gutunga isi, kandi kurya ibikomoka ku bimera byujuje ibi bya ngombwa. Ukeneye raporo zifitanye isano n'iyi, warebera ku mbuga za interineti zikurikira:

[Http://www.worldwatercouncil.org/](http://www.worldwatercouncil.org/)

[Http://news.bbc.co.uk/2/hi/science/nature/3559542.stm](http://news.bbc.co.uk/2/hi/science/nature/3559542.stm)

[Http://news.bbc.co.uk/1/hi/sci/tech/2943946.stm](http://news.bbc.co.uk/1/hi/sci/tech/2943946.stm)

Amakuru Meza ku Barya Ibikomoka ku Bimera

Intungamubiri z'Ingenzi ziva ku Mboga

Kurya ibikomoka ku bimera ntabwo ari iby'agaciro gusa ku by'umwuka tubamo ahubwo nanone ni byiza cyane ku buzima bwacu. Nyamara tugomba kwita ku guhinduranya imirire kugira ngo tutabura intungamubiri zikomoka ku mboga zikenewe cyane.

Hari ubwoko bubiri bw'intungamubiri: intungamubiri zikomoka ku nyamaswa n'intungamubiri zikomoka ku mboga. Soya n'amashaza ni bimwe mu bikomokaho intungamubiri ziva ku mboga. Kurya ibikomoka ku bimera ntibivuga kurya imboga zikaranze gusa. Intungamubiri zigomba kuba zirimo kugira ngo imirire umuntu akeneye ibe yuzuye.

Dogiteri Miller yari umuntu urya ibikomoka ku bimera ubuzima bwe bwose. Yakoze akazi ko kuvura no kwita ku bakene muri Repbulika y'Ubushinwa mu gihe cy'imyaka mirongo ine. Yizeraga ko dukeneye gusa kurya ibinyampeke, ibinyamisogwe, imbuto n'imboga kugira ngo tugire ubuzima bwiza. Dogiteri Miller avuga ko, "Udutsima two muri soya ni 'inyama' zitagira igufwa."

"Abantu baramutse batunzwe n'ubwoko bumwe bw'ibiribwa maze bagatungwa na soya, kubera ko soya ifite intungamubiri cyane, bashobora kubaho igihe kirekire."

Gutegura ifunguro ry'ibikomoka ku bimera ni kimwe no gutegura ifunguro ririmo inyama, keretse ko intungamubiri

z'ibikomoka ku bimera nk'ibipande by'imboga z'inkoko, *ham* z'imboga cyangwa uduce tw'imboga zikoreshwa mu mwanya w'inyama. Dufashe nk'urugero, aho guteka "inyama zakataguwe zigatekwa muri seleri" cyangwa "isosi y'ubwoko bw'ibimera bikunda kuba mu mazi n'amagi," ubu noneho dushobora kubiteka nka "sote y'inyama z'imboga na seleri" cyangwa nk'"isosi y'ubwoko bw'ibimera bikunda kuba mu mazi n'ibishyimbo."

Niba muri mu bihugu aho intungamubiri z'ibikomoka ku bimera zidakunze kuboneka, ushobora kwegera Ishyirahamwe Mpuzamahanga ry'Umwigisha w'Ikirenga Ching Hai riri mu gace uherereyemo maze natwe tuzakugezaho amakuru ku bantu bamwe b'ingenzi n'amaresitora atanga ibikomoka ku bimera.

Naho mu bijyanye no gutegura ifunguro ry'ibikomoka ku bimera, ushobora kwifashisha igitabo cyitwa *The Supreme Kitchen* (Igikoni Gihebuje) cyanditswe n'Ishyirahamwe Mpuzamahanga ry'Umwigisha w'Ikirenga Ching Hai, cyangwa se ibindi bitabo bivuga ku mirire y'ibikomoka ku bimera.

Kugira ngo ubone urutonde rw'amaresitora y'ibikomoka ku bimera ku isi yose, ushobora gusura uru rubuga rwa interineti:

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

Aha hefpo hari urutonde wakwifashisha rw'amaresitora y'ibikomoka ku bimera n'amasosiyete acuruza ibikomoka ku bimera.

Aho wabariza ibiribwa bikomoka ku bimera ku Isi (Hacungwa na bagenzi bacu batangiye kumenyerezwa)

Afurika

Afurika y'Epfo

Benin

◆ Izina: SM Bar Cafe Restaurant

vegetarien

Aho ibarizwa: 07 BP 1022

COTONOU

Telephone: 229-90921569

◆ Izina: Peace Foods

Aho ibarizwa: C/1499 VEDOKO

(COTONOU)

Telephone: 229-95857274

Amerika

Kanada

Vancouver

◆ Izina: Paradise Vegetarian Noodle House

Aho ibarizwa: 8681-10th Ave. (Crest

Plaza), Burnaby,

B. C. V3N 2S9, Vancouver, Kanada

Telephone: 1-604-527-8138

Leta Zunze Ubumwe z'Amerika

Arizona

◆ Izina: Vegetarian House

Aho ibarizwa: 3239 E. Indian School Rd, Phoenix AZ 85018

Telephone: 1-602-264-3480/Fax: 1-623-780-0855

Oregon

◆ Izina: Sarang Korean Vegetarian Restaurant

Aho ibarizwa: 706 SW Hurbert St.,

Newport, OR 97365, USA

Telephone: 1-541-265-5803

Kaliforuniya

Los Angeles

◆ Izina: Au Lac Vegetarian Restaurant

Aho ibarizwa: 16563 Brookhurst

Street, Fountain Valley, CA 92708

U.S.A. (muri Orange County)

Telephone: 1-714-418-0658

◆ Izina: Resitora ya Veggie Era Vegab Restaurant

Aho ibarizwa: 903-b Foothill Blvd

Upland, CA 91786 U.S.A.

Telephone: 1-909-982-3882

◆ Izina: Happy Veggie

Aho ibarizwa: 709 N. Pacific Coast Highway, Redondo Beach , CA.

90277

Telephone: 1- 310-379-5035 Fax: 1-

310-379-5075

◆ Izina: One World Vegetarian Cuisine

Aho ibarizwa: 178 S. Glendora Ave., W. Covina, CA 91790

97. Urufunguzo rwo Kumurikirwa Vuba

Telephone: (626) 917-2727

Imeyile: info@oneworldveggie.com

Oakland

◆ Izina: Golden Lotus Vegetarian Restaurant

Aho ibarizwa: 1301 Franklin St.

Oakland, CA 94612 U.S.A.

Telephone: 1-510-893-0383

◆ Izina: New World Vegetarian Restaurant

Aho ibarizwa: 464 8th St. Oakland, CA 94607 U.S.A.

Telephone: 1-510-444-2891

San Francisco

◆ Izina: Golden Era Vegetarian Restaurant

Aho ibarizwa: 572 O'Farrell Street,

San Francisco, CA 94102

Telephone: 1-415-673-3136

San Jose

◆ Supreme Master Ching Hai International Association Vegetarian House

Aho ibarizwa: 520 East Santa Clara

Street, San Jose CA 95112

Telephone: 1-408-292-3798

Info@vegetarianhouse.us

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

◆ Izina: Tofu Togo

Aho ibarizwa: 388 E. Santa Clara

Street, San Jose CA 95113

Telephone: 1-408-286-6335

Massachusetts Boston

Umwigisha w'lkirenga Ching Hai

◆ Izina: Quan Yin Vegetarian Restaurant

Aho ibarizwa: 56 Hamilton Street, Worcester MA 01604

Telephone: 1-508-831-1322 /Fax: 1-508-752-2061

◆ Izina: Buddha Hut

Aho ibarizwa: 415 Chandler Street

Worcester, MA 01602

Telephone: 508-459-0367

/Fax: 508-459-0784

Imeyili: bostonbuddhahut@yahoo.com

Texas Houston

◆ Izina: Quan Yin Vegetarian Restaurant

Aho ibarizwa: 10804-E Bellaire Blvd, Houston TX 77072

Telephone: 1-281-498-7890

Fax: 1-281-498-7972

Dallas

◆ Izina: Suma Veggie Cafe

Aho ibarizwa: 800 E Arapaho Rd, Richardson, TX 75081

Telephone: 1-972-889-8598

◆ Izina: Veggie Garden Restaurant

Aho ibarizwa: 510 W. Arapaho, #112,

Richardson, TX 75080

Telephone: 1-972-479-0888 / Fax: 1-

Umwigisha w'Ikirenga Ching Hai

972-761-0691

Georgia

◆ Izina: Cafe Sunflower

Aho ibarizwa: 5975 Roswell Rd. Suite
353, Atlanta GA 30328

Telephone: 1-404-256-1675 / Fax: 1-
404-256-6365

Washington

◆ Izina: Teapot Vegetarian House

(Location 1)

Aho ibarizwa: 125 15th Ave E, Seattle
WA 98112, U.S.A.

