

Kristu Aragarutse – Arivugira ukuri kwe

IBARUWA YA 7

Iriburiro ry'Ibaruwa ya 7

Nyirikwandika : Hari ikintu kidasanzwe – igitangaza – cyabaye kuri iyi **Baruwa** ikurikira. Irb.Brw7/01

Igihe **Ibaruwa ya 7** yari imaze kuzura, nyirikwandika yasabwe ku buryo bugaragara gukoresha umugani wo muri Matayo 13.u.3. nk'ibika bifungura inyandiko. Irb.Brw7/02

Hashize umwanya muto, bimuzamo n'imbaraga nyinshi kongeraho kuri paji ya 2, igika kiriho uturango tw'utunyenyeri tubiri **. Irb.Brw7/03

Ibaruwa ya 7 iracapwa. Arimo ateranya amapaji, atangazwa – ahungabanywa – no kubona ko icya kabiri cya paji ya 1 cyari cyuzuyeho noneho aya magambo:

Ndi UBUZIMA, UKURI n'INZIRA

atari yaranditswe kuri mudasobwa. Irb Brw7/04

Yagaragaraga nk'aho yari 'imperangaruka' y'ipaji'. Ariko bene iyo 'mperangaruka' yashoboraga gucapwa gusa hakoreshejwe amabwiriza yihariye yagenwe na Word Perfect yo gucapa 'imperangaruka'. Irb.Brw7/05

Ikindi kandi, ubusanzwe, 'imperangaruka' igenerwa imirongo ibiri gusa. Icy a kabiri cy'ipaji nticyashoboraga kuba 'imperangaruka'! Irb.Brw7/06

Mu gihe agitangariye ibyo, nyirikwandika ashakisha muri buri nyandiko mu zari muri mudasobwa ngo arebe niba haba hari igihe yaba yarakoresheje imperangaruka akabyibagirwa – araheba. Irb.Brw7/07

Umuhanga mu bya mudasobwa arahamagarwa, yerekwa inyandiko yari kuri mudasobwa kimwe n'iyacapwe, ntiyashobora kubisobanura. Kugeza magingo aya ntawe urashobora kubisobanura. Irb.Brw7/08

Ku bashobora kuba batabizi, iyi nteruro **Ndi UBUZIMA, UKURI n'INZIRA** yavuzwe na **YEZU KRISTU** yivuga mu butumwa bwe muri Palestina. Irb.Brw7/09

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Iyo nteruro yari yavuzwe kandi isobanurwa na **Kristu** kuri p.10 y'**Ibaruwa ya 7**, ariko yari yakurikiranyije amagambo mu bundi buryo. Irb.Br7/10

Iyo usomye ibika biriho uturango tw'inyenyeri ** kuri paji ya 2, ukabikomatanya n' **'IMPERANGARUKA'** kuri paji ya 1, biguha ikindi gisobanuro kubera ko bigaragara ko bifatanye. Irb. Br7/11

Mbere na mbere, igisobanuro cy'ibika bifite ** cyandikishijwe ububasha cyandukurwa kuri mudasobwa, kandi muri ako kamwanya nyuma yaho, **'imperangaruka'** yongerwa ku ipaji ya 1. Irb.Br7/12

Andi mayobera: kuki iyo 'mperangaruka' itagaragaye igihe cy'icapwa? Irb.Br7/13

Nyirikwandika aba wenyine. Nta wundi muntu washoboraga gukora kuri iyo mudasobwa. Irb. Br7/14

Nyirikwandika abona icyo gikorwa – n'iryo nyuranya n'imikorere ya Word Perfect, **nk'umukono bwite wa KRISTU... ikintu yashoboraga kuba yarakoze igihe yari akiri ku isi. Irb.Br7/15**

Ibaruwa ya 7

Nanone ni **JYE, KRISTU**, naje mbasanga nifashishije Ibaruwa, igenewe buri wese ushobora kwakira ibyo mvuga. Brw7/01

