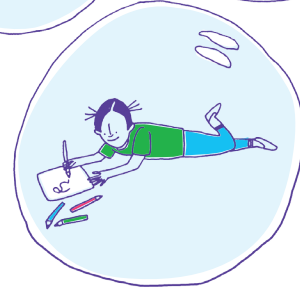


# Izindlela ezine zokuhlala uphephile futhi ukahle



## Hlala umbozile

umawukhohlela noma uthimula mboza ngomkhono noma ngengaphakathi lwendololwane.



## Yenza sengathi uku-burble

futhi ungathinta nje imiphetho. Zama ukuthi ungavumeli muntu angene ebhamuzeni lakho. (Kodwake ungakhathazeki umakwenzeka bengena ngesinye isikhathi).



## Hlanza izandla zakho

kangingi ngosuku sebenzisa insipho namanzi futhi zigeze ngesineke nokuqaphela.



## Ungathinti

ubuso bakho (umlomo, ikhala noma amehlo) ngezandla zakho.

UMASENZA LEZINTO EZINE, SILEKELELA UKUTHI SIGCINE WONKUMUNTU EPHILILE FUTHI EPHEPHILE!