Telephone: 1-206-325-1010

<http://www.teapotvegetarianhouse.com>

◆ Izina: Teapot Vegetarian House

(Location 2)

Aho ibarizwa: 15230 NE 24th St #H,
Redmond WA 98052,

Telephone: 1-425-373-1888 , 1-425-
747-8881

<http://www.teapotvegetarianhouse.com>

Illinois

◆ Izina: Alice & Friends Vegetarian
Cafe

Urufunguzo rwo Kumurikirwa Vuba 98.

5812 N Broadway St. Chicago, IL
60660-3518,
Telephone: 1-773-275-8797

Peru Lima

◆ Izina: Sabor Supremo

Aho ibarizwa: Av. Militar 2179 - Lince
- Lima 14

Telephone: 51-1-265-0310

◆ Izina: Vida Light

Aho ibarizwa: Jr. Camana 502 - Lima

Telephone: 51-1-426-1733

Europe

Germany Munich

◆ Izina: Zay Restaurant
Occumstrasse 13, 80802 Munich,
Germany,

Telephone: +49 89 330 569 48

◆ Izina: Restaurant Aulac,
Kurfuerstenstrasse 47, 80801 Munich
Germany .

Telephone: +49 89 28673021

France Paris

◆ Izina: Tien Hiang
Aho ibarizwa: 20, rue Nationale,
75013 Paris, France

Telephone / Fax: 33-1-45829954

◆ Izina: Saveurs Veget'halles

Aho ibarizwa: 41, rue des
Bourdonnais, 75001 Paris,
Ubufaransa

Telephone : 33-1-40419395

Spain Malaga

◆ Izina: Restaurante vegetariano EL LEGADO CELESTAL
Aho ibarizwa: Calle PEREGRINO ,2
29002 Malaga , Espanye
Telefone: 34-95-235-1521

Valencia

◆ Izina: The Nature Vegetarian Restaurant

Aho ibarizwa: Plaza Vannes, 7
(G.V.Ramon y Cajal, 36, dcha),
46007 Valencia, Espanye
Telefone: 34-96-394-0141

◆ Izina: Restaurante Casa Vegetariana "Salud"
Aho ibarizwa: Calle Conde Altea, 44,
bajo,
46005 Valencia, Espanye
Telefone: 34-96-3744-361

United Kingdom London

◆ Izina: The Peking Palace
Aho ibarizwa: 669 Holloway Road,
London, N19 5SE
Telefone: 020-7281-8989, 020-7281-5363

Urubuga rwa Interineti:
<http://www.thepekingpalace.com/>

◆ Izina: Mr Man
Aho ibarizwa: 236 Station Road,
Edgware, Middlesex, HA8 7AU.
Telefone: 020-8905-3033
Urubuga rwa Interineti:
<http://www.vegmrman.com>

Oceania

Australia Canberra

◆ Izina: Au Lac Vegetarian Restaurant
Aho ibarizwa: 4/39 Woolley Street
Dickson ACT 2602
Telefone: 61-2-6262-8922

◆ Izina: Vegtarian House
Aho ibarizwa: Shop 7 Homeworld
shopping centre Tuggeranong ACT
2900
Telefone: 61-2-6293 9788

Melbourne

◆ Izina: LA PANELLA BAKERY
Aho ibarizwa: 465 High Street,
Preston Victoria 3072,
Telefone / Fax: 61-3-9478-4443

Sydney

◆ Izina: Happy Vegan Vegetarian Restaurant
Aho ibarizwa: 11/68 John St,
Cabramatta, NSW 2166
Telefone: 61-2-9728-7052

◆ Izina: Duy Linh Vegetarian restaurant
Aho ibarizwa: 10/117 John St,
Cabramatta, NSW 2166
Telefone: 61-2-9727- 9800

Umwigisha w'Ikirenga Ching Hai

◆ Izina: Color of Love, Vegetarian
restaurant
227 Cabramatta Rd, Cabramatta,
NSW 2166
Telephone: 61-2-9755-4410 Mol: 61-
405-735748

Kardinya

Aziya

Hong Kong Kowloon

◆ Izina: Buddha Hut
Aho ibarizwa: 245 Amoy Plaza Phase
2, 77 Ngau Tau Kok Road, Kowloon,
Hong Kong
Telephone: 852-27511321

New Territories (Intara nshyashya)

◆ Izina: allarelove Health Food Shop
Aho ibarizwa : Shop 89, 2/F., Hop
Yick Commercial Centre, 33 Hop Choi
Street, Yuen Long, New Territories
Telephone.: 852-92298394

North Point (Agace k'Amajyaruguru)

◆ Izina: Island Health and Beauty
Centre
Aho ibarizwa: 107, 1/F, 233 Electric
Road
Telephone: 852-2565-9088
<http://www.surya-ahimsa.com>

Urufunguzo rwo Kumurikira Vuba 100.

◆ Izina: One World Cuisine
Aho ibarizwa: Shop 7, 23 South
Street , Kardinya WA6163, Australia
(beside IGA)
Telephone: 61-8-9331-6677 Fax: 61-
8-9331-6699

enquiry@oneworldcuisine.com.au

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

Tun Mun

◆ Izina: Nature House (a retailer of
Loving Food Corp. Products)
Aho ibarizwa: Workshop No.6 5th
Floor, Good Harvest Industrial
Building, No.9 Tsun Wen Road Tuen
Mun New Territories
Telephone: 852-2665-2280

Urubuga rwa Interineti:

<http://www.naturehouse.com.hk>

<http://www.lovingocean.com>

◆ Izina: Sam Hing Foods Co., Ltd
(Retailer)

Aho ibarizwa: 5 Shek Pai Wan Road,
Wai Cheung Industrial Centre, 12/F,
Block O & P, Tun Mun, New
Territories, Hong Kong
Tel: 852-2467-3911

Koreya

◆ Izina: SM Vegetarian Buffet
Aho ibarizwa: 229-10, Poi-dong,
Gangnam-gu, Seoul,

101. Urufunguzo rwo Kumurikirwa Vuba

Telephone: 82-2-576-9637 Fax: 82-2-575-9562

Urubuga rwa Interineti:

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

◆ Izina: Vegelove Vegetarian Buffet
Aho ibarizwa: 8th Floor, Lotte
Department Store, 937, Daechi-dong,
Gangnam-gu, Seoul, Korea
Telephone: 82-2-565-6470

Urubuga rwa Interineti:

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

◆ Izina: Home of 5th World

Aho ibarizwa: 59 Gwanhoon dong,
Jongno-gu, Seoul,
Telefone: 882-2-735-7171

Urubuga rwa Interineti:

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

◆ Izina: Sarang Eatery

Aho ibarizwa: 230-5, Poi-dong,
Gangnam-gu, Seoul , Koreya
Telephone: 82-2-577-4012

◆ Izina: chaesiksarang Restaurant
(Andong)

Aho ibarizwa: 158-5 Dongmun-dong,
Andong , Koreya
Telephone: 82-54-841-9244

◆ Izina: chaesiksarang Restaurant
(Ulsan)

Aho ibarizwa: 185-4 Boksan2-dong,
Jung-gu, Ulsan ,
Telephone: 82-52-297-4844

◆ Izina: gwigerraesa

Aho ibarizwa: 484-1, Baekil-ri,
sannaemyon, Namwon, Jeonbuk-do,
Koreya

Umwigisha w'Ikirenga Ching Hai

Telephone: 82-63-636-8093

Indoneziya

Surabaya

◆ Izina: Surya Ahimsa Vegetarian
Restaurant

Aho ibarizwa: Jl. Kusuma Bangsa 80,
Surabaya - 60272

Telephone: 62-31 - 535-0466

[Http://www.surya-ahimsa.com](http://www.surya-ahimsa.com)