Uyu mugani ukurikira, ujyanye n'igihe cyanyu nk'uko wari ujyanye n'igihe cy'Abayahudi, hashize imyaka 2001. Ngushishikarije ukuri kurimo, wowe urimo usoma aya Mabaruka. Brw7/02

'Umubibyi yavuye iwe ajya kubiba. Nuko igihe abiba, imbuto zimwe zigwa iruhande rw'inzira, inyoni ziraza zirazirya. Izindi zigwa mu rubuye, ntizahasanga igitaka cyinshi, nuko zihita zishibuka, kuko igitaka cyari gike, izuba rivuye, zirashya, ziruma, kuko zitari zifite imizi. Izindi zigwa mu mahwa, amahwa arakura, nuko arazipfukirana. Izindi zigwa mu gitaka cyiza, nuko zera imbuto, zimwe ijana, izindi mirongo itandatu, izindi mirongo itatu. Ufite amatwi yo kumva, niyumve...' Brw7/03

'Nimwumve rero igisobanuro cy'umugani w'umubibyi.

Ndi UBUZIMA, UKURI n'INZIRA. Brw7/04

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Iyo umuntu uwo ari we wese yumvise ubutumwa bwerekeye ubwami ntabwumve, Sekibi (jye-babona¹) irandura icyari cyatewe mu mutima we; izo ni izatewe iruhande rw'inzira. Naho izaguye mu rubuye, ni nk'umuntu wumva ubutumwa akabwakirana ibyishimo ako kanya, ariko ntibushinge imizi muri we, ariko bukamara umwanya, haboneka ibyago cyangwa itotezwa biturutse kuri ubwo butumwa, agahita abivamo. Naho izaguye mu mahwa, ni uwumva ubutumwa ariko kwita ku by'isi n'iraha ry'ubukire bikabupfukirana ntibwere imbuto. Izaguye mu butaka bwiza, ni nk'umuntu wumva kandi akakira ubutumwa, akabwumva; koko rero yera imbuto, rimwe inshuro ijana, ubundi mirongo itandatu, ubundi mirongo itatu'. (Matayo 13.u.3). Brw7/05

****Intego yanjye mu kubasangiza ubu bumenyi bw'Ukuri kw'Ukuba** muri aya **Mabaruwa**, ni ukubashoboza gukura mu rukundo n'ubwitonzi nya-roho, maze muri buri ntambwe y'ibonunumva ryanyu rigenda rikura, mukera imbuto n'imigisha biranga bene urwo rukundo n'ubwitonzi nya-roho. Nyotewe kubabona **mukungahaye** ku byishimo. Brw7/06

Nimureke rero dufatanye kurima igitaka cyanyu nya-muntu cy'ibonunumva, tuvanemo amabuye y'ukwiheba, ducoce amasinde y'ukudasobanukirwa dukoresheje ubwitonzi bugenda bwimbika, mbafashe kurandura ibyatsi bibi by'amaforoma yanyu njarupfu nya-gatekerezi/mbamutima, dufumbirishye igitaka cyanyu cy'ibonunumva ukwemera kwiyongera ubutaretsa. Noneho tubibe imbuto, zigenda zirushaho kuba nziza, zikomoka ku mibonere yanyu nya-roho igenda ikura no ku rukundo rutagira ikigombero. Ibyishimo byanjye bizaba ibyishimo byanyu muri icyo gikorwa – kandi ibyishimo byanyu biziyongera ku byanjye. Muri ubwo bumwe bw'umugambi n'ubumwe mu kuwuzuzwa, muzagera aho mwiyumvemo ko koko duhuje roho, kandi ko roho yanjye irimo ibasukwamo. Kuri ubwo buryo, tuzakorakora ubumwe bw'**ICYO** twakomoyeho twembi ubugiti bwacu. Ibitekerezo byanjye bizahinduka ibyanyu bitakirangwamo ibyahoze ari ibonunumva-rya-babona ryanyu. **** Brw7/07**

Nasobanuye imigendekere – inzira – muzanyuramo kugira ngo mwuzuze ibyifuzo bihebuje, kandi bitagira amakemwa, by'umutima wanyu. Brw7/08

