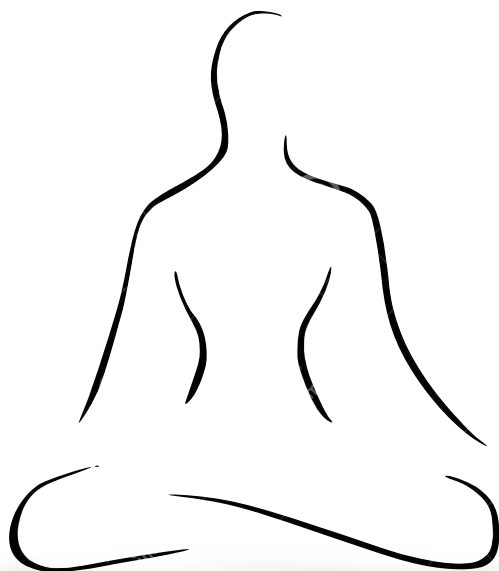




GWARO REKUTANGA RERUGARE

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Zvirimukati

1. *Nhanganyaya*
2. *Chitsauko 1: Chii Chinonzi Kufungisisa?*
3. *Chitsauko 2: Kugara Uchifungisisa*
4. *Chitsauko 3: Kufamba Uchifungisisa*
5. *Chitsauko 4: Hwaro*
6. *Chitsauko 5: Kupfugama Uchifungisisa*
7. *Chitsauko 6: Upenyu hweZuva neZuva*
8. *Chikamu Chekuwedzera: Mafananidzo*

Nhanganyaya

Bhuku iri rakatorwa kubva muma vhidhiyo ari pa YouTube (<http://www.youtube.com/yuttadhammo>). Pakutanga rakanga ragadzirirwa kushandiswa pa Los Angeles Federal Detention Center, apo zvainge zvisingakwanisiki kugovera dzidziso ne mavhidhiyo. Kubvira ipapo, iri ndiro rava basa randinosarudza kushandisa pakusuma kufungisisa kuvanhu vatsva. Kunyange zvazvo mavhidhiyo dzichipa rubatsiro rwekuona, bhuku iri rine mashoko mazhinji akagadziridzwa uye akawedzerwa asiri mu mavhidhiyo. Zvidzidzo zvakarongwa maererano nenzira yandaitarisira kuti munhu mutsva adzidze kufungisisa nhanho nenhanho. Zvingaita sezvisingawanzoitika kuti Chitsauko 2, 3, ne 4 zvakaiswa zvakasiyana nehurongwa hwekuzviita. Chikonzero ndechokuti kugara uchifungisisa ndiko kuri nyore kuti munhu wotanga anzwisise. Kana munhu ava kunyatsojairana nedzidziso dziri mukufungisisa, anogona kuwedzera tsika yake kuti ibatanidze kufamba uchifungisisa ne kungwarira mukupfugama, kana achida. Chinangwa changu chete pakupedza basa iri ndechokuti vanhu vakawanda vabatsirwe nekufungisisa. Zvinoita sezvakafanira kuti kana munhu achida kurarama murugare nomufaro, ashande kuparadzira rugare nomufaro munyika maanogara. Ndinoda kutenda vose vakabatsira kuti bhuku iri riitike: vabereki vangu, vadzidzisi vangu vose vekare, mudzidzisi wangu wazvino uye mutungamiri, Ajaan Tong Sirimangalo, pamwe navose vakanyora pasi dzidziso kubva paYouTube. Zvipenyu zvose ngazvive nomufaro.

Yuttadhammo

Rakatsaurirwa

Kumudzidzisi wangu, Ajaan Tong Sirimangalo, uyo kwandiri ari chiyeuchidzo chipenyu chokuti Vakamuka (Buddha) vanombofamba panyika.

Chitsauko 1: Chii Chinonzi Kufungisisa?

Bhuku iri rakagadzirirwa kuva tsananguro yokutanga yokuti munhu anoita sei kufungisisa, yakanyorerwa vanhu vane ruzivo rushoma kana vasina ruzivo zvachose mutsika yekufungisisa, pamwe chete navane ruzivo mune dzimwe nzira dzekufungisisa asi vachida kudzidza imwe nzira itsva. Muchitsauko chino chokutanga ndichatsanangura kuti kufungisisa chii, uye kuti munhu anofanira kuchiita sei. Chekutanga, zvinokosha kunzwisisa kuti shoko rokuti "kufungisisa" rinoreva zvinhu zvakasiyana kuvanhu vakasiyana. Kune vamwe, kufungisisa kunongoreva kudzikamisa pfungwa, kugadzira rugare kana mufaro sechinhu chokuzorora kana kutiza zvinoramba zvichiitika.

Kune vamwe, kufungisisa kunoreva chiitiko chinoshamisa, kana kunyange zvinomidza hana, kugadzira zvemashiripiti mumamiro emwoyo. Mubhuku rino ndinoda kutsanangura kufungisisa maererano nezvinorehwa neshoko racho pacharo. Shoko rokuti "kufungisisa" rinobva pamudzi mumwe chete neshoko rokuti "chinorapa". Izvi zvinobatsira pakunzwisisa zvinorehwa nekufungisisa, nokuti chinorapa chinhu chinoshandiswa kuporesa kurwara kwomuviri. Saizvozvowo, tinogona kunzwisisa kufungisisa sechinhu chinoshandiswa kuporesa kurwara kwepfungwa ne mwoyo. Uyewo, tinonzwisisa kuti tsika yekufungisisa haisi kutiza, kuenda kumufaro kana runakidzo wechinguvana, yozopera ichisiya munhu achiri kurwara sezvaaimboita.

Tsika ye kufungisisa yakaitirwa inounza shanduko inogara, ichidzorera mwoyo kuhutano hwawo hwechisikigo ne kugara zvakanaka.

Saizvozvowo, chinangwa che kufungisisa hachisi chokungounza rugare kana kudzikama kwechinguvana, asi kuporesa mwoyo unotambudzwa ne kufunganya, nhamo ne zvimwe: kubvisa zvirisiri kuhunhu hwechisikigo hwerugarerwechokwadi. Saka kana muchiita kufungisisa maererano nebhuku rino, ndapota nzwisaisai kuti mushonga yatinonwa inokwanisa kushata patinoimwa, asi ichishanda ; saka hatigari tichifara panguva yose yekufungisisa. Tsika rekunzwisisa zviri mumoyo nepfungwa, kufunganya, kusuwa, kutsamwa, kupindwa muropa, nezvimwewo, dzimwe nguva kunogona kuva chinhu chisingafadzi. Izvi zvinonyanya kudaro nokuti tinopedza nguva yakawanda tichinzvenga, kuviga kana kudzvinyirira zvinhu zvakaipa zviri mumwoyo medu.

Dzimwe nguva zvingaita sokuti kufungisisa hakuunzi rugare kana mufaro zvachose. Ndokusaka zvichikosha kunzwisisa kuti kufungisisa haisisenge doro, tsika dzekufungisisa dzinotora nguva kushanda .Haina kuitirwa kuti ikupe mufaro kwechinguvana panguva yauri kuiita, yozokusiya uchidzokera mukutambudzika kwawakanga uinako. Kufungisisa kunoitirwa kuunza shanduko yechokwadi, kuchidzorera mwoyo kuhunhu hwawo hwechisikigo hwekujeka. Kunofanira kubatsira munhu kuwana rugare rwechokwadi rusingapere; mufaro nokuti tava kukwanisa kunzwisisa zviri nani zvinetso zvoupenyu. Patinoziva zvakajeka ne chokwadi chechinhu, tinotsiva kuchitonga nekuti tinongochiziva zvachiri.

Kuziva kwakajeka uku kunoitwa nokushandisa shoko mukufungisisa, rinonzi “mantra”. Mantra ishoko kana mutsara unoshandiswa kuti mwoyo utarise pachinhu. Kazhinji unoshandiswa pakutarisa chinhu chekuropafadza. Asi mubhuku rino, mantra inoshandiswa kutarisa pachokwadi chezvinoitika pazuva nezuva, kuti tizive maitiko sezvaari, pasina kufungidzira kana kutonga. Nokushandisa mantra nenzira iyi, tinokwanisa kunzwisisa zvinhu zvatinosangana nazvo zvakajeka, uye tisazvibatirire kana kuzvivenga. Somuenzaniso, kana tichifambisa muviri, tinoshandisa mantra inonyatsoratidza chiitiko chacho, tichiiti:

"kufamba"

Kana tichinzwa manzwiro:

"kunzwa."

Kana tichifunga:

"kufunga."

Kana tichinzwa kutsamwa:

"kutsamwa."

Kana tichinzwa kurwadziwa:

"kurwadziwa."

Tinosarudza shoko rinonyatsotsanangura maitiko, torishandisa kucherechedza chinhu chacho sezvachiri, tisingabvumiri kutonga zvinhu sokuti:

"Izvi zvakanaka,"

"Izvi zvakaipa,"

"ini..."

"Ndezvangu,"

Mantra haifaniri kungotaurwa nomuromo kana kungodzokororwa mumusoro pasinachirikuitika. Inofanira kungova kuziva kwakajeka kwechinhu chacho sezvachiri.

Saka shoko racho rinofanira kutaurwa mupfungwa panguva chaiyo pane maitiko acho.

Kuti nderipi shoko rinoshandiswa hazvina kunyanya kukosha, chero bedzi richibatsira kuisa pfungwa pachimiro chechokwadi chemuitiko yacho. Kuti zvive nyore kunzwisisa zvakasiyana zvinoitika, tsika iyi inopatsanura zvinoitika muzvina zvikamu. Zvose zvatinosangana nazvo zvinowira muzvikamu izvi. Izvi zvinotibatsira kuronga tsika yedu, kuti tikurumidze kuziva rudzi rwe muitiko rwatiri kusangana narwo. Zvinotibatsira kuziva chiri chechokwadi nechisiri. Zvinowanzokurudzirwa kuyeuka zvikamu zvina izvi usati watanga tsika yekufungisisa:

1. **Muviri** - kufamba nemamiriro emuviri.
2. **Manzwiro** - manzwiro omuviri neomumwoyo akadai se kurwadziwa, kufara, kudzikama, nezvimwewo.
3. **Mwoyo/Pfungwa** - kufunga kunomuka mumwoyo, kufunga kwezvakapfuura kana zveramangwana, kufunga zvakanaka kana zvakaipa.
4. **Mapoka** - mapoka emwoyo ne muitiko emuviri anonyanya kukosha kumunhu anoita kufungisisa: kusanganisika kwezvinotiika mumwoyo ne muviri zvinokwanisa kutivhiringidza matariro, maziso, nzeve, mhuno, rurimi, mabato, ne pfungwa , izvi zvatinoona nazvo chokwadi, zvinokwanisa kuvhiringa.

Izvi china–muviri, manzwiro, mwoyo, uye mapoka–ndizvo hwaro dze tsika yekufungisisa. Ndizvo zvatinoshandisa kugadzira kuziva kwakajeka kwenguva yazvino. Hwaro yekutanga, pamusoro pomuviri, tinoedza kucherechedza (muchinyararire) muitiko imwe neimwe yomuviri painongoitika. Somuenzaniso, kana tichitambanudza ruoko, tinozviyeuchidza mupfungwa tichiti:

"kutambanudza."

Kana tichipeta ruoko:

"kupeta."

Kana takagara takanyarara:

"kugara."

Kana tichifamba:

"kufamba."

Chero mamiriro ari muviri, tinongoaziva sezvaari. Uye chero kufamba kwatinoita, tinongocherechedza chimiro chacho, tichishandisa mantra kuti tizviyeuchidze mamiriro omuviri sezvaari. Nenzira iyi, tinoshandisa muviri wedu kugadzira kuziva kwakajeka kwe chokwadi. Zvino zvinotevera, manzwiro ari mumuviri nemupfungwa. Kana kurwadziwa kukamuka mumwoyo kana muviri , tinozviyeuchidza tichiti:

"kurwadziwa."