◆ Izina: Depot "Sehat"

Aho ibarizwa: Jl. Pasar Besar Wetan
3

Telephone: 62-31-5469933

◆ Izina: Depot Harmonis Vegetarian

Aho ibarizwa: Jl. Kapasan 194K

Telephone: 62-31-3715501, 62-31-3714868

Bali

◆ Izina: VEGGIE CORNER

Aho ibarizwa: Jalan Imam Bonjol 68
Denpasar - Bali

Telephone: 62-361- 490-033

◆ Izina: Veggie House

Pertokoan Sudirman Agung B 12-A Jl.
PB Sudirman

Telephone: 62-361-241-035 Fax: 62-361-255368

Imeyili: light99@telkom.net

◆ Izina: Warung Vegetarian Mbak
Tiek

Aho ibarizwa: Jl. Tukad Pakerisan
99C, Panjer

◆ Izina: Bodhi Chumani Vegetarian

Aho ibarizwa: Jl. Cok Agung Tresna
108 Renon

Umwigisha w'Ikirenga Ching Hai

◆ Izina: Rumah Makan Vegetarian Alami
Aho ibarizwa: Jl. Bedahulu No. 43 Gatot Subroto
Telefone: 62-361-436-382

Bandung

◆ Izina: Ahimsa Vegetarian Restaurant
Aho ibarizwa: Komplek Ruko Luxor Permai Kav. No. 25 Jl. Kebon Jati Belakang No. 41
Telefone: 62-22-423-4739

Jakarta

◆ Izina: Kantin Selera Alam
Aho ibarizwa: Jalan Samarinda No.29, Jakarta-Pusat 10150
Telefone: 62-21-6386-0843
◆ Satu Dunia Satu Cinta Vegetarian

Restaurant
Aho ibarizwa: ITC Cempaka Mas Jakarta Pusat
Food Court Lt. 5 No. 148
Telefone: 62-21-912-64605
◆ Izina: Murni Vegetarian

Restaurant
Aho ibarizwa: Jl. Kisamaun No 144, Tangerang, Jakarta
Tel: 62-21-5521619

Urufunguzo rwo Kumurikwa Vuba 102.

◆ Satu Dunia Satu Cinta Vegetarian Restaurant
Aho ibarizwa: JL. A1 No. 34 Teluk Gong Jakarta Utara
Telefone: 62-21-669-2093

Medan

◆ Izina: Merlinda Vegetarian
Aho ibarizwa: Jl. Candi Biara No. 7 Medan
Telefone: 62-61-451-4656
◆ Izina: Socrates
Aho ibarizwa: Jl. Airlangga No. 14 C Medan
Telefone: 62-61-456-8950

Yogyakarta

◆ Izina: Warung Soma Yoga (Vegi Jawi)
Aho ibarizwa: Jl. Raya Babarsari No. 102 Yogyakarta
Telefone: 62-274-7110221

Malaysia

◆ Izina: Supreme Healthy Vegetarian Foods
Aho ibarizwa: 1179, Jalan Sri Putri 3/3, Taman Putri Kulai, 81000, Kulai, Johor, Malaysia
Telefone: 607-662-2518 Fax: 607-662-2512
Imeyili: oldpiong@streamyx.com

FORMOSA Taipei

◆ Izina: Buddha Hut
No.44, Huaining St., Zhongjheng

103. Urufunguzo rwo Kumurikirwa Vuba

District, Taipei City 100, Formosa

◆ Love Ocean Veggie Caf

Aho ibarizwa: B1., No.5, Alley 30,
Lane 78, Sec. 2, Fusing S. Rd., Da-an
District, Taipei ,106, Formosa (R.O.C.)
Telephone:: 886-2-2705-9599

◆ Izina: Dharma Vegetarian
Restaurant

Aho ibarizwa: 140, Jin-Hua Street,
Taipei, Formosa (R.O.C.)

Telephone: 886-2-2351-6651

◆ Izina: Kapok Coffee & Bakery

Aho ibarizwa: 1F, 5, Lane 308,
Section 2, Fu-Hsin South Road,
Taipei, Formosa

Telephone: 886-2-2733-6819

◆ Shan Yuan Vegetarian House

Aho ibarizwa: 171, Hua-Yin Street,
Taipei, Formosa (R.O.C.)

Telephone: 886-2-2550-9165

◆ Izina: Mrs. Vegan

Aho ibarizwa:11, Alley 14, Lane 40,
Sec. 2, Jhongcheng Rd., Shihlin
District, Taipei,11147, Formosa

Telephone: 886-2-2834-6602

◆ Izina: PEI REN Bakery

Umwigisha w'Ikirenga Ching Hai

Aho ibarizwa: 4, Lane 243, Jingsing
Rd., Wunshan District, Taipei,11669,
Telephone: 886-2-2933-5569

◆ Clean & Peaceful & Fragrant
Vegetarian Buffet

Aho ibarizwa: 4, Alley 28, Lane 416,
Sec. 2, Jhonghua Rd.,

Wanhua District, Taipei, 10880,

Telephone: 886-2-2337-4917

◆ Izina: Cloud Water Store

Aho ibarizwa: 1F., No.247, Songde
Rd. Sinyi District, Taipei,11085,

Telephone: 886-2-2346-0036 Mobile
Phone: 0936-090046

◆ Izina: Loving Food

Aho ibarizwa: B1., No.5, Alley 30,
Lane 78, Sec. 2, Fusing S. Rd., Da-an
District, Taipei ,106, Formosa (R.O.C.)

Telephone: 886-2-2705-9299

◆ Izina: Healthy Life House

Aho ibarizwa: 1F., No.53, Sec. 5,
Jhongsiao E. Rd.,

Sinyi District, Taipei 11071, Formosa

Telephone: 886-2-3765-1003 *4 FAX:
886-2-2766-5785

◆ Izina: Healthy Vegetarian Living

Umwigisha w'Ikirenga Ching Hai

House

Aho ibarizwa: No.189, Dongyuan St.,

Wanhua District, Taipei 10868,

Telephone igendanwa: 0921-051706

Telephone: 886-2-2339-5657

◆ Br.Shi Vegetarian Kitchen

Aho ibarizwa: 303, Fumei

Rd.,Jhonghe City, Taipei County

23556, Formosa

Telephone: 886-2-2240-3629

◆ Izina: Chin Tai Vegetarian Bakery

Aho ibarizwa: 10, Lane 216, Chung-

Cheng Road, Pan-Chiao City, Taipei

County, Formosa, R.O.C.

Telephone: 886-2-2271-0426

◆ Izina: XIN HONG Food

Aho ibarizwa: 1F., No.2-11, Alley 55,

Lane 112, Sidong Rd., Sansia

Township, Taipei County 23743,

Telephone igendanwa: 0953-700760

Telephone: 886-2- 8676-2445/ FAX:

(02) 8676-3714

◆ Pilot Lohas Organic Vegetarian

Healthy Shop

Aho ibarizwa: 6, Jieyun Rd., Jhonghe

City, Taipei County 23566, Formosa

Urufunguzo rwo Kumurikira Vuba 104.

Telephone: 886-2-29431628 / FAX:

886-2- 8676-3714

[Http://www.lohasego.org.tw/](http://www.lohasego.org.tw/)

◆ Izina: Pine Wind Singing

Vegetables Shop

Aho ibarizwa: 26, Sec. 2, Sintai 5th

Rd., Sijih City, Taipei County 22175,

Telephone: 886-2-26415059 FAX:

886-2-26416806

◆ Izina: La Mârquise a 5 heures

Aho ibarizwa: 2, Alley 11, Lane 345,

Sec. 4, Jen-Ai Road, Taipei, Formosa

Telephone: 886-2-2773-8529

Taoyuan

◆ Izina: New Century Vegetarian

Restaurant

Aho ibarizwa: 131, Yu-Heng Street,

Taoyuan City, Formosa (R.O.C.)

