

Lindlela ezine zokuhlala uphilile begodu uphephile



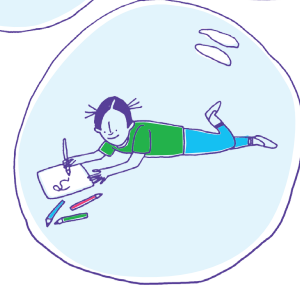
Ngasosoke isikhathi zivale

ngomkhonwakho namkha ngendololwani nawukhohlelako namkha nawuthimulako.



Hlamba izandla zakho

kanengi qobe ngelanga. Sebenzisa isibha namanzi begodu lokho kwenze kabuthaka nangokuyelela.



Lingisa kwangathi ungebhamuzeni

begodu ungathinta kwaphela imiphetho. Zama ukungavumeli muntu bona eze ngebhamuzenakho.

(Kodwana ungatshwenyeki nangabe kwesinye isikhathi bayezal!)



Ungathinti

ubuso bakho (umlomakho, ipumulo namkha amehlo) ngezandla zakho.

NASENZA IZINTO EZINE LEZI SISIZA NGOKUGCINA WOKE UMUNTU APHILILE BEGODU APHEPHILE!

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