Muchiitiko ichi tinogona kudzokorora kakawanda tichiti:

"kurwadziwa... kurwadziwa... kurwadziwa..."

Kuitira kuti, panzvimbo poku kutsamwa kana kuvenga zvinoitika, tinongoona kurwadziwa sechinhu chinongoitika chete. Mbichana ne mbichana tinodzidza kuona kuti kurwadziwa haichisi chinhu chekuvenga kana chekufarira, uye hazvibatsire ; kuti hapana chakaipa kana chakanaka chiri mukurwadziwa pachako, uye kurwadziwa hakusi kwedu, nokuti hatigoni kukuchinja. Kana tichinzwa mufaro, tinozvicherechedzawo nenzira imwe chete, tichizviyeuchidza chokwadi chemuitiko yacho tichiti:

"mufaro... mufaro... mufaro..."

Hazvirevi kuti tiri kuedza kudzinga rufaro. Tiri kungova nechokwadi chokuti hatibatirire zvazviri, kuitira kuti tisagadzire mamiriro ekunyanyakuda, kuchiva, kana kusuwa manzwiwo emufaro. Sezvakangoita kurwadziwa, tinodzidza kuona kuti mufaro nekuda kwatinoita mufaro zvinhu zvakasiyana .Tinodzidzawo kuti hapana chinhu chakanaka kana chakashata pamusoro perufaro pachawo.Tinoona kuti kubatirira rufaro hakuitise kuti ugare kwenguva refu, asi kunokonzera kusagutsikana nokutambudzika kana wapera. Saizvozvowo, kana tichinzwa kudzikama, tinozviyeuchidza tichiti:

"kudzikama... kudzikama... kudzikama..."

Tichiona mamiriro acho zvakajeka uye tichidzivisa kuzvibatirira paanomuka .Nenzira iyi, tinotanga kuona kuti kana tikasabatira zvinhu nemanzwiwo, tinowedzera kuva norugare pachokwadi. Hwaro hwechitatu ndiwo kufunga .Kana tikanangarira zvakaitika kare, zvakaunza mufaro kana kutambudzika, tinozviyeuchidza tichiti:

"kufunga... kufunga..."

Panzvimbo pokubvumira kubatirira kana kuvenga kumuka kwezvemupfungwa, tinongoziva chete kuti izvo tirikufunga. Kana tichironga kana kufungidzira zvamangwana, tinoitawo saizvozvo, tichingoza chete kuti tiri kufunga, pasina kufarira kana kuvenga zviri mukati mekufunga kwacho. Nenzira iyi tinodzivisa kutya, kufunganya, kana kutambudzika zvingabva mukufunga ikoko.

Hwaro hwechina ndiMapoka, hunosanganisira mapoka mazhinji zvepfungwa ne maitiko emuviri. Mamwe acho anomboiswa pasi pahwaro hutatu hwapfuura, asi zviri nani kuakurukura kuitira kuti zvive nyore kuacherechedza. Boka rokutanga reMapoka ndiro **zviShanu Zvinopiringisha** kujeka kwemwoyo. Izvi ndizvo zvinovhiringidza tsika yomunhu:

- **kuda**
- **kuvenga**
- **usimbe ne hope**
- **kuvhiringidzika ne kubhowekana**
- **kupokana**

Hazvisi chete kuti zvinopriringisha kuwana kujeka kwemwoyo, asi ndizvowo zvinokonzera kutambudzika kwose uye nhamo muupenyu hwedu. Naizvozvo, zvakatinakira kushanda nesimba kuti tizvinzwise uye tizvibvise mumwoyo, nokuti, shure kwezvose, ichi ndicho chinangwa chaicho chekufungisisa. Saka kana tichinzwa kuda, kana tichida chinhu chatisina, kana patinobatirira chinhu chatinacho, tinongocherechedza kuda kana kufarira kwacho sezvazviri. Tinozviyeuchidza manzwiro acho sezvaari tichiti: "kuda... kuda..." kana "kufarira... kufarira..."

Tinotanga kuona kuti kuda ne kubatirira zvinounza kutambudzika, uye ndizvo zvinokonzera kuora mwoyo kana tisingawani zvinoda kana tarasikirwa nezvatinofarira. Kana tichinzwa kutsamwa, tagumburwa nezvakamuka munyika, mumwoyo kana mumuviri, kana tagumburwa mwoyo nezvisina kuitika, tinozvicherechedza tichiti:

"kutsamwa... kutsamwa..." kana "kuvenga... kuvenga..."

Kana tichinzwa kusuruvara, kufidzamwa, kubhowekana, kutya, kusafara, nezvimwe zvakadaro, tinocherechedza manzwiwo acho sezvaari:

"kusuruvara... kusuruvara..."

"kufidzamwa... kufidzamwa..."

nezvimwewo.

Nenzira iyi tinoona pachena kuti tiri kuzvikonzera kutambudzika ne nhamo, futi nokusimbisa mamiriro akashata emwoyo. Kana tikaoona zvinogumisira mukutambudzika kwedu, tinozotanga kungozvirega mune ramangwana. Kana tichinzwa usimbe, tinozviudza kuti:

"usimbe... usimbe..." kana "kuneta... kuneta..."

Uye tichaona kuti nenzira iyi tinokwanisa kudzorera zve simba redu rechisikigo. Kana tavhiringidzwa, kana tichinetseka kana kuti tiri pasi pekutambudzika, tinogona kuzviudza kuti:

"kuvhiringidzwa... kuvhiringidzwa..."

"kufunganya... kufunganya..." kana "kutambudzika... kutambudzika..."

Uye tichaona kuti mwoyo unowedzera kutarisa nenjere pane zviri kuitika.

Kana tikava nokupokana kana kuvhiringidzika pamusoro pezvatinofanira kuita mukufungisisa, tinogona kuzviudza kuti:

"kupokana... kupokana..." kana "kuvhiringidzika... kuvhiringidzika..."

Uye tichaona kuti, saizvozvowo, tinowedzera kuva nechivimbo mukunzwisisa kwedu. Kuziva kwakajeka kwehwaro idzi ndiko kunoumba nzira huru dzetsika yekufungisisa inotsanangurwa muzvitsauko zvinotevera.

Naizvozvo, zvakakosha kunzwisisa hwaro uhwu hwedzidziso usati watanga kuita tsika yekufungisisa. Kunzwisisa uye kuremekedza kukosha kwekugadzira kuziva kwakajeka pamusoro pezvinhu zvatinosangana nazvo, panzvimbo pokutsiva zvinhu izvozvo nokufunga kunotonga, ndiyo nhanho yokutanga pakudzidza kufungisisa.

Chitsauko 2: Kugara Uchifungisisa

Muchitsauko chino ndichatsanangura mashandisiro anoitwa zvinhu zvadzidzwa muchitsauko chokutanga pakuita kufungisisa munhu akagara. Kufungisisa munhu akagara inzira iri nyore inogona kuitwa nemunhu akagara akafunya musero kana akayambuka makumbo pasi, kunyange pachigaro kana pabhenji. Kune vanhu vasingakwanisi zvachose kugara, nzira inogona kuitwa munhu akarara.

Chinangwa chekugara mukufungisisa (maziso akavharwa) ndechekukoderedza zvatinosangana nazvo, kuti zvive shoma, kuitira kuti zvive nyore, tinocherechedza pasina kuvhiringidzwa. Kana munhu agere akanyarara, muviri wose unenge wakadzikama - kufamba kunoitika chete ndiko kunokonzerwa nokufema. Kana mweya uchipinda mumuviri, dumbu rinofanira kusimuka. Kana mweya uchibuda mumuviri, dumbu rinofanira kudzikawo. Kana kufamba uku kusinganzwike zviri nyore, unogona kuisa ruoko rwako padumbu kusvikira kwava nyore. Kana zvichiri kuoma kuona kusimuka nekudzika kwedumbu kunyange ruoko rwuri padumbu, unogona kutanga warara nechiso chakatarisa mudenga kusvikira wakwanisa kuzvinzwa. Kuomerwa mukuona kufamba kwedumbu paunenge wakagara kunowanzokonzerwa nekusingwa kwemwoyo uye kutambudzika. Kana munhu akaramba achiita tsika nemoyo murefu uye asingaregi, mwoyo nomuviri zvichatanga kuzorora, kusvikira ava kukwanisa kufema akagara, sezvaanoita akarara.

Chinhu chinonyanya kukosha kuyeuka ndechekuti tiri kuedza kucherechedza kufema kwacho sezvakunongoitika pachisikigo, kwete kumanikidza kufema. Pakutanga, kufema kunogona kuva kupfupi kana kusinakudzikana. Asi kana mwoyo paunotanga kurega kuedza kudzora kufema, kusimuka nekudzika kwedumbu kunowedzera kujeka uye kunozova nyore kucherechedza. Kusimuka nokudzika kwedumbu uku ndiko kwatichashandisa sechinhu chedu chokutanga chekufungisisa. Kana tangokwanisa kucherechedza kufamba kwedumbu pasina kuomerwa, kuchava chinhu chatinodzokera kwachiri pose patinoda panguva yekufungisisa. Nzira yepamutemo yekuita kufungisisa munhu akagara ndeiyi:

- 1. Gara wapakfunya musero kana uchikwanisa, gumbo rimwe riri pamberi perimwe, asi risiri pamusoro perimwe. Kana magariro aya asingakunakidze, gara zvinoita kuti zvive nyore kucherechedza kufamba kwedumbu.**
- 2. Isa ruoko rumwe pamusoro perumwe, zvanza zvakatarisa kumusoro, maoko akazorora pamakumbo.**
- 3. Gara wakatwasuka musana. Hazvidi kuti musana unyanyekutwasuka kana zvichikonzera kusadzikama; chero bedzi kufamba kwedumbu kuchinyatsooneka, chero mamiriro omuviri akakodzera.**
- 4. Vhara maziso. Sezvo, kuva nemaziso akazaruka kunongokanganisa kunzwa kufamba kwedumbu.**
- 5. Tumira mwoyo wako kudumbu. Kana dumbu richisimuka, zvinyararire, mupfungwa ichiti: "kusimuka." Kana dumbu richidzika, uti: "kudzika."**

Ramba uchiita izvi kusvikira kufamba kwedumbu kwatamiswa kana kwavhiringidzwa ne chimwe chinhu chawava kuziva. Uyezve, zvinokosha kunzwisisa kuti mashoko okuti "kusimuka" kana "kudzika" anofanira kumuka mupfungwa , uye pfungwa nemwoyo unofanira kunge uchinzwwa kufamba kwedumbu. Zvinoita sokunge munhu ari kutaura mashoko acho mudumbu. Munhu anogona kuita tsika iyi kwemaminitsi mashanu kana gumi, kana kupfuura - kana achikwanisa.

Danho rinotevera nderekubatanidza hwaro hwose huri mukuita kwekufungisisa: muviri, manzwiro, mwoyo, neMapoka. Pamusoro pomuviri, kutarisa kusimuka nokudzika kwedumbu kwakakwana kumunhu achangotanga kufungisisa. Dzimwe nguva munhu angadawo kucherechedza mamiriro omuviri achiti:

"ndakagara... ndakagara..." kana "ndakarara... ndakarara..."

Kana akaona kuti izvi zvinobatsira pakucherechedza zvakajeka. Pamusoro pemanzwiro, kana akanzwa chinhu mumuviri, munhu anofanira kuisa pfungwa ikoko, achisiya zvedumbu uye achicherechedza zvaarikunzwa muviri. Somuenzaniso, kana kurwadziwa kukamuka, munhu anofanira kuita kuti “kurwadziwa” kuve chinhu chekufungisisa, kana kurwadzihwa kwapera obva atarisa zvedumbu futi. Chero hwaro huna hungava chinhu chekufungisisa, nokuti hwose zvikamu zve chokwadi. Hazvidikanwi kugara uchitarisa kusimuka nokudzika kwedumbu nguva dzose. Asi kana kurwadziwa kukamuka, munhu anofanira kucherechedza chinhu chitsva ichocho, kurwadziwa, kuti anyatsonzwisisa zvachiri, pane kuchitonga kana kufunga kuti ndechake kana hachizi

chake. Sezvatsanangurwa kare, munhu anofanira kungotarisa kurwadziwa, achizviyeuchidza achiti:

"kurwadziwa... kurwadziwa... kurwadziwa..."