Telephone: 886-3-356-1931

Hsinchu

◆ Izina: Hsin-Hsin Vegetarian

Bakery

Aho ibarizwa: 43, Hsin-Chung Street,

Hsinchu City, Formosa Formosa

Telephone: 886-3-561-1337

Miaoli

◆ Izina: Huan-Si Veggie Shop

Aho ibarizwa: 728, Chung-Cheng

Road, Miaoli City, Formosa Formosa

(R.O.C.)

105. Urufunguzo rwo Kumurikirwa Vuba

Telephone: 886-37-325-480/ FAX; 886-37- 329-858

◆ Izina: Huo-Li Raw Food

Aho ibarizwa: 279, Jhongjheng Rd., Miaoli City, Miaoli County 360, Formosa Formosa (R.O.C.)

Telephone: 886-37-362-384

Telephone igendanwa: 0939-792464

◆ Izina: Mei-Ying Veggie

Aho ibarizwa: No.2-51, Yongle Rd., Tongluo Township, Miaoli County 366, Formosa Formosa (R.O.C.)

Telephone: 886-37-982-181

◆ Izina: Jiao-Ying Veggie

Aho ibarizwa: No.19-16, Jhongjheng Rd., Tongluo Township, Miaoli County 366, Formosa (R.O.C.)

Telephone: 886-37-984-413

Taichung

◆ Izina: The Moment of snow., timely sunny

Aho ibarizwa: No.25, Jingcheng 21st St., West District, Taichung City 403, Telephone: 886-4-320-0940

◆ Izina: Good & Limpid Springs

Aho ibarizwa: No 173, 11 St, Dadun Rd., Nantun District, Taichung City 408, Formosa (R.O.C.)

Telephone: 886-4-2310-0586

◆ Izina: Lin Chi Shop

Aho ibarizwa: No.8, Lane 204, Zhishan Rd., Xitun District, Taichung City 407, Formosa (R.O.C.)

Telephone: 886-4-2702-4329

◆ Izina: Wen Hua Vegetarian House (Europe & Japan Styles)

Umwigisha w'Ikirenga Ching Hai

Aho ibarizwa: No.18, Lane 5, Wunhua Rd., Situn District, Taichung City 407, Formosa

Telephone: 886-4-2452-6665

◆ Izina: Ji Kai Vegetarian House

Aho ibarizwa: No.565, Jhongshan Rd., Shengang Township, Taichung County 429, Formosa (R.O.C.)

Telephone: 886-42561-0343

◆ The Water Reaches the Blue Sky

Aho ibarizwa: No.101-9, Dali Rd., Dali City, Taichung County 412, Formosa

Telephone: 886-4-2485-0608

Nantou

◆ Tung Poetry, Tung Pating Restaurant vegetarian

Aho ibarizwa: No.1, Sec. 4, Jhongshan Rd., Puli Township, Nantou County 545, Formosa (R.O.C.)

Telephone: 886-49- 291-2248 -168-169

Changhua

◆ Izina: Young Prince Vegetarian Food

Aho ibarizwa: No.393, Sec. 6, Ersi Rd., Yongsing Village, Erlin Township, Changhua County 526, Formosa

Telephone: 886-4- 868-0477 Telephone igendanwa: 0912-197466

◆ vkeeping in Good Health

Vegetarian Food

Aho ibarizwa: NO.57, Sihuan Rd.,

Sihu Township, Changhua County 514, Formosa (R.O.C.)

Telephone: 886-4- 882-2811

Umwigisha w'Ikirenga Ching Hai

◆ Ploughs the Fragrant Garden
(Resitora y'ibikomoka ku bimera)
Aho ibarizwa: NO.210, Chenggong
Rd., Lugang Township, Changhua
County 505, Formosa (R.O.C.)
Telephone: 886-4-784-1158

Yunlin

◆ Izina: Shui-Lung Life Gallery
Aho ibarizwa: 127, Kung-Chuan 1
Street, Hu-Wei Township, Yunlin
County, Formosa (R.O.C.)
Telephone: 886-5-636-5377

Chiayi

◆ Izina: Shih-Wai-Tao-Yuan
Aho ibarizwa: No.1-3, Minhe Village,
Fanlu Township, Chiayi County 602,
Telephone: 886-5-259-3751

◆ Izina: Chu-Hai Vegetarian House
Aho ibarizwa: 12, District 2, Lane 245,
Kuo-Hua Street, Chiayi City, Formosa
Telephone: 886-5-228-2155

◆ Izina: Infinite Light Vegetarian
Bakery
Aho ibarizwa: 21, Kuo-Hsi Li, Ta-Ling

Urufunguzo rwo Kumurikira Vuba 106.

Township, Chiayi County, Formosa
Telephone: 886-5-295-2851

Tainan

◆ Izina: Green Life
Aho ibarizwa: Tainan City, South
Zone Zhung Hua Xi Road 1Sec.
No.326, Formosa, R.O.C.
Telephone: 886-6-265-1866 /Fax: 886-
6-265-3381

[Http://www.green-life.com.tw](http://www.green-life.com.tw)
Email: greenlife@seed.net.tw

◆ Izina: Su-Hsin Regiman Shop
Aho ibarizwa: 169, Yu-Feng Street,
Tainan City, Formosa,
Telephone: 886-6- 200-3767 / 235-
7905

Telephone igendanwa: 0921-023281

◆ Izina: Vienna Forest Special
Vegan
Aho ibarizwa: Tainan City, Fu qian
Road 2nd Section No.544, Formosa,
Telephone: 886-6-298-6088 /FAX: 886-
6- 295-5290

◆ Izina: He Feng Yuan vegan
Aho ibarizwa: Tainan City, Jian Kang

107. Urufunguzo rwo Kumurikirwa Vuba

Road 1Sec. No.135, Formosa

Telephone: 886-6-213-4157 / FAX:

886-6-213-4157

◆ Izina: Li Xiang veganbreakfast

Aho ibarizwa: Tainan City, Da An Street

No.146, Formosa

Telephone: 886-6-255-2009

◆ Izina: Ru Yi Vegan

Aho ibarizwa: Tainan City, Bei An

Road 3sec. No.203, Formosa (R.O.C.)

Telephone: 886-6-255-9512

◆ Izina: Zi Zai Healthy Vegan

Aho ibarizwa: Tainan City, Hai Dian

Road 1st Section 158 Lane No.61,

Telephone: 886-6-258-7978 /88

Telephone igendanwa: 0932-872271

Kaohsiung

◆ Izina: Asia Vegetarian Restaurant

Aho ibarizwa: No.252, Jinding Rd.,

Sanmin District, Kaohsiung City 807,

Formosa (R.O.C.)

Telephone: 886-7-343-8006 / 349-3008

◆ Izina: Vegetarian Garden

Aho ibarizwa: 43, Wu-Chia Road 1,

Feng-Shan City, Kaohsiung County,

Umwigisha w'Ikirenga Ching Hai

Telephone: 886-7-742-3506

Pingtung

◆ Izina: Wu-Ma-Ma Vegetarian Cafe

Aho ibarizwa: 25-43, Lin-Sen Road,

Pingtung City, Formosa

Telephone: 886-8-722-3257

◆ Izina: Tian Jhen Vegetarian

Bakery

Aho ibarizwa: 18, 146 Lane, Wuntian

Rd., Wunfong Village, Jiadong

Township, Pingtung County 931,

Telephone: 886-8-866-6470 / Telephone

igendanwa: 0910-759-270

◆ Masses Compound Vegetarian

Restaurant

Aho ibarizwa: 293, Tzu-Yu Road,

Pingtung City, Formosa,

Telephone: 886-8-738-3779

◆ Izina: Vegetarian Garden

Aho ibarizwa: 36, Jhong-siao Rd,

Chao-Chou Township, Pingtung

County, Formosa (R.O.C.)