Kubera iyo mpamvu ndabibabwiye, n'ubwo mu ntangiriro iyi **Baruwa** ishobora kubagora kuyakira, kandi ikaba izasaba igihe n'umuhate kugira ngo umuntu ayumve neza, ni umuhuza ukomeye w'ibonunumva ryanyu n'iryanjye. Brw7/09

Mu mimerere yanjye ndengakamere, nshobora kubakorera byinshi iyo munyitabaje, kuruta ibyo nakora ngarutse ku isi mu mubiri nya-bifatika, aho mwashobora kumbonesha amaso yanyu no kunyumvisha amatwi yanyu, ariko imyumvire yanyu y'**Ukuri kw'Ukuba** ikaba izitiye. Brw7/10

¹ Self-hood (*) Akanyenyeri gasobanura ko ushobora kureba igisobanuro cy'ijambo ry'ikinyarwanda mu rutonde rw'amagambo asobanuye ruri ku mpera y'Ibaruwa.

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Muri ubu buryo bwo gushyikirana n'ibonunumva ryanyu, mushobora guhita munyakira mu bwenge no mu mitima yanyu, iyo ibyangombwa bibanziriza iyo mishyikirano byujjwe. Brw7/11

Kuko, ndabibabwira mu by'ukuri, uko muzagenda murushaho kugenera aya Mabaruka igihe no kuzirikana, ni ko bizarushaho kubashobokera kwakira impumeko n'amabwiriza byisumbuye binturutseho, ubwanjye, kubera ko, uko musomye aya Mabaruka, ni ko inkurikirane zanyu bwite z'ibonunumva zizamurwa zigana inkurikirane zanjye z'ibonunumva nya-roho – amaherezo tukazashobora kugera ku rubuga nyarwo rw'ihuriro ry'ibonunumva. icyo gihe - umusaruro mu buzima bwanyu uzatubuka. Brw7/12

Kugira ngo nsobanure impamvu ari uko bimeze – ngomba kubabwira ko **ibonunumva** ryanjye rimanuka rinyuze mu nzego nyinshi zinyuranye z'inkurikirane nya-mivumero z'ibonunumva kugira ngo rihure n'ibyifuzo by'abasaba ubufasha no guhumekerwamo. Izo nzego nyinshi zinyuranye z'ibonunumva **ibonunumva** ryanjye rinyuramo, zose ziratandukanye. Brw7/13

Buri rwego rw'inkurikirane z'**ibonunumva rurema kandi rukigaragaza nk'uburyo bunyuranye bw'imibereho**, kubera ko inkurikirane nya-mivumero z'ibonunumva zihanitse n'iziri hasi ziremwa n'imiteregere cyangwa amafoma nya-roho/nya-gatekerezi/mbamutima y'ibonunumva bihanitse cyangwa biri hasi. Iyo mvuze imitegere ire hejuru cyangwa hasi, mba nshaka kuvuga iyegereye cyane n'iri kure bishoboka y'**Umugambi w'Ibonunumva nya-Mana**. Brw7/14

Nk'uko mubizi, buri inkurikirane y'umuvumero w'inyarukamajwi² itanga inota n'isaku byayo yonyine rukumbi. Bityo amafoma asanzwe y'igitekerezo nya-gatekerezi/mbamutima na yo atanga inkurikirane nya-mivumero zayo bwite mu ibonunumva, maze izo na zo zigahindukira zigatanga imibereho igaragara iryo bonunumva ribamo. Brw7/15

Uko inkurikirane z'umuvumero w'ibonunumva ziba hejuru, ni ko ubuzima bw'abatuye muri izo inkurikirane burushaho kuba bwiza, kunoga, kuzura ibyishimo n'ubwuzurizwe. Uko izo inkurikirane ziba hasi, ni ko ubuzima bw'abumvikanira kuri izo inkurikirane burushaho kugorana, kubiha, gukariha no kuzura ubutindi. Ubuzima bwabo burangwa n'ibyago, ubukene no guhutazwa. Brw7/16