Kusvikira kwapera. Panzvimbo pokushatirwa nokusada kurwadziwa, munhu achaona kurwadziwa sezvakuri. Kana mufaro ukamuka, munhu anofanira kuzviyeuchidzawo achiti:

"mufaro."

Kana munhu achinzwa rugare kana kudzikama, anofanira kuzviyeuchidza achiti:

"rugare." kana "kudzikama."

Kusvikira kunzwa ikoko kwapera. Pano chinangwa ndechokudzivisa kubatirira, nokuti kubatirira kunokonzera kunyanyakuda, nekuchiva. Kana munhu akabatirira manzwiro akanaka, pakupedzisira achamasuwa kana apera. Kana manzwiro acho apera, munhu anofanira kudzokera pakucherechedza kusimuka nokudzika kwedumbu, achiti:

"kusimuka." Ne "kudzika."

Pamusoro pe mwoyo, kana kufunga kukamuka panguva yekufungisisa, munhu anofanira kukucherechedza achiti:

"kufunga... kufunga..."

Hazvina basa kuti ari kufunga nezvezvakapfuura kana nezveramangwana, kana kuti kufunga kwacho kwakanaka kana kwakaipa. Panzvimbo pokurega mwoyo uchidzungaira uye uchirasikirwa, munhu anofanira kudzosa mwoyokuchokwadi chekuti ari kufunga, achiti:

"kufunga... kufunga..."

Ipapo anofanira kudzokera pakucherechedza kusimuka nokudzika kwedumbu, uye aenderere mberi netsika sezvazviri. Pamusoro pe Mapoka, kana mwoyo ukamutsa kufarira, munhu anofanira kuita kuziva kwakajeka achiti:

"kufarira... kufarira..."

Kana kuvenga kukamuka – kungava kutsamwa, kufinhwa, kusada, kana zvimwe zvakadaro – munhu anofanira kugadzira kuziva kwakajeka achiti:

"kuvenga... kuvenga..." kana *"kutsamwa... kutsamwa..."*

"kufinhwa... kufinhwa..." kana

"Kubhowekana...Kubhowekana..."

Kana usimbe kana hope zvikauya, munhu anofanira kuita kuziva kwakajeka achiti:

"usimbe... usimbe..." kana *"hope... hope..."*

Kana kuvhiringidzwa kana kufunganya zvikamuka, anofanira kuzvicherechedza achiti:

"kuvhiringidzwa... kuvhiringidzwa..."

kana *"kufunganya... kufunganya..."*

Kana kupokana kana kuvhiringidzika zvikauya, anofanira kuzviyeuchidza achiti:

"kupokana... kupokana..." kana

"kuvhiringidzika... kuvhiringidzika..."

Kana zvipingamupinyi izvi zvadzikama, munhu anofanira kudzorera mwoyo zvakare pakuziva kwakajeka kwenguva yazvino nokutarisa kusimuka nokudzika kwedumbu.

Kuita kufungisisa kune zvibereko zvakawanda.

Chibereko Chekutanga ndechekuti mwoyo unowedzera kuva nerugare. Nokukudziridza tsika yokuziva chokwadi zvakajeka, mwoyo unowedzera kugara uchifara, wakareruka, uye wakasununguka kubva ku nhamo nokutambudzika kunokonzerwa nokutonga zvinhu ne nekuzvibatirira. Vanhu vazhinji vanoita tsika yekufungisisa vachawana mamiriro emufaro mumazuva mashomanana kana vakashingaira. Zvakakosha, chokwadika, kuziva kuti mufaro hukuru unoshamisa ingori muchero wetsika, asi hatifane kusiya ne kumira kuita tsika yekufungisisa. Munhu anofanira kuzvicherechedza , achiti:

"mufaro... mufaro..." kana "kudzikama... kudzikama..."
Kunyange zvekudzikama, manzwiwo akadaro chibereko rechokwadi rinobva mu tsika.

Chibereko rechipiri nderekuti munhu achatanga kuzvinzwisisa iye pachake pamwe chete nenyika yakamupoterredza nenjere dzisingagoneki pasina tsika yekufungisisa. Munhu achatanga kuona pachena kuti tsika dzake dzomumwoyo ndidzo dzinoita kuti atambudzike. Achazivawo kuti zvinhu zviri kunze hazvisi izvo zvinokonzeresa kutambudzika kana mufaro, asi zvinongova zvakadaro kana munhu akazvibatirira. Achasvika pakunzwisisa kuti nei kutambudzika kuripo kunyange munhu achingoshuvira mufaro chete. Achaziva kuti zvinhu zvinodiwa kana zvinovengwa zvinongomuka zvobva zvanyangarika nekuguma nguva dzose: saka hazvina kukodzera kuzvibatirira kana kuzvirwisa.

Munhu achatanga kunzwisisa mwoyo yevamwe nenzira imwe cheteyo. Pasina tsika yekufungisisa, vanhu vanowanzo kurumidza kutonga vamwe vachitarisa zviito zvavo kana mashoko avo, zvobva zvaita kuti kufarira kana kuvenga kumuke, uye rudo kana hashu. Kuburikidza tsika yekufungisisa, munhu anosvika pakunzwisisa kuti vamwe ndivowo vari kuzvikonzera mufaro nokutambudzika kwavo. Nokuda kweizvozvo, munhu anokurumidza kuregerera ne kugamuchira vamwe sezvavari, asingavatongi.

Chibereko rechitatu retsika nderekuti munhu anowedzera kungwarira kwemwoyo yezviri kuitika zvakamupoterredza. Pasina tsika yekufungisisa, munhu anogona kupedza chikamu chikuru chezuva rake asinganyatsozivi zviito zvake, mashoko ake, kana kufunga kwake. Somugumisiro yekufungisisa, munhu anowedzera kuziva maitiro dzake dzezuvu nezuva. Somugumisiro, kana mamiriro akaoma akamuka, achakwanisa kupindura aine kujeka kwemwoyo, achigamuchira zvinoitika sezvazviri, pasina kufarira, kuvenga, kutya, kufunganya, kuvhiringidzika, nezvimwe zvakadaro. Munhu achakwanisa kutsungirira mukupokana, mumatambudziko, kurwara kunyange murufu zviri nani kupfuura zvaaigona kuita pasina tsika yekufungisisa.

Chibereko rechina, ndiro chinangwa chikuru chetsika yekufungisisa, nderekuti munhu anozokwanisa kubvisa zvakaipa zviri mumwoyo make zvinokonzera kutambudzika kwaari ne kune vamwe. Izvi zvakaipa:

- **kutsamwa**
- **makaro**
- **kunyengedzwa (delusion)**
- **kufunganya**
- **kunetseka**
- **nhamo**
- **kutya**
- **kuzvikudza**
- **kuzviona semukuru kupfuura vamwe**

Nezvimwe zvakadaro. Munhu achaona mamiriro ose emumwoyo anounza kusafara uye kutambudzika kwaari, uye kune vamwe - saizvo, nokuti anonzwisisa izvi achazvirega. Iyi ndiyo tsananguro yetsika yokutanga, yepamutemo, yekufungisisa pamwe chete nezvibereko zvayo.

Panguva ino ndinokukumbira kuti utange kuita tsika iyi kamwe chete usati waenderera kuchitsauko chinotevera kana kudzokera kumabasa ako ezuva nezuva. Ita tsika yekufungisisa wakagara kwemaminiti mashanu kana gumi, izvozvi, usati wakanganwa zvawaverenga muchitsauko chino. Usaita somunhu anongoverenga menyu chete. Ravira muchero wekufungisisa iwe pachako, somunhu anoshandisa menyu kudya chikafu. Ndinokutendai nokufarira kwenyu kufungisisa, uye ndinoda nomwoyo wose kuti dzidziso iyi iunze rugare, mufaro, ne rusununguko kubva mukutambudzika muupenyu hwenyu.

Chitsauko 3: Kufungisisa Uchifamba

Muchitsauko chino, ndichatsanangura nzira yekuita kufungisisa uchifamba. Sezvakaita kufungisisa munhu akagara, chinangwa chekufungisisa uchifamba ndechekuchengeta mwoyo uri panguva yazvino . Tinofana kuziva zvinoitika, kuti tigadzire kuziva kwakajeka kwe chokwadi. Nemhaka yokuti kufungisisa uchifamba kwakafanana zvikuru nekufungisisa takagara, munhu anokwanisa kushamisika kuti nei kuchidikanwa. Kana munhu asingakwanisi kuita kufungisisa uchifamba, acharamba achibatsirwa nekufungisisa akagara. Asi kufungisisa uchifamba kune zvibereko zvakasiyana zvinoita kuti kune mubatsiri wakanaka uye gadziriro yakanaka. Ndichatsanangura zvibereko zvishanu zvechinyakare mukufamba.

1. **Chekutanga, kufungisisa uchifamba kunopa utano hwomuviri. Kana tikagara nguva dzose tisina kufamba, muviri wedu unopera simba uye hauchazokwanisi kushanda zvakanaka. Kufungisisa uchifamba kunochengetedza simba romuviri.**
2. **Chechipiri, kufungisisa uchifamba kunokudziridza mwoyo murefu ne kutsungirira. Nemhaka yokuti kufungisisa uku kunoitwa tichifamba, hakudi kudzikama nekunyarara kwakawanda, sokugara. Naizvozvo kunoshanda sechikamu chinobatanidza mabasa mamwe ezuva nezuva nekufungisisa.**
3. **Chechitatu, kufungisisa uchifamba kunobatsira kuporesa kurwara kwomuviri. Kufungisisa munhu akagara kunoitisa muviri kuti uzorore, nepo**

kufungisisa uchifamba kunokurudzira kufamba kweropa kwanaka, asi kuchiri kwakapfava zvokuti hakuwedzeri kurwara. Kunobatsirawo kusunungura kusungwa kwomuviri, kuchideredza kutambudzika (zvishoma nezvishoma uye nenzira yakarongeka). Naizvozvo, kufungisisa uchifamba kunobatsira pakukunda zvirwere zvakadai: sechirwere chemwoyo ne pfupa, pamwe chete nokuchengetedza utano hwomuviri hwakanaka.

4. Chechina, kufungisisa uchifamba kunobatsira kugaya chikafu zvakanaka. Chinonyanya kukanganisa kufungisisa munhu akagara ndechekuti kunogona kutadzisa kugaya chikafu zvakanaka. Asi kufungisisa uchifamba kunokurudzira zvemuviri zvekugaya chikafu. Izvi zvinoita kuti munhu arambe achiita tsika yake yokufungisisa asingakanganisa utano hwake hwomuviri.
5. Chechishanu, kufungisisa uchifamba kunobatsira munhu kukudziridza chipo yekuisa pfungwa rose pazvinhu. Kana munhu akangoita kufungisisa munhu akagara chete, chipo yekuisa pfungwa pazvinhu inogona isina kusimba kana kuti yakanyanyisa. Izvi zvinogona kukonzera kuvhiringidzwa kana usimbe. Nemhaka yokuti kufungisisa uchifamba kunosanganisira kufamba, kunobvumira muviri nopfungwa kuti zvigadzikane nenzira yazvo yechisikigo.