Telephone: 886-8-788-4613

Yilan

◆ Izina: Uncle Wu Vegetarian

Restaurant

Umwigisha w'Ikirenga Ching Hai

Aho ibarizwa: No.333, Sec. 3, Chung Shan Road, Yilan City, Formosa
Telephone: 886-3-933-2268

◆ Izina: Shan Shih Vegetarian

Restaurant

Aho ibarizwa: 330, Ming-Tsu Road, Yilan City, Formosa,
Telephone: 886-3-936-6071

◆ Izina: Healthy Vegetarian Cafe

Aho ibarizwa: 93-1, Tai-Shan Road, Yilan City, Formosa,
Telephone: 886-3-932-6538

◆ Izina: Joy (Xi Yue) Vegetarian

Restaurant

Aho ibarizwa: No.150, Gongzheng Rd., Luodong Town, Yilan County 265, Formosa (R.O.C.)
Telephone: 886-3- 9574813

Hualien

◆ Izina: Green Organic Garden

Aho ibarizwa: No.624, Zihciang Rd., Ji-an Township, Hualien County 973,

Urufunguzo rwo Kumurikirwa Vuba 108.

(Near Tzu Chi Hospital)

Telephone : 886-3-856-6353

Fax:886-3-857-4347

Taitung

◆ Izina: Bliss Vegetarian Restaurant

Aho ibarizwa: 49, Lan-Chou Street, Taitung City, Formosa

Telephone: 886-89-232739

Penghu

◆ Izina: Good Friend Vegetarian House

Aho ibarizwa: 124-1, No.320, Sanduo Rd., Makung City, Penghu County, Telephone: 886-6-926-1158

Kinmen

◆ The Wonderful Mom Healthy Vegetarian House

Aho ibarizwa: 2nd Floor, 45 Fu-Hsing Road, Jinhu Township, Kinmen County, Formosa, R.O.C.

Telephone: 886-82-332349, 886-82-333351

*Ubwo Urukundo rw'Umwigisha rwageraga mu mutima wanjye!
Navutse ubwa kabiri nsubira mu buto bwanjye.
Ahubwo ntumbaze impamvu:
Ariko impamvu si ukuri k'URUKUNDO!*

*Njye ndi intumwa
Y'ibyaremwe byose.
Ivuga iranguruye
Intimba zabyo n'agahinda
Ko mu buzima nyuma y'ubuzima mu nzira y'urudaca rw'urupfu.
Senga, Mwigisha w'Impuhwe
Tebuka! Bishyireho iherezo.*

*Imigisha yawe igera kuri bose.
Abeza n'ababi, ab'igikundiye n'abadasa neza,
Abanyakuri n'abatabikwiye
Bose hamwe!
None Mwigisha, sinabasha na rimwe kuriramba Ikuzo ryawe.
Urukundo rwawe ndubitse mu mutima wanjye,
Ngasinzirana narwo buri joro.*

Byavuye mu gitabo *Silent Tears* (Amarira Atemba Bucece)
Cyanditswe n'Umwigisha w'Ikirenga Ching Hai

Ibyatangajwe

Kugira ngo tuzamure imitima yacu maze duhe isoko yigirwaho ubuzima bwacu bwa buri muni, inyigisho zikomeye z'Umwigisha w'Ikirenga Ching Hai ziboneka mu buryo bw'ibitabo, amashusho, amakasete, indirimbo, DVD, MP3, na za CD.

Ibyiyongera ku bitabo byatangajwe na za kasete, icyegeranyo cy'inyigisho zinyuranye z'Umwigisha gishobora nanone kuboneka vuba kandi ku buntu kuri interineti. Dufashe urugero, imbuga nyinshi za interineti zigaragaza ibinyamakuru bikunda gutangazwa kenshi (reba "Imbuga za Interineti kuri Quan Yin" aha hepfo). Ibindi bitabo byatangajwe kuri Interineti birimo imivugo y'Umwigisha n'interuro zuje ubwenge ndetse n'amasomo yo mu buryo bw'amashusho n'amajwi.

Ibitabo

Kugwa kuri kimwe mu bitabo by'Umwigisha igihe umuntu ahuze bishobora gukiza ubuzima. Amagambo ye yibutsa neza Kamere yacu y'ukuri. Waba usoma amasomo ye yigisha iby'umwuka mu bitabo by'Urufunguzo rwo Kumurikirwa Vuba cyangwa imivugo yimbitse y'impuhwe ikubiye muri Silent Tears, amasaro y'ubwenge buri gihe araduhishurirwa.

Mu rutonde rw'ibitabo bikurikira, umubare w'ibitabo biboneka muri buri rurimi werekanwa mu dukubo. Amakuru arambuye ku buryo wabona ibi bitabo ndetse n'ibindi, reba ahavuga "Uko wabona ibitabo byashyizwe ahagaragara".

Urufunguzo rwo Kumurikirwa Vuba: Igatabo gikubiyemo amasomo y'Umwigisha w'Ikirenga Ching Hai. Kiboneka muri izi ndimi: Ikiviyetinamu (1-15), Igishinwa (1-10), icyongereza (1-5), Igifaransa (1-2), Igifinlande (1), Ikidage (1-2), Igihongiriya (1), Ikidoneziya (1-5), Ikiyapani (1-4), Igikoreya (1-11), Ikimongoliya (1,6), Igiporutigali (1-2), Igipolonye (1-2), icyesipanyoro (1-3), Igisuweduwa (1),

Igitayilandi (1-6) n'Igitibetani (1).

Urufunguzo rwo Kumurikirwa Vuba – Ibibazo n'Ibisubizo:

Igitabo gikubiyemo ibibazo n'ibisubizo byavanywe mu masomo y'Umwigisha.

Kiboneka muri izi ndimi: Ikiviyetinamu (1-4), Igishinwa (1-3), Ikiburugaliya, Igicekosolovakiya, Icyongereza (1-2), Igifaransa, Ikidage, Igihongiriya, Ikidoneziya (1-3), Ikiyapani, Igikoreya (1-4), Igiporutigali, Igipolonye n'ikirusiya (1).

Urufunguzo rwo Kumurikirwa Vuba – Igitabo cyihariye/Inyigisho zatanzwe mu Rugendo rwo ku Isi rwo mu mwaka wa 1993 : Igitabo gikubiyemo amasomo y'Umwigisha w'Ikirenga yo mu mwaka wa 1993. Kiboneka mu cyongereza n'igishinwa.

Urufunguzo rwo Kumurikirwa Vuba – Igitabo cyihariye/Umwihereho w'iminsi 7:

Igitabo gikubiyemo amasomo yo mu mwaka wa 1992 mu mwiherero w'iminsi 7 wabereye muri San Di Mun, Formosa.

Kiboneka mu cyongereza n'ikiviyetinamu.

Urufunguzo rwo Kumurikirwa Vuba – Ibihe bitangaje hamwe n'Umwigisha:

Kiboneka mu kiviyetinamu (1-2), Igishinwa (1-2)

Amabaruwa hagati y'Umwigisha n'Abayoboke b'iby'Umwuka:

Kiboneka mu Cyongereza (1), Igishinwa (1-3), Ikiviyetinamu (1-2), Icyesipanyoro (1)

Umwigisha Avuga Inkuru z'Ibyabaye: Kiboneka mu Cyongereza, Igishinwa, Icyesipanyoro, Ikiviyetinamu, Igikoreya, Ikiyapani n'Igitayilandi.

Guha Isura Ubuzima Bwacu: Igitabo gikubiyemo ibyavuzwe n'Umwigisha ndetse n'inyigisho ze z'iby'umwuka. Kiboneka mu Gishinwa n'Icyongereza.

Imana Yita kuri Byose — Inkuru zishushanyije z'Ubwenge z'Umwigisha w'Ikirenga Ching Hai:

Kiboneka mu Kiviyetinamu, Igishinwa, Icyongereza, Igifaransa, Ikiyapani n'Igikoreya.

Inkuru ishimishije yo Kumurikirwa k'Umwigisha w'Ikirenga Ching Hai – Ikamba Ryawe Ni Rito cyane Ntirigukwiriye! Kiboneka mu Gishinwa n'Icyongereza.

Amabanga yo Kwimenyereza iby'Umwuka nta Mvune: Kiboneka mu Gishinwa n'Icyongereza.

Guhita Usabana n'Imana — Uburyo bwo Kugera ku Mahoro: Igitabo gikubiyemo amasomo y'Umwigisha w'ikirenga Ching Hai ubwo yazengurukaga

Uburayi yigisha mu mwaka wa 1999.

Kiboneka mu Gishinwa n'Icyongereza.