Uko inkurikirane z'umuvumero w'ibonunumva ziba hejuru, ni ko burushaho kurangwa n'urukundo nya-roho n'ubwiza: ibitekerezo, indemamashusho-mpanzi³, intumbero n'ubwiza bw'amabara n'amaforoma y'ubuzima, kubera ko bizamuka bisatira urwego rw'**IBONUNUMVA MPUZAHOSE**, aho inkurikirane ziba zazamuwe ku buryo

² Sound Waves (*)

³ Creative imagination (*)

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zireshya kandi zikinjira mu burunganire nya-maboko⁴ – **UBUBASHA RUKOMATANYO BW'IBONUNUMVA MPUZAHOSE – Isoko y'Ikiriho Cyose – URUKUNDO**. Brw7/17

Kuri mwebwe, imibereho ishobora kugaragara nk'aho ari yo **umubiri** utuyemo, ariko mu by'ukuri, ni **ibonunumva** rituye mu mibereho, riyikoramo ubunararibonye kandi rikayihya ibisubizo. Umubiri nta kindi uri cyo usibye ikigenderwamo gituma ibonunumva rya muntu rigaragarira abandi, kandi imimerere y'icyo kigenderwamo ubwacyo igaragaza urwego rw'ibonunumva nya-roho/nya-gatekerezi/mbamutima rigituyemo. Brw7/17 bis

Kubera ibyo, nk'uko nabivuze mbere, nk'uwitegereza ibikenewe n'umuntu ku giti cye kandi mu gusubiza abasaba ubufasha, **ibonunumva ryanjye** rimanuka inzego zinyuranye z'ibonunumva mu mibereho kugira ngo ngere ku muntu usaba nta buryarya, kuko, kugira ngo ntange ibisubizo, ngomba kubanza kwakira icyifuzo. Kandi, nk'uko nabivuze kuri paji ya kabiri, aya **Mabaruwa** ni akanyerezo, uburyo bwo gushyikirana **n'ibonunumva** ryanjye, kugira ngo ribakurure bunyaroho ribaganisha ku bumenyi nifuzaga kubasangiza, ribashoboze kubwakira maze mubwumve byimbitse kandi mubukoreshe, kugira ngo mbazamure ku rwego rw'ibonunumva nya-roho, kugera ku gasongero k'ubushorishori bwarwo, **IBONUNUMVA RYA KRISTU**. Brw7/18

Kubera ko nanjye ubwanjye ndi ahayinga uburunganire bwuzuye, mfite ububasha nya-roho bw'**IBONUNUMVA MPUZAHOSE** ku rwego rwegerereye ubutungane. Nacengewemo na kamere y'**IBONUNUMVA MPUZAHOSE**. Brw7/19

None rero, ibonunumva ryanjye uko ryakabaye – rititaye ku bitekerezo cyangwa amagambo y'abandi, ibyo bemera cyangwa batemera, urukundo cyangwa urwango, abanyakira cyangwa abanyamagana – riguma kuba iry'**URUKUNDO** rutavangiye, rutagira ikigombero. Brw7/20

Ntirucogora, ntiruhinduka. Imyifatire yanjye iguma kuba iy'URUKUNDO rutavangiye, iyo KWITAHO no KUGIRA IMPUHWE, niyumvamo nk'icyifuzo cyimbitse cyo guteturura, gukiza no kurumbura. Ubwo rero birashoboka cyane ko abantu bamwe, iyo bifitemo ubushobozi buhagije bwo kumva inkurikirane nya-mivumero z'ibonunumva, bamenya igihe mpari, bakumva urukundo cyangwa imbaraga nya-buzima zidasanzwe, igihe bari mu mimerere yo gushakisha babihagazeho, basenga kugira ngo baamenye⁵ neza kurushaho, cyangwa batere imbere mu bya roho. Brw7/21

Mu gihe ndimo mvuga inkurikirane zo hasi z'ibonunumva zitera akaduruvayo ku isi, muzumve neza ko nzakirana impuhwe zuzuye, kuko

⁴ Powerful (*)