Kana kufungisisa uchifamba kukaitwa munhu asati agara achifungisisa, kufungisisa uchifamba kunobatsira pfungwa kunyarara panguva yekufungisisa munhu akagara. Nzira yokuita kufungisisa uchifamba ndeyi:

3. Tsoka dzinofanira kuva pedyo pamwe chete, kunge dzakubatana. Dzinofanira kuramba dziri parutivi rumwe chete panguva yose yekumira. Imwe tsoka haifaniri kuva pamberi peimwe, uye hapafaniri kuva nenzvimbo huru pakati petsika dzadzo.

4. Maoko anofanira kubatanidzwa, rworudyi rwakabata rworuboshwe. Maoko anofanira kuva pamberi pomuviri kana kumashure kwawo.

5. Maziso anofanira kuramba akazaruka panguva yose yekufungisisa. Maziso omunhu anofanira kunge akatarisa panzira iri pamberi pake, inenge mamita maviri kana matanhatu kubva pamuviri.

6. Munhu anofanira kufamba munzira wakatwasuka, une urefu hunenge mamita matatu kusvika mashanu.

7. Munhu anotanga nokufambisa tsoka yorudyi mberi kusvika chitsitsinho kwaenzana nwokumberi kwetsoka yoruboshwe. Chinambwe chiripakati petsoka nepasi chinofanira kuramba chakaenzana panguva yose yokufamba. Pakuidzikirisa, tsoka yose inofanira kubata pasi panguva imwe chete. Kumashure kwechitsitsinho chetsoka yorudyi kunofanira kuenderana nezvigunwe zvetsoka yoruboshwe.

8. Kufamba kwetsoka imwe neimwe kunofanira kuva kwakapfava uye kwechisikigo. Kufamba kwetsoka hakufaniri kushanduka mukufamba kamwe nekamwe. Kufamba kwetsoka kunofanira kwakafanana kubva pakutanga kusvika pakuguma.

9. Saizvozvo, munhu anofambisa tsoka yoruboshwe mberi. Inofanira kupfuura tsoka yorudyi. Inofanira kudzika pasi kuitira kuti kumashure kwechitsitsinho kuenderane nezvigunwe zvetsoka yorudyi. Munhu anoramba achifamba nenzira iyi, nhanho imwe

neimwe, achifamba chinhambwe chakaenzana
nourefu hwetsoka imwe.

10. Pese panofamba tsoka imwe, munhu anofanira
kuita mantra, sezvinoitwa pakufungisisa munhu
akagara. Anofanira kushandisa mantra
inonyatsoratidza kufamba kuri kuitika. Kana ari
kufambisa tsoka yorudyi, shoko rinoshandiswa
nderekuti: "Nhano nerudyi". Kana ari kufambisa tsoka
yoruboshwe: "Nhano neruboshwe."

11. Munhu anofanira kuita mantra panguva chaiyo
yokufamba kwetsoka. Haafaniri kuiita tsoka isati
yatanga kufamba. Uye haafaniri kuzoiita kufamba
kwapera.

Kana munhu akaita mantra achiti "nhano nerudyi" tsoka
isati yatanga kufamba, anenge achicherechedza chinhu
chisati chaitika. Kana munhu akatanga kufambisa tsoka
obva azoita mantra achiti "nhano nerudyi", anenge ava
kucherechedza chinhu chakatopfuura. Muzviitiko zvose
zvakadaro, hazvizi kufungisisa kwanaka, nokuti hapana
kuziva kwechokwadi kuri kuitika panguva yacho. Kuti
munhu anyatsocherechedza kufamba sezvinoitika,
anofanira kucherechedza:

"nha"

pakutanga kwekufamba, panguva chaiyo panosiya tsoka
pasi. Anofanira kucherechedza:

"no ne"

kana tsoka iri kufamba ichienda mberi.

"rudyi"

panguva chaiyo panobata tsoka pasi zvakare.

Nzira imwe chete iyi inofanira kushandiswa pakufambisa tsoka yorudyi. Pakusimudza tsoka yoruboshwe, munhu anofanira kushandisa nzira imwe cheteyo, ne kuziva kwake kunofanira kufamba pamwe chete nekufamba kwetsoka imwe neimwe - kubva kune rimwe gumi renzira yokufamba kusvika kune rimwe. Kana munhu asvika kumagumo enzira yokufamba, anofanira kutendeuka ofamba achidzokera kune rimwe gumi. Pagumo yenzira munhu anotendeuka achichengeta kuziva kwakajeka seizvo: kutanga, munhu anofanira kumira. Anofanira kuunza tsoka iri kumashure kuti yienderane netsoka iri pamberi, achizviyeuchidza achiti:

"kumira, kumira, kumira."

Izvi zvichiitwa tsoka ichiri kufamba. Kana amira zvakanaka anofanira kucherechedza mamiriro achiti:

"Kumira, kumira , kumira."

Ipapo anotanga kutendeuka sezvinotevera:

1. Simudza tsoka yorudyi kubva pasi. Itenderedze nemadhigirii 90°, wozoiisa pasi zvakare. Paunenge uchiita kufamba uku, zviyeuchidze kamwe chete uchiti: "kutendeuka." Zvakakosha kurebesa shoko iri kuti rifukidze kufamba kwose. Saka "kuten-" rinofanira kutaurwa mupfungwa pakutanga kwekufamba. Uye "-deuka" rinofanira kupera panguva iyo panobata tsoka pasi zvakare.

2. Simudza tsoka yoruboshwe kubva pasi. Itenderedze nemadhigirii 90° kusvikira yamira ne yorudyi. Uchiri kutendeuka, zviyeuchidze zvakare uchiti:"kutendeuka."

3. Dzokorora kufamba kwetsoka dzose zvakare kusvika muviri yakunongedzera nzira zvakanaka,

"kutendeuka" (tsoka yorudyi). "Kutendeuka" (tsoka yoruboshwe). Wobva wazviyeuchidza uchiti:

"ndakamira, ndakamira, ndakamira."

4. Rambai muchienderera mberi nekufungisisa muchifamba muchienda kune rimwe gumi, muchizviyeuchidza muchiti: "nhano nerudyi," "nhano neruboshwe," sezvamaiita pakutanga.

Panguva yekufungisisa uchifamba, kana kufunga ne manzwiro zvikamuka, munogona kusarudza kuzvisiya uye modzosa mwoyo ne pfungwa kutsoka kuti murambe muchiita kutarisa kwakajeka kwekufamba ne kuenderera mberi. Asi kana zvinhu izvi zvichivhiringidza kuisa pfungwa pakufamba, munofanira kumira ipapo, musingafambe. Munofanha kuunza tsoka kumashure kuti rimore netsoka iri rimwe, muchizviyeuchidza kuti:

"kumira... kumira... kumira..."

Mobva maziva mamiriro okumira muchiti:

"kumira... kumira... kumira..."

Ipapo tangai kucherechedza chinhu chiri kuvhiringidza sezvinoitwa pakufungisisa munhu akagara. Kana ari kufunga, anoti:

"kufunga... kufunga... kufunga..."

Kana ari kurwadziwa, anoti:

"kurwadziwa... kurwadziwa... kurwadziwa..."

Kana ari kutsamwa, anoti:

"kutsamwa..."

Kana ari kusuruvara, anoti:

"kusuruvara..."

Kana ari kufinhwa, anoti:

"kufinhwa..."

Kana ari kufara, anoti:

"Kufara..."

Uye saizvozvo, zvichienderana ne zviitiko zvaarikusangana nazvo. Kana chinhu chaari kutarisa chapera, anofanira kuenderera mberi nekufamba sezvaaimboita, achiti:

" nhano nerudyi."

" nhano neruboshwe."

Nenzira iyi, munhu anongofamba achienda kugumi wenzira obva atendeuka odzokera paanosvika rimwe gumi.

Kazhinji, munhu anofanira kuedza kuenzanisa nguva yaanoshandisa pakufungisisa uchifamba nenguva yaanoshandisa pakufungisisa akagara, kuti arege kusarudzira rimwe miriro emuviri kupfuura rimwe.

Somuenzaniso, kana munhu akaita maminitsi gumi ekufungisisa uchifamba, anofanira kuzotevera nawo nemaminitsi gumi ekufungisisa akagara. Iyi ndiyo tsananguro yokuita kufungisisa uchifamba. Zvakare, ndinokukurudzirai kuti musagutsikane nokungoverenga bhuku iri chete. Ndapota, edzai nzira idzi dzekufungisisa imi pachenyu, uye muzvionere mega zvibereko zvadzo. Ndinokutendai nokufarira kwenyu kufungisisa, uye zvakare ndinokushuvirai rugare, mufaro, uye rusununguko kubva mukutambudzika.

Chitsauko 4: Hwaro

Muchitsauko chino, ndichatsanangura misimbotti yakakosha pakuita tsika yekufungisisa (tsika yekufungisisa haisi kungofamba uchiendza nokudzoka, kana kugara wakanyarara chete). Zvibereko zvinowanikwa mukufungisisa zvinoenderana nehunhu hwe mwoyo yedu panguva imwe neimwe, kwete chete nekuwanda kwefungisisa kwatinoita. (Aya misimbotti inokosha nekuti yakadzidziswa nemudzidzisi munyori nemukuru, Ajaan Tong Sirimangalo.)

1. Musimbotti wokutanga

Musimbotti wokutanga unokosha ndewekuti kufungisisa kunofanira kuitwa izvezvi, munguva yinotika zvinhu. Panguva yekufungisisa, mwoyo unofanira kutarisa pane zviri kuitika panguva ino, tarisa zvirikuitika izvezvi. Haufaniri kugara uchifunga nezvezvakapfuura kana kumhanyira kune zvamangwana. Munhu anofanira kudzivisa kufunga kuti aite kufungisisa kwanaka kwenguva yakareba sei, kana kuti nguva yasara yakareba sei. Mwoyo unofanira kugara uchicherechedza zvinhu pazvinongomuka munguva yazvino, usingatsauki uchienda kune zvakapfuura kana kune zvamangwana. Kana munhu asingatarike zvenguva yazvino, anenge asisiri kubatana ne chokwadi. Zvinoitika mupfungwa ne mwoyo zvinongogara kwechinguvana chidiki chete. Naizvozvo, zvakakosha kucherechedza zvinoitika panguva chaiyo pazvinomuka, tichiona kumuka kwazvo, kuramba kuripo kwazvo, uye kupera kwazvo, tichishandisa mantra kugadzira kuziva kwakajeka kwezvinhu. Nenzira iyi chete ndipo patinokwanisa kunzwisisa chokwadi chezvinhu sezvazviri.

2. Musimboti wechipiri

Musimboti wechipiri unokosha ndewekuti kufungisisa kunofanira kuitwa usingaputsiki. Kana munhu achiita tsika yekufungisisa nguva nenguva chete, asi asingachengetedzi kungwarira kwemwoyo pakati penguva idzodzo, kujeka kwemwoyo kwaanowana mukufungisisa kunoderedzwa nemamiriro emwoyo anovhiringidzika anotevera, zvichiita kuti tsika yekufungisisa iite sokunge haina zvainobatsira. Izvi zvinowanazova chikonzero chekufinyamirwa ne kuora kwemwoyo kune vanhu vachangotanga kufungisisa, kusvikira vadzidza kuchengetedza kungwarira kwemwoyo muzviitiko zvezuva nezuva. Tsika yekufungisisa, kufanana nedzimwe nzira dzose dzekudzidzira, inofanira kuva tsika inobatsira munhu kukunda tsika dzakaipa dzokubatirira ne kusarura.

Kana vakwanisa kuchengetedza kungwarira kwemwoyo, chipo ravo rekuisa pfungwa pazvinhu richavandudzika, uye vachazvionera pachavo zvibereko zvechokwadi zvetsika. Munhu anofanira kuedza kuita tsika nguva dzose. Panguva yekufungisisa, munhu anofanira kuziva mwoyo yazvino, sezvaanokwanisa, achishandisa mantra kugadzira kuziva kwakajeka.