Imana n'Abantu — Ibiterekerezo byo muri Bibiliya

Iki gitabo cyihariye gikubiyemo inkuru 13 zo muri Bibiliya, zisubirwamo

n'Umwigisha mu bihe binyuranye. Kiboneka mu Gishinwa n'Icyongereza.

Kugera ku Buzima—Gusubira ku Buryo bwa Kamere no Gukiranuka bwo Kubaho: Kiboneka mu Gishinwa n'Icyongereza.

Naje Kubasubiza Iwanyu: gikubiyemo ibyavuzwe n'Umwigisha ndetse n'inyigisho ze z'iby'umwuka. Kiboneka mu Cyarabu, Ikiviyetinamu, Ikiburugariya, Igicekosolovakiya, Igishinwa, Icyongereza, Igifaransa, Ikidage, Ikidage, Igihongiriya, Ikindoneziya, Igitaliyani, Igikoreya, Igipolonye, Icyesipanyoro, Igiturukiya, Ikiromaniya n'Ikirusiya

Interuro z'Ubwenge: Amasaro y'ubwenge bw'iteka y'Umwigisha.

Kiboneka mu Cyongereza/Igishinwa, Icyesipanyoro/Igiporutigali, Igifaransa/Ikidage, Ikiyapani/Icyongereza n'Igikoreya/Icyongereza.

Igikoni Gihebuje(1) – Guteka Ibikomoka ku Bimera mu Buryo Mpuzamahanga: Igitabo gikubiyemo ubuhanga bwo guteka bwo mu bice byose byo ku isi nk'uko biteganywa na bagenzi bacu babigize umwuga. Kiboneka mu Cyongereza/Igishinwa/Ikiviyetinamu n'Ikiyapani.

Igikoni Gihebuje(2) – Guhitamo Ibiryohye abo mu Rugo:

Igitabo cyo mu Cyongereza/Igishinwa

Isi Imwe... y'Amahoro binyuze mu Muziki: Igitabo gikubiyemo ibiganiro n'indirimo zo muri Benefit Concert i Los Angeles, Califoruniya. Igitabo cyo mu Cyongereza/Ikiviyetinamu/Igishinwa.

Urukusanye rw'Iby'Ubugeni by'Umwigisha w'Ikirenga Ching Hai:

Kiboneka mu Cyongereza, Igishinwa.

Imyambaro y'Ijuru (6):

Kiboneka mu ndimi zihurijwe hamwe z'icyongereza/Igishinwa.

Imbwa mu Buzima Bwanjye (1-2): Kiboneka mu Gishinwa n'Icyongereza.

Inyoni mu Buzima Bwanjye (1): Kiboneka mu Gishinwa n'Icyongereza.

Ibiterekerezo ku Buzima no ku Mutimanama: Igitabo cyanditswe na Dogiteri Jabez: Kiboneka mu Gishinwa

Inyagasozi z'icyubahiro (1): Kiboneka mu Gishinwa n'Icyongereza

Icyegeranyo cy'Imivugo

- Amarira Atemba Bucece:** Igitabo cy'imivugo cyanditswe n'Umwigisha.
Kiboneka mu Cyongereza/Igishinwa, Ikidage/Igifaransa/Icyongereza, Ikiviyetinamu, Icyesipanyoro, Igiporutigali, Igikoreya n'Igifilipine.
- Imivugo ya Wu Tzu:** Igitabo cy'imivugo cyanditswe n'Umwigisha.
Kiboneka mu Kiviyetinamu, Igishinwa, Icyongereza
- Inzizi z'Ikinyugunyugu:** Igitabo cy'imivugo cyanditswe n'Umwigisha.
Kiboneka mu Kiviyetinamu, Igishinwa, Icyongereza.
- Inzira z'Ubuzima Bwashize:** Igitabo cy'imivugo cyanditswe n'Umwigisha.
Kiboneka mu Kiviyetinamu, Igishinwa, Icyongereza.
- Ibihe bya Kera:** Igitabo cy'imivugo cyanditswe n'Umwigisha .
Kiboneka mu Kiviyetinamu, Icyongereza.
- Amabuye n'Izahabu:** Igitabo cy'imivugo cyanditswe n'Umwigisha .
Kiboneka mu Kiviyetinamu, Igishinwa, Icyongereza.
- Ukwibuka kutakiriho:** Igitabo cy'imivugo cyanditswe n'Umwigisha.
Kiboneka mu Kiviyetinamu, Igishinwa, Icyongereza.
- Inzira z'Ubuzima Bwashize :** Vols 1,2,3 (CD,Video, kasete) Ikiviyetinamu
- Inzira zo Gukunda Ibitekerezo mpimbano:** Vols 1,2,3 (CD,Video, kasete) Ikiviyetinamu
- Hejuru y'Ubwami bw'Igihe:** (CD, DVD) Ikiviyetinamu
- Umubavu:** (CD) Ikiviyetinamu
- Urya n'uyu muni:** (CD) Ikiviyetinamu
- Inzizi mu Ijoro:** (CD, DVD) Ikiviyetinamu
- Mbega Ishyano! :** (CD) Ikiviyetinamu
- Rinda Iteka:** (CD) Ikiviyetinamu
- Indirimbo n'Ibihangano by'Umwigisha w'Ikirenga Ching Hai:** (CD) Icyongereza, Ikiviyetinamu, igishinwa
- Indirimbo y'Urukundo:** (DVD) Ikiviyetinamu n'icyongereza
- Ibika by'Amasaro:** (DVD) Ikiviyetinamu
- Ururabo rwa Zahabu:** (DVD) Ikiviyetinamu

Kasete za Video n'Amajwi

Kasete z'amajwi, iz'amashusho, iza MP3, za CD n'iza DVD z'amasomo, umuziki n'ibitaramo by'Umwigisha w'Ikirenga ziboneka mu Cyarabu, icyarumeniya, Burugariya, Igikamboje, Igtikorowasiya, Igikantonize, , Igishinwa, Igikorowate, Igicekosorovakiya, Au Lac, ikidanemarike, Ikidage, Icyongerezaa, Igifaransa, Ikidage, Igikereki, Igiheburayo, Ikindoneziya, Igitariyani, Ikiyapani, Igikoreya, ikimaleziya, Ikimandarini, Ikimandariner, Ikimongoliya, Ikinepali, Ikinoruveje, Igiperesi, Igipolonye, Igiporutigari, Ikirusiya, Igisinhalese, Igisoloveniya, icyesipanyori, Igisuweduwa, Igitayilande, Igiturukiya n'ikizulu. Urutonde rw'ibitabo rushobora kohererezwa umuntu ubisabye. Abantu bose bakeneye ibindi bisobanuro bahawe ikaze.

Kureba kasete videwo z'Umwigisha bishobora kudasubiza ku murongo maze bikatwibutsa uko Turi by'ukuri. Ubwenge butangwa binyujijwe mu rwenya, amagambo ye n'imvugo y'ibimenyetso akoresha na byo bizana ubushyuhe bw'akanyamuneza mu mitima yacu. Byongeye kandi, kasete z'aya masomo n'ibiganiro mu majwi hamwe n'abatangiye kumenyerezwa bizahindura ingendo z'uruja n'uruza mo ibintu binejeje.

Urutonde rugufi w'amakasete aboneka ruri aha hakurikira. Ku bakeneye ibindi bisobanuro ku buryo babona izi kasete, mwareba ahavuga "Uko wabona ibitabo byashyizwe ahagaragara".

Isengesho ryo Gusaba Amahoro ku Isi: Ikiganiro cyatangiwe i Ljubljana, Sloveniya.

Ba Umwigisha wawe Ku Giti Cyawe: Itsinda ryo Kuzirikana Wiherereye muri AT, Leta Zunze Ubumwe z'Amerika.

Inzira Itagaragara: Ikiganiro cyatangiwe i Durban, muri Afurika y'Epfo.

Akamaro cy'Icyubahiro cya Muntu: Itsinda ryo Kuzirikana Wiherereye muri NJ, Leta Zunze Ubumwe z'Amerika.

Kwegerana n'Imana: Ikiganiro cyatangiwe i Lisibon, Portugal.

Uko Wakunda Umwanzu Wawe: Itsinda ryo Kuzirikana Wiherereye i Santimen, Tayiwani.