Pakufungisisa achifamba, munhu anofanira kungwarira pakutamisa kuziva kwake kubva kune imwe tsoka kuenda kune rimwe. Pakufungisisa munhu akagara, anofanira kunyatsoteerera kusimuka nokudzika kwedumbu, achicherechedza kufamba kumwe nokumwe, pasina kukanganwa. Uyezve, mushure mekupedza kufungisisa uchifamba, munhu anofanira kuramba aine kuziva kwakajeka ende achicherechedza zvinoitika kusvikira agara pasi. Achichinja mamiriro omuviri, anofanira

kuzvicherechedza maererano nekufamba kuri kuitika,
achiti:

"kukotama..."

"kubata..."

"kugara..."

Nezvimwe zvakadaro. Kana agara pasi, anofanira pakarepo kutanga kucherechedza kusimuka nokudzika kwedumbu kwenguva yose yekufungisisa munhu akagara. Pakupera kwekufungisisa munhu akagara, anofanira kuedza kuenderera mberi achifungisisa munguva yazvino kunyange mumabasa ake ezuva nezuva, achiramba achicherechedza sezvaanokwanisa kusvikira nguva inotevera ye tsika rekufungisisa. Kufungisisa kwakafanana nemvura inonaya. Nguva imwe neimwe yatinoziva chokwadi yakafanana nekudonha kwemvura. Sezvinaita madonhwe emvura anonaya , anozozadza dziva kana kufashamira musha wose. Kunyange zvazvo zvichiitanguke zviridiki, kana munhu akaramba achichengeta kungwarira kwemwoyo kubva panguva ino kuenda pane inotevera, achinyatsoziva nguva imwe neimwe zvinhu sezvazviri, nguva idzodzo dzokuziva dzinounyana pamwe chete.

3. Musimbati wechitatu

Kuziva kwe zvinoitika hakukwani, nokuti kunowanikwa kune vanhu vasingafungisisi, uye hakugadziri kunzwisisa kwakadzama kwe chokwadi. Kuti munhu agadzire kuziva kwakajeka kwe chokwadi kunokwanisa kuunza mamiriro akanaka , pane hunhu hutatu hwomwoyo hunofanira kuvapo, hunoti (hunhu hutatu uhwu hwakatorwa mu Satipaṭṭhāna Sutta ye Majjhima Nikāya (MN 10)):

◆ **Kushanda neSimba (Effort)**

Kuti munhu akwanise kucherechedza zvinoitika sezvazviri panguva, hazvina kukwana kungotaura mashoko akaita se: "kusimuka" kana "kudzika". Munhu anofanira kutumira mwoyo wake kuchinhu chacho; achiisa mwoyo pachiri kubva pachinomuka, pachichiripo, kusvikira chapera (chero chinhu chacho chiri sei). Somuenzaniso, pakucherechedza kusimuka nokudzika kwedumbu, munhu anofanira kunyatsocherechedza dumbu, achitumira mwoyo ikoko, achinzwa nguva imwe neimwe kusimuka kana kudzika yedumbu. Panzvimbo pokungodzokorora mantra mumusoro nepamuromo asi pfungwa ne mwoyo zviri kumwe , munhu anofanira kutumira mwoyo kuchinhu chacho nekuita kucherechedza chinoendera chaiyo nezvinhu zvirikuitika.

◆ **Kuziva (Knowledge)**

Kana munhu akatumira mwoyo kuchinhu chacho, anofanira kuutungamirira kuti unyatsoziva chinhu chacho. Panzvimbo pokungoti: "kusimuka" kana "kudzika," asi mwoyo usingachinyatsocherechedzi, munhu anofanira kuona zvinoitika kubva pakutanga kusvika pakuguma. Kana chinhu chiri kurwadziwa, anofanira kuedza kuchiona pasina kudzokera shure. Kana chiri kufunga, anofanira kucherechedza kufunga kwacho pachako, pasina kurasika muzviri mupfungwa.

◆ **Kucherechedza (Acknowledgement)**

Kana munhu angotonyatsoziva chinhu chacho, anofanira kuchicherechedza nenzira isina rusaruro, achisimbisa kunzwisisa kwakajeka uye kwakarurama kwechinhu chacho sezvachiri. Anofanira kudzivisa kusarura ne kunyengedzwa.

Kufunga kunovhiringidza kunoita kuti munhu awedzere kutonga chinhu chacho, mafungiro ekuti: "chakanaka," "chakashata," "ndini," kana "ndechangu," nezvimwe zvakadaro. Panzvimbo pokurega fungidziro dzakadai kana kutonga chinhu chacho, munhu anongozviyeuchidza nezvehunhu hwechokwadi hwechinhu chacho sezvachiri, sezvakatsanangurwa muzvitsauko zviripamusoro.

4. Musimboti wechina

Musimboti wechina unokosha we tsika ndewekuyanana simba dzemwoyo nedzefungwa. Pachinyakare, pane shanu simba dzemwoyo dzinobatsira mukufungisisa.

:

1. **Kuvimba**
2. **Kushingaira**
3. **Kuzara kwekufungisisa**
4. **Chipo chekuisa pfungwa**
5. **Njere**

Aya simba dzemwoyo mashanu anobatsira mwoyo kazhinji. Asi kana asina kuenzaniswa zvakanaka, anogona kutungamirira mukukuvadza. Somuenzaniso, munhu angava ne **kuvimba** kwakasimba asi aine **njere** shoma. Izvi zvinogona kuti ave norutendo rusina kungwara, achitenda zvinhu nokungovimba, kwete nokuti azviona pachake kuti ndezvechokwadi. Somugumisiro, haazonyatso kuongorora hunhu hwe chokwadi, asi achararama achivimba asinganyatsoziva zvechokwadi. Vanhu vakadaro vanofanira kunyatsoongorora zvavanotenda vachizvienzanisa ne chokwadi, kuitira kuti vagadzirise **ruvimbo** yavo maererano ne **njere** yavanowana, pane kutonga chete nemaererano nezvavanovimba.

Kunyange kana zvavanovimbira zvichienderana ne chokwadi, zvicharamba zvisina kusimba kana zvisina kugadzikana kana zvisina kutsigirwa nokuti havazive chokwadi ivo pachavo.

Ukuwo, munhu angava ne **njere** yakawanda asi aine **kuvimba** shoma, zvokuti anopokana nekurwisa nzira yaari kufamba nayo, asati aipa mukana wakakwana. Mafungiro akadaro anoita kuti kufambira mberi mutsika yekufungisisa kuve kwakaoma, kushaya chivimbo zvichiita kuti atadze kutarisa mwoyo wake zvakanaka. Munhu akadaro anofanira kushingirira kumbomisa kusatenda kana kusavimba kwake kwenguva yakakwana kuti anyatsoongorora, kana kusvika kana dzidziso yacho yatsanangurwa nemunhu anoremekedzwa. Panzvimbo pokupokana, kufunga, nokukakavara, anofanira kuzviongororera pachake. Munhu akadaro anofanira kuona kupokana sechinhu chinovhiringidza kuongorora kwechokwadi, ngaaedze kupa kufungisisa mukana wakakwana asati atonga.

Saizvozvowo, munhu angava ne **kushingaira** kwakawanda asi aine **chipo chekuisa pfungwa** pazvinhu chishoma, zvichiita kuti mwoyo wake ugare uchivhiringidzika kazhinji uye atadze kutarisa chinhu chipi nechipi kwenguva yakareba. Vamwe vanhu vanonyatsofarira kufunga kana kuongorora upenyu hwavo nematambudziko avo, vasingazivi nhamo ne kuvhiringidzika kunokonzerwa nebasa rakadaro. Vanhu vakadaro havakwanisi kugara vakanyarara mukufungisisa kwenguva yakareba nokuti mwoyo yavo yakanyanyisa kuvhiringidzika, yakabatwa nemafungiro avo pachavo.

Ava vanhu, vanofanira kuona kuti mamiriro aya asingafadzi anokonzerwa netsika yokugara vachivhiringidzwa nemafungiro, kwete nekufungisisa pachako. Vanofanira kuzvidzidzisa nomwoyo murefu kubvisa tsika iyi vachitsiva nayo , kungoona chokwadi sezvachiri. Kunyange zvazvo kumwe kufunga kusingadzivisiki muupenyu hwedu hwezuva nezuva, tinofanira kusarudza pfungwa dzatinopa kukosha, pane kuterera funga imwe neimwe inouya.

Pakupedzisira, munhu angava ne **chipo chekuisa pfungwa** chakasimba asi aine **kushingaira** kushoma. Izvi zvinoita kuti aite usimbe kana kuti abatwe nehope panguva yekufungisisa. Izvi zvinotadzisa munhu kunyatsocherechedza chokwadi, nokuti mwoyo unotanga kutsaukira pakungofamba-famba kana kukotsira. Vanhu vanoona kuti vanowanzokotsira panguva yekufungisisa vanofanira kuita kufungisisa vakamira kana vachifamba pavanenge vaneta. Izvi zvinobatsira kusimudzira muviri nomwoyo kuti zvive zvakangwarira zvikuru.

Simba rechitatu, **kuzara kwekufungisisa**, rimwe zita rinoreva kucherechedza kana kuziva kwakajeka. Ndiro rinoratidza kuti mwoyo wakaenzaniswa zvakanaka. Naizvozvo, ndiyo nzira yokuyanana mamwe simba dzemwoyo panguva imwe chete. Kana munhu aine **kuzara kwekufungisisa** kwakawanda, tsika yake inoramba ichivandudzika. Naizvozvo, munhu anofanira kushanda nesimba kuti ayananise mamwe simba dzemwoyo kuti acherechedze chokwadi sezvachiri nguva dzose. Chokwadi, **kuzara kwekufungisisa** ndiyo nzira yakanakisisa yokuyanana mamwe simba dzemwoyo.

Kana munhu aine rudo kana ruvengo kunobva mukuvimba kwakanyanyisa, anofanira kuzvicherechedza achiti:

"kuda... kuda..." kana "kuvenga... kuvenga..."

uye achabva akwanisa kuona kubatirira kwake ne kusarura.

Kana aine kupokana, anofanira kucherechedza:

"kupokana... kupokana..."

Kana akavhiringidzika:

"kuvhiringidzwa... kuvhiringidzwa..."

Kana akabatwa nehope:

"hope... hope..."

Saizvo, mamiriro acho anogadzika ega, nokuti ndizvo zvinoitwa **nekuzara kwekufungisisa** nekuziva zvakajeka.

Kana munhu ayananisa simba dzemwoyo idzi , mwoyo unozokwanisa kuona chiitiko chimwe nechimwe chinomuka ne chinopera, usina mutongo pane chero chinhu.

Somugumisiro, mwoyo unorega kubatirira zvinhu zvose uye unokunda kutambudzika kwose pasina kuomerwa. Sezvinaita murume ane simba anokwanisa kukotamisa simbi zviri nyore, kana mwoyo wava nesimba rakakwana, munhu anokwanisa kuuumba nekuugadzirisa mwoyo, pakupedzisira asunungura mwoyo kubva kumamiriro ose akashata.

Somugumisiro we simba dzemwoyo dzakayenzaniswa zvakanaka, munhu anoita mamiriro yechisikigo ye rugare nemufaro, achikunda marudzi ose yenhamo nokutambudzika. Saizvo, iyi ndiyo tsananguro pfupi yemisimbati inokosha ye tsika yekufungisisa.

Rangarirai izvi:

- 1) Munhu anofanira kuita tsika munguva yazvino.**
- 2) Munhu anofanira kuita tsika zvisingaputsiki.**
- 3) Munhu anofanira kugadzira kuziva kwakajeka achishandisa:**

I. Kushanda nesimba

II. Kuziva

III. Kucherechedza

- 4) Munhu anofanira kuyanana simba dzemwoyo dzake.**

Chidzidzo ichi ne zviribereko zvinowedzera panzira yakanaka yekufungisisa, kwete pahuwandu hwayo. Ndinovimba nomwoyo wose kuti muchakwanisa kushandisa dzidziso idzi mutsika yenyu, uye kuti muchawana rugare, mufaro, ne rusununguko kubva mukutambudzika. Ndinokutendai zvakare nokufarira kwenyu kudzidza nzira yekufungisisa.

Chitsauko 5: Kufungisisa Mukupfugama

Muchitsauko chino, ndichatsanangura nzira yechitatu yekufungisisa inoshandiswa sechidzidzo chinoita munhu asati aita kufungisisa uchifamba kana kufungisisa akagara. Nzira iyi inonzi kufungisisa mukupfugama. Iyi tsika haimanikidzwe kuitwa; munhu anogona kuisiya kana achida. Kupfugama itsika inowanikwa pakati pevanhu vanotevera zvitendero zvakasiyana-siyana munyika yose. Somuenzaniso, muzvechiBuddha, kupfugama inoshandiswa kuratidza rukudzo kuvabereki, kuvadzidzisi, kana kune vanhu vanoremekedzwa. Mune zvimwe zvitendero, kupfugama inogona kushandiswa sechiratidzo chokuremekedza chinhu chinonamatwa, samwari, ngirozi, kana mumwe munhu anoonekwa semutsvene. Pano, kupfugama inzira yokuratidza rukudzo nerutendo kutsika yekufungisisa pachayo.

Inogona kufungwa nzira yokukudziridza ne kukoshesa tsika yekufungisisa. Inotiyeuchidza kuti kufungisisa hachisi chinhu chekushandisa kutandara kana kuzvivaraidza chete, asi idzidziso yakakosha inofanirwa kuremekedzwa. Chinonyanya kukosha ndechekuti kufungisisa mukupfugama itsika inobatsira nokuti inosanganisira kufamba nekugara; kupfugama kunodzokorora zvikamu zvakasiyana-siyana zvomuviri. Izvi zvinoita kuti munhu amanikidzwe kuisa mwoyo wake pane zvaari kuita panguva imwe neimwe.

Nzira yokuita kufungisisa mukupfugama ndeiyi:

1. **Tanga wagara pamabvi, wakatsika pazvignwe zvetsoka (p.58 A) kana pamusoro petsoka (p.58 B).**
2. **Isa maoko ako pamusoro pezvidya, zvanza zvakatariisa pasi (1).**
3. **Gara wakatwasuka, uye maziso ako ngaave akazaruka.**

(Zviri mumabhuraketi zvinoratidza mufananidzo unoenderana nawo uri mumapeji ekugumi)

Tanga nokutenderedza ruoko rworudyi rwuri pachidya 90° kusvikira rwava rwakamira zvakatwasuka nekungiridza pasi, uchichengeta mwoyo wakatarisa pakufamba kworuoko. Ruoko parunotanga kutendeuka, zviyeuchidze uchiti:

"kutendeuka."

Kana ruoko rwasvika pakati pekutendeuka kwarwo, zvakare iti:

"kutendeuka."

Uye kana rwapedza kufamba kwacho, iti kechitatu:

"kutendeuka."

Shoko iri rinodzokororwa katatu kuitira kugadzira kuziva kwakajeka kwekufamba kwose – pakutanga, pakati, ne pakuguma kwaro. Zvadarwo simudza ruoko rworudyi ruchienda pachipfuva, womisa chigunwe chisati chabata chipfuva, uchiti:

"kusimudza, kusimudza, kusimudza." (3)

Wobva wabata chipfuva nekunzwe wechigunwe, uchiti:

"kubata, kubata, kubata." (4)

Apo chigunwe chinenge chabata chipfuva mbichana .

Zvadarwo dzokorora nzira imwe chete neruoko

rworuboshwe:

"kutendeuka, kutendeuka, kutendeuka." (5)

"kusimudza, kusimudza, kusimudza." (6)

"kubata, kubata, kubata." (7)

Ruoko rworuboshwe harufaniri kungobata chipfuva chete,

asiwo runofanira kubata ruoko rworudyi, zvanza

zvakatatarisana. Zvino simudza maoko ose ari maviri

achienda pahuma, uchiti:

"kusimudza, kusimudza, kusimudza." (8)

Kana zvigunwe zvikabata huma, iti:

"kubata, kubata, kubata." (9)

Wobva wadzoserwa maoko pachipfuva, uchiti:

"kudzikisa, kudzikisa, kudzikisa." (10)

"kubata, kubata, kubata." (11)

Zvino ndipo panotanga kupfugama chaiyo, unotanga

kotamisa musana kusvika 45° :

"kukotama, kukotama, kukotama." (12)

Wobva wadzikisa ruoko rworudyi pasi pamberi pemabvi

uchiti:

"kudzikisa, kudzikisa, kudzikisa." (13)

Zvadarwo:

"kubata, kubata, kubata." (14)

Uchichengeta ruoko rwakamira zvakatwasuka, kunze

wechigunwe chidiki uchibata pasi. Pakupedzisira

tenderedza ruoko kuti chanza chifukidze pasi, uchiti:

"kufukidza, kufukidza, kufukidza." (15)

Zvadaro dzokorora nzira imwe chete neruoko
rworuboshwe:

"kudzikisa, kudzikisa, kudzikisa." (16)

"kubata, kubata, kubata." (17)

"kufukidza, kufukidza, kufukidza." (18)

Panguva iyi maoko ose anofanira kunge ava parutivi rumwe
norumwe, zvigunwe zvikuru zwichibatana, uye panofanira
kuva nenzvimbo inosvika 10cm pakati pezvigunwe
zvokunongedzera. Zvadaro dzikisa musoro kusvikira huma
yabata zvigunwe zvikuru, uchiti:

"kukotama, kukotama, kukotama." (19)

Paunenge uchikotamisa musana. Kana huma yabata
zvigunwe zvikuru, iti:

"kubata, kubata, kubata." (20)

Zvadaro simudza musana kusvikira maoko atwasuka,
uchiti:

"kusimudza, kusimudza, kusimudza." (21)

Uku ndiko kupfugama yokutanga. Kana maoko
angotwasuka tenderedza ruoko rworudyi riripasi uchiti:

"kutendeuka, kutendeuka, kutendeuka." (22)

Zvadaro:

"kusimudza, kusimudza, kusimudza." (23)

Uye:

"kubata, kubata, kubata." (24)

Wobva waita zvakafanana neruoko rworuboshwe:

"kutendeuka, kutendeuka, kutendeuka." (25)

"kusimudza, kusimudza, kusimudza." (26)

"kubata, kubata, kubata." (27)

Paunosimudza ruoko rworuboshwe panguva ino,
unofanirawo kusimudza musana 45° kusvikira wagara

wakatwasuka. Wadzokorora mamiriro yemuviri yekutanga, asi maoko ari papfuva. Hazvidikanwi kucherechedza zvakasiyana.

Ingotwasura musana panguva imwe chete iyo ruoko rworuboshwe rwuri kuuya pachipfuva (ona mufananidzo p.59, 26). Zvadarwo simudza maoko ose zvakare kuenda pahuma, uchiti:

"kusimudza, kusimudza, kusimudza." (28)

"kubata, kubata, kubata." (29)

Wobva wamadzosera pachipfuva zvakare, uchiti:

"kudzikisa, kudzikisa, kudzikisa." (30)

"kubata, kubata, kubata."

Zvadarwo kotamisa zvakare musana uchiti:

"kukotama, kukotama, kukotama."(31)

Pakupedzisira dzikisa maoko zvakare pasi, rimwe nerimwe, sezvawakamboita:

"kudzikisa, kudzikisa, kudzikisa."

"kubata, kubata, kubata."

"kufukidza, kufukidza, kufukidza."

Zvadarwo neruoko rworuboshwe:

"kudzikisa, kudzikisa, kudzikisa."

"kubata, kubata, kubata."

"kufukidza, kufukidza, kufukidza."

Zvakare, bata zvigunwe zvikuru nehuma, uchiti:

"kukotama, kukotama, kukotama."

"kubata, kubata, kubata."

Wobva wasimudza zvakare musana, uchiti:

"kusimudza, kusimudza, kusimudza."

Iyi ndiyo kupfugama yechipiri. Pashure payo, ita kupfugama yechitatu nenzira imwe cheteyo, uchidzokorora zvakare zvose zvataurwa. Pashure pe kupfugama yechitatu,

simuka kubva pasi uchitanga neruoko rworudyi
sezvawakaita pakutanga, uchiti:

"kutendeuka, kutendeuka, kutendeuka."

"kusimudza, kusimudza, kusimudza."

"kubata, kubata, kubata."

Zvadaro neruoko rworuboshwe:

"kutendeuka, kutendeuka, kutendeuka."

"kusimudza, kusimudza, kusimudza."

"kubata, kubata, kubata."

*Zvadaro maoko ari papfuva simudza maoko kusvika kuhuma
sezvawakaita pakutanga, uchiti:*

"kusimudza, kusimudza, kusimudza."

"kubata, kubata, kubata."

Wobva waadzoserera pachipfuva, uchiti:

"kudzikisa, kudzikisa, kudzikisa."

"kubata, kubata, kubata."

Asi panguva ino, panzvimbo pokukotama kuti uite
kupfugama yechina, dzosera maoko kuzvidya rimwe
nerimwe panguva, uchiadzoserera pachidya paanga ari
pakutanga.

Tanga neruoko rworudyi, uchiti:

"kudzikisa, kudzikisa, kudzikisa." (32)

"kubata, kubata, kubata." (33)

"kufukidza, kufukidza, kufukidza." (34)

Zvadaro neruoko rworuboshwe:

"kudzikisa, kudzikisa, kudzikisa." (35)

"kubata, kubata, kubata." (36)

"kufukidza, kufukidza, kufukidza." (37)

Kana munhu apedza zvekupfugama, anofanira kuenderera mberi nekufungisisa uchifamba, ozotevera nekufungisisa akagara, muchirongwa ichocho.

Zvakakosha kuti paanenge achichinja mamiriro omuviri arambe aine kungwarira kwemwoyo ne mantra, asingasimuki kana kugara pasi nokukurumidza kana asina kuziva zviri kuitika. Asati atanga kusimuka, anofanira kucherechedza:

"ndakagara, ndakagara." (38)

Zvadaro, paanosimudza muviri kuti amire, anofanira kucherechedza:

"ndamira, ndamira." (39)

Kana angomira, anofanira pakarepo kutanga kuita kufamba achifungisisa, kuitira kuti kuziva kwakajeka kwenguva yazvino kuenderere mberi pasina kukanganiswa. Nenzira iyi, kungwarira mukupfugama ichava rutsigiro rwekufamba uchifungisisa sezvinoita kufamba uchifungisisa se rutsigiro rwekugara uchifungisisa. Panguva ye chikoro chekufungisisa, vadzidzi vanokwanisa kuita nzira nhatu idzi. Kana vapedza, vanokwanisa kuzorora kwechinguvana, vozotangazve pakutanga, vachidzokorora tsika imwe pashure peimwe mukati menguva yose yechidzidzo chechikoro. Kana nguva iyi yapera, munhu anosangana nemudzidzisi kuti avapechirevo chezvaakasangana nazvo, uye agamuchire chidzidzo chinotevera.

Sezvo bhuku iri rakanyorerwa kudzidzisa misimboti yekutanga yekufungisisa, zvidzidzo zvinopfura apa hazvizotsanangurwi pano. Kana munhu adzidza nzira idzi dzokutanga, anofanira kutsvaga mumwe mutangamiri

wemudzidzisi ane ruzivo kana achida kuenderera mberi netsika yake.

Kana munhu asingakwanisi kupinda muchikoro yekufungisisa, anogona kutanga nekuita nzira idzi kamwe kana kaviri pazuva ari kumba kwake, achibva ataura nemudzidzisi paSkype vhiki nevhiki kana mwedzi nomwedzi kuti agamuchire zvidzidzo zvitsva zvishoma nezvishoma, maererano nehurongwa hwavanenge vabvumirana pakati pemudzidzisi nemudzidzi. Apa ndipo panopera tsananguro ye kuita kufungisisa.