Gusubira ku Budacumura bw'Abana: Ikiganiro cyatangiwe i Stockholm,

Suwede.

Inzira yo Kubona Ubutunzi Bwahishwe: Itsinda ryo Kuzirikana Wiherereye i Chiang Mai, Tayilande.

Twese Hamwe dushobora Guhitamo Iherezo Ryiza: Ikiganiro cyatangiye i Warsaw, Polonye.

Amahitamo ya Buri Mutima: Itsinda ryo Kuzirikana Wiherereye i LA, Leta Zunze Ubumwe z'Amerika.

Kugendera mu Rukundo: Itsinda ryo Kuzirikana Wiherereye i Londoni, mu Bwongereza

Reka Abandi Bizere Imana Uko Babyumva: Itsinda ryo Kuzirikana Wiherereye i LA, Leta Zunze Ubumwe z'Amerika

Kasete na CD z'Indirimbo

Impano z'umuziki z'Umwigisha kuri twe harimo kurimba, imivugo, n'ibihangano by'umwimerere by'Ababudisite birimirwa ku bicurangwa gakondo nk'inanga na za gitari.

Byinshi mu bihangano n'amasomo by'umuziki biboneka kuri za kasete na CD. Ku bakeneye ibindi bisobanuro, mwareba ahavuga "Uko wabona Ibitabo byashyizwe ahagaragara".

Indirimbo z'Ababudisite: Kasete 1, 2, 3.(Indirimbo zo kuzirikana wiherereye)

Indirimbo Zera: Aleluya

Urukusanye rw'Indirimbo zahimbwe n'Umwigisha: (Kasete 1-9) ibihangano by'umwimerere bicurangwa ku dulcimer, inanga, piyano, Chinese zither, digital piano, n'ibindi.

DVD

Ikirango

Izina ryayo

Aho iboneka

- 184 The Truth About The World -- Maitreya Buddha & Six Children Hsihu, Formosa
 240 Leading The World Into A New Era Hsihu, Formosa
 260 The Mystery Of The World Beyond, UN., U.S.A.
 356 Let God Serve Through Us, U.N. Geneva, Switzerland
 389 Songs & Compositions of The Supreme Master Ching Hai, MTV
 396 Forgive Yourself, CA., U.S.A.
 401 The Mystery of Cause And Effect, Bangkok, Thailand
 444 Rely on Yourself (1,2) Hawaii, U.S.A.
 467 The Suffering of This World Comes From Our Ignorance, Singapore
 474 We Are Always Together, Paris, France
 493 Appreciate The Value of Initiation, Hamburg, Germany
 497 We Are Always Together, Hamburg, Germany
 501 The Way of Family Harmony, Hsihu, Formosa
 512 How To Practice In The Complicated Society, Hsihu, Formosa
 513 The Best Way To Beautify Yourself, Hsihu, Formosa
 549 The Mark of A Great Saint, Phnom Penh, Cambodia
 560 Each Soul Is The Master, Raising Center Cambodia
 562 The God Consciousness Is in Everything, Raising Center, Cambodia
 571 The True Manifestation of A Living Master, Hyatt Hotel, Long Beach, CA, U.S.A.
 582 Be Determined On the Spiritual Path, Australia
 588 Master's Pilgrimage to the Himalayas (Part 1, 2), LA Center, U.S.A.
 600 The Real Meaning of Ahimsa, Pune, India
 602 Our Child Nature is God, LA Center, U.S.A.
 603 Entering The Blissful Union of God, Singapore
 604 Spiritual Life and Professional Ethics , Washington D.C., U.S.A.
 605 The Purpose of Enlightenment, Washington D.C., U.S.A.
 608 The Methods of Spiritual Improvement, Washington D.C., U.S.A.
 611 Eternal Care From A True Master, Washington D.C., U.S.A.
 618 Sacred Romance, Sangju, Korea Young Dong Center
 620 The True Master Power, Young Dong Center; Sangju; Korea
 622 Bringing Perfection Into This World, Young Dong Center; Sangju; Korea
 626 The Choices of Each Soul, LA Center, U.S.A.
 638 Bring Out the Best in Yourself, Florida Center, U.S.A.
 642 Divine Love Is the Only True Love, Los Angeles, U.S.A.
 648 The Way to End Wars, Edinburgh, Scotland

- 656 Spirituality Shines in Adversities, Dublin, Ireland
662 Face Life With Courage, London, England
668 The Invisible Passage Way, Durban, South Africa
665a Pacifying The Mind, Istanbul, Turkey
667 Be a Torchbearer for God , Johannesburg, South Africa
670 Our Perfect Nature, Florida Center, U.S.A
671 To Be Enlightened, Tel Aviv, Israel
673 Transcend Emotions, Cape Town, South Africa
674 Walking In Love And Laughter, Cape Town, South Africa
676 Parliament of the World's Religions, Cape Town, South Africa
677 The Smile of an Angel, Bangkok, Thailand
680 Beyond the Emptiness of Existence, Bangkok, Thailand
681 The Heart of A Child, Bangkok, Thailand
685 Concentration On Work: A Way of Spiritual Practice, Bangkok, Thailand
688 Love Is The True Essence Of Life, Malaysia
689 Enlightenment and Ignorance, Nepal
690 True Happiness Is Recognizing Our True Nature, Hong Kong
691 Illusion Is A Reflection of Reality, Manila, Philippines
692 Listening Inwardly To Our Self-Nature, Taoyuan, Formosa
693 Wisdom & Concentration, Tokyo, Japan
694 Life Continues Forever, Seoul, Korea
695 A Spiritual & Intellectual Interchange, A Conference at the Academia Sinica, Formosa
696 Freedom Beyond The Body & Mind, Young Tong, Korea
701 To Impart The Great Teaching, Yong Dong, Korea
705 Waking Up from the Dream, Seoul Center, Korea
709 An Evenig with the Stars, Los Angeles, CA, U.S.A
710 Master's Birthday (Part I, II) Young Dong, Korea
711 The Hotel Called Life, Fresno, California, U.S.A.
712 The Divine Intelligence of Animals, Florida Center. U.S.A.
716 A Natural Way to Love God, Florida Center, U.S.A.
718 Love is Always Good, Florida Center, U.S.A.
719 Overcoming Bad Habits, Florida center. U.S.A.
726 A Selfless Motive, Florida Center. U.S.A.
737 To Practice with Ease, Florida Center, U.S.A.
739 Master's Transformation Body, Florida Center, U.S.A.
741 The Millennium Eve Performance, Bangkok, Thailand

- 742 Elevating the World with Spiritual Practice, Hsihu, Formosa; Hong Kong and China
 743 Buddha's Sadness (MTV), U.S.A. & Au Lac
 744 Since I've Loved You(MTV), U.S.A. & Au Lac
 751 Non-Regressing Bodhisattvas, Hsihu, Formosa
 754 The Ladder of Spiritual Enlightenment, Florida Center U.S.A.
 755 The Laughing Saints, Florida Center U.S.A.
 757 The Truth of Masters' Realm, Florida Center U.S.A.
 756 The Value of Being Honest, Florida Center U.S.A.
 758 The Power to Transmit Enlightenment, Florida Center U.S.A.
 759 Au Lac in Ancient Times, Houston, Texas, U.S.A.
 760 The Real Heroes, Staton, CA, U.S.A.
 761 The Song of Love, Hungary Center
 762 Dealing with Karma, Mexico City Center, Mexico / San Jose Center, Costa Rica
 Sun TV Art and Spirituality (Collections), Formosa
 TV1 Walk the Way of a Living Saint
 TV4 Love Beyond Boundaries
n'izindi.

Uko wabona Ibitabo byatangajwe

Ibitabo byose bitangwa ku biciro byo hasi. Niba hari igitabo mwifuzaga kugura cyangwa gutumiza, mubanze mubarize ahabegereye cyangwa umuntu ubishinzwe mu gace mutuyemo murebe niba gihari. Kugira ngo mubone urutonde rw'ibitabo bihari, mushobora kubariza ahabegereye cyangwa mugasura uru rubuga rwa Interineti:

www.smchbooks.com

Byongeye kandi, abenshi ibitangazamakuru byo kuri Interineti bitanga urutonde rw'ibitabo bishyashya na kasete byasotse. Ahamurikirwa ibitabo aho abantu bakorera umwiharere na ho ni ahantu heza umuntu yasanga ibitabo, kasete, amashusho, iby'ubugeni n'imitako by'Umwigisha.