Muchitsauko chinotevera, uye ndicho chokupedzisira, ndichatsanangura nzira dzokushandisa dzidziso yemubhuku iri muupenyu hwezuva nezuva. Ndinokutendai zvakare, uye zvakare ndinokushuvira rugare, mufaro, uye rusununguko kubva mukutambudzika.

Chitsauko Chechitanhatu: Upenyu Hwezuva Nezuva

Panguva ino, kudzidziswa kwenzira dzokutanga dze kuita kufungisisa kwapera.

Dzidziso dziri muzvitsauko zvakapfuura dzakakwana kuti munhu achangotanga akwanise kupinda munzira yokunzwisisa chokwadi sezvachiri. Muchitsauko chino chokupedzisira, nditaura zve dzimwe nzira dzokuti tsika yekufungisisa ingashandiswe sei muupenyu hwezuva nezuva, kuitira kuti kunyange munhu asiri kuita kufungisisa, arambe aine mwero wakakosha ne kungwarira kwemwoyo uye kuziva kwakajeka.

Chekutanga, zvinokosha kuziva mabasa anokuvadza kujeka kwe mwoyo; munhu anofanira kudzivisa mabasa aya kana achida kuita kufungisisa kuunze zvibereko zvinogara kwenguva refu.

Sezvandakatsanangura muchitsauko chokutanga, "kufungisisa" rizwi yakaenzana ne "chinorapa" asi zve pfungwa ne mwoyo. Kana munhu achitora chinorapa, pane zvinhu zvaanofanira kudzivisa; zvinhu zvinogona kuderedza kushanda kwechinorapa.

Saizvozvowo, pakufungisisa pane mamwe mabasa anogona kubvisa zvibereko, kana kutokanganisa kunzwisisa kwemunhu kwekufungisisa, zvichiita kuti akudziridze mamiriro akaipa omwoyo panzvimbo peakanaka. Kufungisisa kwakagadzirirwa kukudziridza kujeka ne

kunzwisisa, kusina kupindwa muropa, kuvenga, kana kunyengera. Nokuti mamwe mabasa omuviri nemashoko akabatana zvakasimba nemamiriro akaipa omwoyo, anoonekwa seanopesana ne tsika yekufungisisa. Anoita zvinopesana nezvinotarisirwa nekufungisisa, achikurudzira kusachena kwemwoyo panzvimbo pokuchena kwawo. Vafungisi vanoramba vachipinda mumaitiro akadaro vachawana tsika yekufungisisa yavo yakaoma zvikuru, vachikudziridza tsika dzinokuvadza kufungisisa. Kuti mwoyo ugare wakajeka zvizere uye ukwanise kunzwisisa chokwadi, pane mamwe maitiro anofanira kubviswa.

Chekutanga, pane miteyo mashanu dzezvinuh zvinofanira kugewa, nokuti akashata pachawo:

1. Munhu anofanira kurega kuuraya zvipenyu.

Kana tichida kukudziridza kugara zvakanaka kwedu, tinofanira kuzvipira kugara zvakanaka sechinhu chinokosha, tichirega kuuraya chipenyu chipi nechipi, kunyange masvosve, umhutu, nezvimwe zvipenyu.

2. Munhu anofanira kurega kuba.

Kana tichida kuwana rugare rwemwoyo, tinofanirawo kupa vamwe rugare irworwo; kuba kunotorera vamwe kodzero yavo yokuchengeteka. Uyezve, kana tichida kusununguka kubva ku kupindwa muropa, tinofanira kukwanisa kudzora zvishuwo zvedu kusvika pakuremekedza zvinhu zvevamwe.

3. Munhu anofanira kurega upombwe kana zvakaipa zvepabonde.

Ukama hwerudo hunokuvadza vamwe mupfungwa kana pakurarama kwavo kwemweya hunokonzero nhamo nokutambudzika hunobva mukutsvina kwe mwoyo.

4. Munhu anofanira kurega kureva nhema.

Kana munhu achida kuwana chokwadi, anofanira kudzivisa nhema.

Kutsausa vamwe nemanyepo kunokuvadza munhu pachake nevamwe, uye hawirirani nezvinangwa zve kufungisisa.

5. Munhu anofanira kurega kushandisa chinhu chinodhakisa kana doro.

Chinhu chipi nechipi chinodhakisa mwoyo chinopesana pachena ne tsika yekufungisisa, nokuti chinopesana nemamiriro echisikigo ekuziva kwakajeka.

(Aya maitiro mashanu anoenderana nema miteyo emaBuddhist).

Kurega zvachose mabasa aya kwakakosha kana munhu achida kuti tsika yekufungisisa ibudirire, nokuti maitiro aya akaipa pachawo uye anogara achikanganisa mwoyo.

Uyezve, kune mamwe mabasa asingafaniri kuitwa zvakanyanyisa. Mabasa aya haabvumirwe zvachose kana munhu aenda kuchikoro chekufungisisa, nokuti kana akapfuurirwa anovhiringidza tsika yekufungisisa. Aya haasi mabasa akaipa pachawo, asi kana akaitwa zvakanyanyisa anoderedza kujeka kwemwoyo uye anoderedza zvibereko zvetsika.

Basa rekutanga rakadaro kudya. Kana munhu achida kufambira mberi zvechokwadi mutsika yekufungisisa, anofanira kungwarira kuti arege kudya zvakawandisa kana zvakashoma. Kana munhu achigara achifunga zvechikafu, izvi zvinopiringisha zvikuru pakufambira mberi mukufungisisa, nokuti hazvingovhiringidzi mwoyo chete, asi kudya zvakawandisa kunokonzerawo hope ne usimbe, zvole mumuviri nomupfungwa. Munhu anofanira kudya kuti ararama, kwete kurarama kuti angodya chete. Panguva pavanenge vasiri kumba uye varikuchikoro chekufungisisa,

vafungisi vanodya chikafu chakawanda kamwe chete pazuva, ende havatamburi nemigumisiro yakaipa pamuviri. Panzvimbo pezvo, kuzvidzora kwakadaro kunobereka kujeka kwe mwoyo uye kusununguka kubva mukukara kwechikafu.

Rimwe basa rinovhiringidza tsika yekufungisisa nderezvinovaraidza – kuona mafirimu, kuteerera mimhanzi, nezvimwe zvakadaro. Mabasa aya haasi akaipa pachawo, asi anogona nyore kuita kuti munhu apindwe muropa kana akaitwa zvakanyanyisa. Mabasa anopinda muropa anodzivisa kufunga kwakajeka uye kujeka kwe mwoyo. Sezvo mufaro unobva muzvekuvaraidza uri wenguva pfupi uye usingagutsise, asi ukapindwa muropa naizvozvo zvichiramba zvichikanganisa upenyu hwako - mufungisi anoshingaira kushandisa zvakakanaka nguva yake pfupi muupenyu huno, achikudziridza rugare nokugutsikana, pane kuipedzera pazvinhu zvisina zvazvinobatsira zvisingatungamiriri kumufaro nerugare unogara kwenguva refu. Naizvozvo, kana munhu achida kuwana mufaro wechokwadi, anofanira kuderedza kuita zvekuvaraidza zvakanyanyisa. Kushamwaridzana pa Internet, pamwe chete nemamwe mabasa akafanana nawo, kunofanirawo kuitwa zvine mwero.

Basa rimwe rinofanira kuitwa zvine mwero kurara. Kurara maitiro inowanzosiyiwa isingacherechedzwi; vanhu vakawanda havazivi kuti vakabatirira zvakadii pakurara senzira yokutiza chokwadi. Vamwewo vanopedzisira vakushaya hope, vachishushikana nefunga yekuti havasi kuwana hope "dzakakwana", izvo zvinoita kuti nhamo iwande ende zvitonyanya kuomesa kurara. Kuburikidza ne

tsika yekufungisisa, munhu anoita hope shoma kupfuura kare, nokuti mwoyo wake unenge wava wakadzikama. Kushaya hope harisi dambudziko kumufungisi, nokuti anokwanisa kufungisisa kunyange akarara pasi uye achichengeta mwoyo wake pasina kutambudzika. Vanhu vane dambudziko rokurara vanofanira kuzvidzidzisa kucherechedza kusimuka nokudzika kwedumbu, vachiti:

"kusimuka"

"kudzika"

Usiku hwose kana zvichidikanwa. Kunyange kana vakasakwanisa kurara (izvo zvisinganyanyi kuitika nokuda kwokudzikama kwe mwoyo panguva yekufungisisa), vanowana vazorora sokunge varara hope dzakadzama usiku hwose. Pakupedzisira, zvakakoshawo kutaura kuti munhu aite zvibereko zvechokwadi mutsika yekufungisisa, anofanira kuita nguva yaanogara asina kuita zvepabonde zvachose, Kwete kungodzivisa zvakashata zvepabonde chete, nokuti mabasa ose epabonde zvinogara zvichidhakisa pfungwa uye zvichava chipingamupinyi pakuwana kujeka kwemwoyo nerugare.

Rimwe basa risingaenderana netsika kupoda nekugadzirira muviri.

(Izvi zvinoenderana neSere Miteyo dzinowanzotorwa nevafungisi vanotevera Buddha pamazuva eruzororo kana panguva dzechikoro chekufungisisa, chikoro chinowedzera mimwe mitemo mitatu pamusoro pemishanu ataurwa muchitsauko 5.)

Kana munhu angorega mabasa anovhiringidza kujeka kwe mwoyo, anogona kutanga kuita kufungisisa muupenyu hwezuva nezuva.

Pane nzira mbiri dzokufungisisa pamusoro pezviitiko zvezuva nezuva, uye dzinofanira kuitwa pamwe chete, sezvinotevera. Nzira yokutanga ndeyekuisa pfungwa dzako pamuviri, nokuti ndiwo unonyanya kuoneka pachena pakati pezvaunosangana nazvo. Sezvinoitwa muchikoro cheku kufungisisa, muviri unogara uripo kuti ucherechedzwe, saka unova nzira iri nyore yokukudziridza kuziva kwakajeka kwe chokwadi muupenyu hwezuva nezuva. Sezvo muviri uchiwanzoita zvimiro zvina—kufamba, kumira, kugara, kana kurara—munhu anongofanira kuziva mamiriro omuviri wake sechinhu chokufungisisa kuti awane kujeka kwe mwoyo.

Somuenzaniso, pakufamba, munhu anogona kucherechedza achiti:

"kufamba, kufamba, kufamba, kufamba,"

Kana kuti:

"kuruboshwe, kurudyi, kuruboshwe, kurudyi,"

Paanosimudza tsoka imwe neimwe. Pakumira akanyarara, anogona kucherechedza:

"Kumira, kumira."

Pakugara:

"Kugara, kugara."

Pakurara:

"Kurara, kurara."

Nenzira iyi munhu anogona kukudziridza kujeka kwe mwoyo chero nguva, kunyange asiri kuchikoro chekufungisisa. Uyezve, munhu anogona kushandisa nzira imwe chete pakufamba kuduku kwose kwomuviri.

Somuenzaniso, paanenge achikotama kana kutambanudza maoko kana makumbo, anogona kucherechedza:

"kukotama" kana "kutambanudza."

Pakufambisa maoko kana makumbo:

"kufambisa."

Pakutendeuka:

"kutendeuka."

Saizvozvo, basa rimwe nerimwe rinogona kuva tsika yekufungisisa.

Pakukwesha mazino:

"kukwesha."

Pakutsenga kana kumedza chikafu:

"kutsenga, kutsenga."

"kumedza, kumedza."

Pakubika, pakuchenesa, pakugeza, pakuchinja hembe, kunyange munhu ari muchimbuzi, anogona kuramba achiziva kufamba kwomuviri kuri kuitika, zvichiita kuti pave nekuziva kwakajeka kwe chokwadi nguva dzose. Iyi ndiyo nzira yokutanga yemunhu anogona, uye anoda kuita tsika yekufungisisa muupenyu hwezuva nezuva. Nzira yechipiri ndeyekucherechedza zvinoitika – kuona, kunzwa, kunhuwidza, kuravira, me zvinobatwa nemuviri.

Zviitiko zvatinosangana nazvo kuburikidza nemaziso, nzeve, mhuno, rurimi, muviri ne pfungwa zvinowanzomutsa kufadza kana kusafadza. Naizvozvo zvinova chikonzero chekupindwa muropa kana kuvenga, uye zvinokonzera kutambudzika, kana zvisingaenderani nezvatinoda. Kuti mwoyo ugare wakajeka uye usingasaruri, munhu anofanira kuziva kwakajeka panguva chaiyo yaanosangana nechimwe chinhu chemumaziso, nzeve,

mhuno, rurimi, muviri ne pfungwa, pane kurega mwoyo uchitonga chiitiko ichocho maererano netsika dzawo dzawakajaira.

Saka kana achiona chinhu, anofanira kungoziva kuti ari kuona, achizviyeuchidza kuti.

"kuona, kuona."

Kana achinzwa ruzha, anofanira kucherechedza:

"kunzwa, kunzwa."

Kana achinhuwidza munhuwi unofadza kana usingafadzi:

"kunhuwidza, kunhuwidza."

Kana achiravira chikafu kana chinwiwa, panzvimbo pokufarira kana kuchivenga, anofanira kucherechedza:

"kuravira, kuravira."

Kana manzwiwo akamuka mumuviri—kupisa kana kutonhora, kuoma kana kupfava, nezvimwe zvakadaro— anofanira kucherechedza:

"kunzwa, kunzwa." kana kuti *"kupisa"* kana *"kutonhora."*

Uye zvimwe zvakadaro. Kana munhu akaita tsika nenzira iyi, achakwanisa kugamuchira zviitiko zvose zvoupenyu asingazvipatsanuri kuva mapoka anoti:

"zvakanaka,"

"zvakaipa,"

"ini,"

"zvangu,"

"isu,"

"ivo,"

Somugumisiro, rugare rwechokwadi, mufaro, ne rusununguko kubva kumatambudzika zvinokwanisika nguva dzose, mumamiriro ose. Kana munhu angonzwisisa chimiro chechokwadi chezvinoitika, mwoyo unorega kuita maitiro dzekubatirira kana kuvenga zvinhu zvinosangana

nemaziso, nzeve, mhuno, rurimi, muviri ne pfungwa, uchizviona sezvazviri chaizvo.

Ipapo unenge wasununguka kubva kupindwa muropa nekuvenga, sezvinoita shiri iri kubhururuka isingadi bazi rokubatirira. Saka iyi ndiyo nhungamiro yokutanga yokuita tsika yekufungisisa muupenyu hwezuva nezuva, ichiisa tsika yacho zvakananga muupenyu hwomunhu kunyange paanenge asiri kuita chikoro chekufungisisa.

Kunze kwenzira mbiri idzi, munhu anogonawo kushandisa chero zvinhu zve kufungisisa dzakakurukurwa muchitsauko chokutanga–marwadzo, pfungwa, kana manzwiwo.

Nzira dzatsanangurwa muchitsauko chino dzinofanira kuonekwa senzira yokuwedzera inoita kuti tsika yekufungisisa ive chinhu chinoenderera mberi nguva dzose, zvokuti munhu anoramba achidzidza nguva dzose. Apa ndipo panopera dzidziso dzokutanga dzokuti munhu anofungisisa sei.

Yeuka kuti hapana bhuku, kunyange rakanyatsotsanangura zvakadii, rinogona kutsiva tsika rekuita kufungisisa , tsika ndiyo dzidziso yacho pachayo. Munhu anodzidza nemusoro mabhuku ose ouchenjeri akambonyorwa, asi asina kubatsirwa anoitakunge mufudzi wemombe anochengeta mombe dzavamwe, nekuti haashandisi zvaadzidz. Asi kana munhu akagamuchira misimbati iri mubhuku rakadai serino seruzivo rwakakwana rwekutanga, uye akaita tsika maererano nayo, achawana migumisiro yakawanikwawo nevamwe vakawanda–rugare, mufaro, rusununguko rwechokwadi nekubva mukutambudzika.

Ndinokutendai kekupedzisira nekuti matora nguva yenyu mukuverenga sumo pfupi iyi.

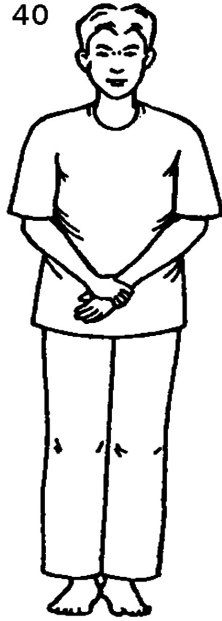
Zvakare ndinoshuvira nomwoyo wose kuti dzidziso iyi
ikuunzirei rugare, mufaro, ne rusununguko kubva
mukutambudzika, pamwe chete nezvisikwa zvose
zvamunosangana nazvo.

Kana mukawana pane chisina kukwana kana chisina kujeka
mumapeji aya, kana muchida imwe dzidziso dzakadzama
kana dzikuru pamusoro petsika yekufungisisa,
munogamuchirwa mukusangana nesu kuti mutange
chikoro murikumba kwenyu:

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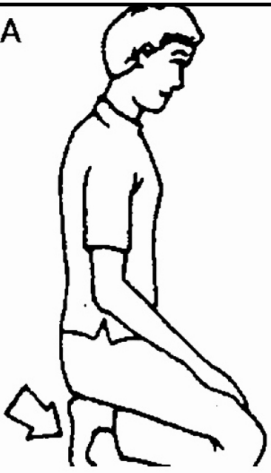
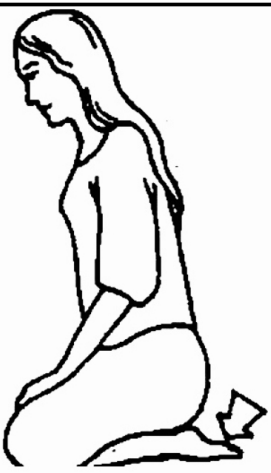
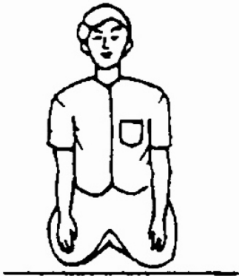
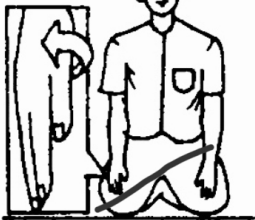
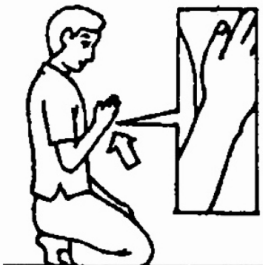
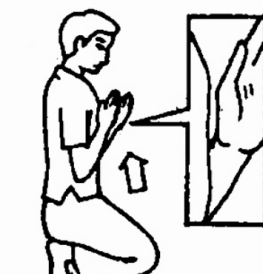
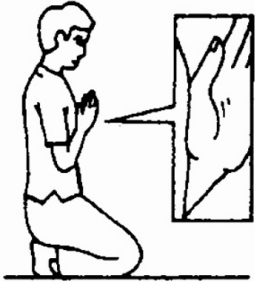
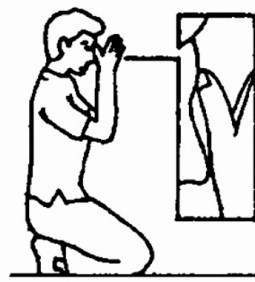
Zwimwe: Mafananidzo

40

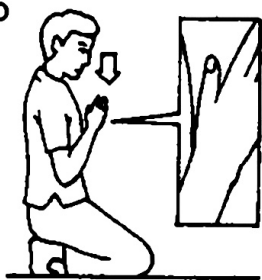


41



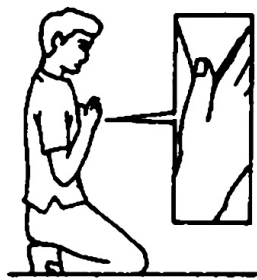
A 	B 	
1  Kugara	2  Kutendeuka	3  Kusimudza
4  Kubata	5  Kutendeuka	6  Kusimudza
7  Kubata	8  Kusimudza	9  Kubata

10



Kudzika

11



Kubata

12



Kukotamisa

13



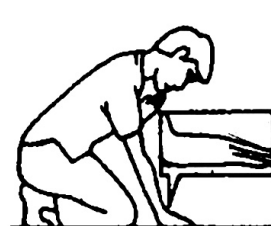
Kudzika

14



Kubata

15



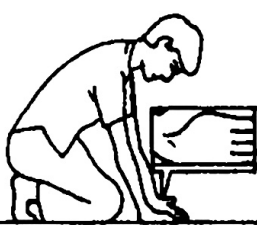
Kufukidzira

16



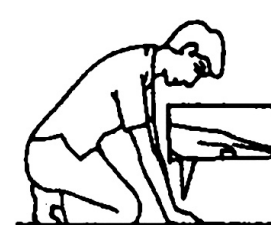
Kudzika

17



Kubata

18



Kufukidzira

19



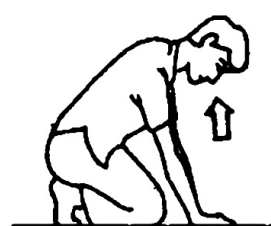
Kukotamisa

20



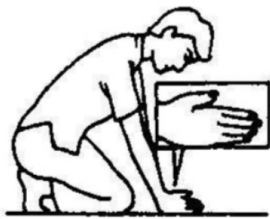
Kubata

21



Kusimudza

22



Kutendeuka

23



Kusimudza

24



Kubata

25



Kutendeuka

26



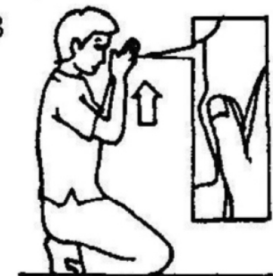
Kusimudza

27



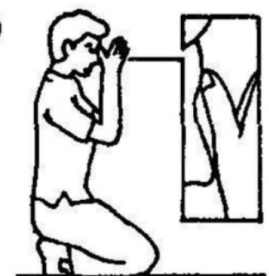
Kubata

28



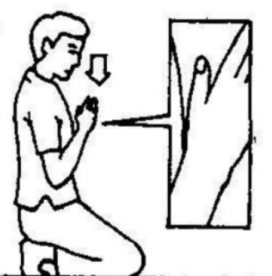
Kusimudza

29



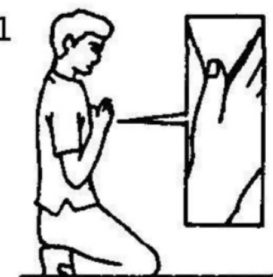
Kubata

30



Kudzikisa

31



Kubata

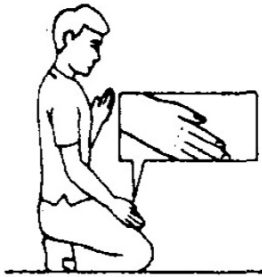
Dzokorora 12-31
nguva viri,
wozotanga 32

32



Kudzikisa

33



Kubata

34



Kufukidzira

35



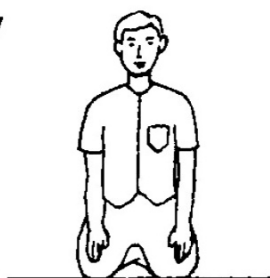
Kudzikisa

36



Kubata

37



Kufukidzira

38



Kugara

39



Kumira

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