Bibaye ngomba mwahita mutumiza ku cyicaro gikuru muri Tayiwani (P.O.Box 9, Hsihu, Miaoli, Formosa, ROC). Urutonde rurambuye na rwo ruhabwa umuntu ubisabye.

“Ibonere Ubutunzi Bwawe bwiteka ryose maze ubashe kuvoma muri icyo Soko idakama. Iyi ni Imigisha Itarondoreka! Sinabona amagambo yo kubivuga. Nta kindi nakora usibye kuyihimbaza nizera ko mwemera uko guhimbaza kwanjye kandi ko imbaraga zanjye zizagira uruhare ku mitima yanyu maze bikabazamurira ku byiyumviro binejeje hanyuma mukizera. Nyuma yo gutangira kumenyerezwa, muzasobanukirwa by'ukuri icyo amagambo yanjye asobanura. Nta nzira nabinyuzamo ngo mbahe kuri uyu Mugisha Utangaje, Umugisha Imana yampaye kandi impa n'uburenganzira bwo kuwugeza ku bandi ku buntu nta kintu babanje gusabwa gukora.”

~ Umwigisha w'Ikirenga Ching Hai ~

“Dufata karma tuzikomoye ku bantu badukikije, mu kubitegereza, mu kubatekerezaho, igihe dusomera hamwe igitabo cyangwa dusangira ifunguro, n'ibindi. Ni muri ubu buryo duhesha abantu umugisha maze tukagabanya karma zabo. Ni yo mpamvu dukora ibi, ngo dukwirakwize Urumuri maze twirukane umwijima. Hahirwa abaduha kuri za karma. Tunezezwa no kubafasha.”

~ Umwigisha w'Ikirenga Ching Hai ~

“Mu rurimi rwa kimuntu buri gihe tuvuga amafuti. Buri gihe tuba tugomba kurondogora ku bintu byose. Tugomba kugereranya, guha agaciro, tugomba kugaragaza ibintu, tugomba kwita izina buri kintu. Ariko, Ikidakuka, niba ari ukuri Kudakuka, hari ubwo utabasha kukuvuga. Ntiwabasha kugira icyo ukuvugaho. Ntiwabasha no kugira icyo ugutekerezaho, Ntiwabasha kugutekereza. Nta kintu gihari. Murabyumva?”

~ Umwigisha w'Ikirenga Ching Hai ~

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*Ku rutonde rukurikira hari ibihugu byiza aho ukwishyira ukizana ku byo abantu bizera byubahirizwa. Niba nta muntu mwagana mu gace mutuyemo, mushobora kubariza ku cyicaro gikuru cyangwa ku biro byacu bikwegereye.

Urutonde rw'abantu dukorana ku isi rushobora guhinduka rimwe na rimwe. Murebe ku rubuga rwa Interineti rukurikira murahasanga amakuru ya vuba:

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Ku bindi bisobanuro n'amakuru y'uko wabona iyi televiziyo binyuze kuri satellite:

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TELEVIZIYO Y'UMWIGISHA W'IKIRENGA ni umuyoboro w'ubuntu wa televiziyo ikoresha satellite amasaha 24 kuri 24, iminsi 7 mu cyumweru, ikagira ibiganiro byiza binyuranye mu cyongereza no mu ndimi zirenga 30 n'inyandiko zigenda zisobanura. Ikaba ari televiziyo izana mu buzima bwawe Ubupfura n'iby'Umwuka.

Aho iboneka ku isi

Ni ku [miyoboro 14 ya satellite!](#)

Amerika y'Amajyaruguru: Galaxy 25 (97° W)

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Muryoherwe n'ibiganiro Byubaka, Bikangura ibitekerezo kandi Bishimishije, nanone ibageraho ku rubuga rwa Interineti cyangwa kuri telephone zanyu zigendanwa binyuze ku rubuga :

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Urugendo mu Masi y'Ubwiza ku Miyoboro ya Satellite ya ETTV:

RTDS (Cell TV) Channel 21: Afurika (Togo Lome)

ETTV ETTV Channel super X: Ku cyumweru saa 12:00-12:30 (Isaha y'i Taipei)

ETTV Aziya Ikaba igera mu bihugu 27 byo muri Aziya na Oseyaniya.

Ku cyumweru saa 10:00-10:30 (Isaha y'i Taipei) binyuze kuri TV y'uburyo bw'iminara/satelite

ETTV Amerika Ahi igera: Amerika y'Amajyaruguru: Leta Zunze Ubumwe z'Amerika

(harimo na Hawaii, Alaska na Kanada) Kuwa gatandatu saa 10:00~10:30 (PDT [Isaha y'I Los Angeles]) binyuze kuri TV y'uburyo bw'iminara/satelite

Serivisi ya TV y'uburyo bw'iminara: Californiya y'Amajyepfo (Time Warner; Charter Communications; Adelphia; Champion; Altrio; Cox)

ETTV Latin America Aho igera: Amerika y'Amajyarugur: Leta Zunze Ubumwe z'Amerika, Amerika yo Hagati, Amerika y'Amajyepfo,

Akarere ka Caribbean: ibihugu 14 harimo Repubulika ya Dominikani, Haiti na Kiba Ku cyumweru saa 10:00-10:30 (PDT [Isaha y'i Los Angeles])

binyuze kuri TV y'uburyo bw'iminara/satelite

Ishyirahmawe Mpuzamahanga ry'Umwigisha w'Ikirenga Ching Hai rigeza ku bantu za kasete video z'Umwigisha w'Ikirenga ku biganirwa bya TV ku Rugendo mu Masi y'Ubwiza binyuze ku mateleviziyo mu bihugu binyuranye byo ku isi. Ku bindi bisobanuro, mwakwandikira :

TV@Godsdirectcontact.org

Imbuga za Interineti za Quan Yin

God's direct contact— Urubuga rwa Interineti rw'Isyirahamwe Mpuzamahanga ry'Umwigisha w'Ikirenga Ching Hai:

<http://www.Godsdirectcontact.org.tw/eng/links/links.htm>

Mwabona icyegeranyo cy'imbuga za interineti za Quan Yin, ziboneka mu ndimi nyinshi, ndetse na gahunda ya TV, Urugendo mu Masi y'Ubwiza, amasaha 24 kuri 24. Mushobora kuvana kuri Interineti cyangwa mukiyandikisha mukabona Amakuru y'Umwigisha w'Ikirenga Ching Hai, aboneka mu bitabo byo kuri interineti cyangwa se ibitabo bisanzwe. Igatabo cyitwa Urufunguzo rwo Kumurikirwa Vuba na cyo kiboneka mu ndimi nyinshi.

Icapwa rya mbere: Nzeri 2009

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Amategeko yose agenga ibihangano agomba kubahirizwa.

Muhawe ikaze ryo gukwirakwiza ibikubiye muri iki gitabo mubanje kubibonera uruhushya rw'Umwanditsi cyangwa Abacapye iki gitabo.

Twebwe, abigishwa b'Umwigisha w'Ikirenga Ching Hai, twanyuze mu bintu bikomeye bishobora kubabaza umuntu igihe ashaka Ukuri guhebuje. Dusobanukiwe n'ukuntu bigoranye kandi bidasanzwe kubona Umwigisha wamurikiwe byuzuye wigisha uburyo buruta ubundi bwo gukangura ubwenge karemano maze tukagera kuri uku Kuri; ni uburyo bumwe bwakomeje kujya bwigishwa n'Abigisha nyakuri bose kuva mu bihe bya kera. Kuba twararonkeye bikomeye mu gukoresha ubu buryo, tuboneyeho kubagezaho iki gitabo gikubiyemo amasomo yatanzwe n'Umwigisha w'Ikirenga Ching Hai mu bihugu binyuranye ku isi kugira ngo dufashe abashaka Ukuri banyotewe kubohorwa by'iteka mu buzima no kugira ngo abandi babonere ibisubizo ibibazo byabo birebana n'ubuzima, kuvuka no gupfa ndetse no kwimenyereza iby'umwuka n'Ukuri.