⁵ To know me

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nta kindi kindi ziri cyo, usibye igaragaza ry'ikotana ribabaza, n'umubabaro by'abantu bagerageza kubona inzira igana URUMURI rw'ISOKO y'UKUBA kwabo. Nje nsanga abantu - ntazanywe no kubakatira – ahubwo nzanywe no kubateturura no kubakomeza. Brw7/22

Iyo muntabaje, mbaganishaho imirase y'Ibonunumva ryanjye rya Kristu, nakira kandi nkagumana muri gatekerezi yanjye izina n'imisusire nya-roho byanyu. Noneho, ukurikije ukwakira kwanyu n'ubutazigwa na mushyiguzi za rukuruzi 'kurura-jugunya', duke muri Kamere nya-Mana y'Ukuba tukamirwa n'inkurikirane nya-mivumero y'ibonunumva ryanyu, bityo rikiyumvamo ubuzamurwe ku buryo bukomeye. Brw7/23

Kubera iyo mpamvu, mwagombye kubona neza ko, uko mugenda mupakurura ibonunumva nya-si ryanyu, murigobotoramo ubucakara mbamutima bwaryo mukoresheje kujugunya nya-gatekerezi/mbamutima amaforoma y'igitekerezo mbamutima mubona ko gifitanye amakaraza n'Urukundo nya-Mana, ari ko muzagenda murushaho gukangukira ubuhumekerwemo bwisumbuye bwisuka muri gatekerezi yanyu – ndetse no muri mugabuzi yanyu – ibyo bikabayobora igihe mubikeneye, iyo mudashobora kubona imigenzereze ikwiye, cyangwa mutabasha kwigobotora imitekerereze mbamutima ya jye-babona muhanganye n'ibihe biteye inkeke. Mbafashije, mushobora kubaho mu nzego ebyiri – urwego rw'isi nya-bifatika umubiri wanyu utuyemo, rubazanira ibyo mubaho – n'urwego rw'ahirengeye kurushaho rw'Ibonunumva rya Kristu ruzabashoboza kurenga imitekerereze ya jye-babona mukarasiriza mu byo mubamo ibitekerezo n'imbamutima byendeye ku rwego rw'ukuba nise 'Ubwami bw'Ijuru'. Brw7/24

Muri uyu murimo ntabwo ndi jyeniyine. Hari roho zitabarika zahebuje mu kuba ndengakamere, nya-roho, nziza, inyabwenge bwuje urukundo, zifite aho zinjirira ku rwego rw'Ibonunumva rya Kristu, zikorana na njye mu gufasha abantu. N'ubwo turi ku rwego rw'Ibonunumva rya Kristu, twese turiho buri muntu ukwe. Ntabwo turi amashusho bamwe y'abandi. Twese tugaragaza Ibonunumva rya Kristu mu nzira zuje ikuzo zinyuranye – uburemere bw'ibikorwa byacu tubushyira ku mpande zinyuranye z'ubuhanzi. Dufite indemamashusho nya-maboko, kandi dushobora kurema no guha iforoma igaragara, yihariye, mu rwego rwacu, ibintu birenze kure imyumvire yanyu y'ubu. Brw7/25

Muzumva ko ku isi hose abantu barimo bamurikirwa, kandi bakaba babonabanumva Ukuhaba kwa Kristu. Impumeko yanjye irasuka ku isi muri iki gihe yakirwa na kamere zinyuranye, na gatekerezi zinyuranye. Bitewe n'ibyo abantu babanje gupakirwa muri gatekerezi, iyo mpumeko yanjye izaganisha buri wese mu nzira yihariye. Ubutumwa nshobora gucengeza mu ibonunumva ryabo buzagira amasura anyuranye. Rimwe na rimwe ubutumwa buzagorekwa cyane na nyirukubwakira ufite umutwe ufunguye ariko akarangwa na **gatekerezi ikomeye ku byemerwa by'idini**, ikihambira ku nzira nyobokamana zari nyabagendwa mu myaka yashize. Ubutumwa ubwo ari bwo bwose buzasigurwa hakurikijwe ibyemerwa bisanzwe biyobora. Ubutumwa bwose

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bwakiriwe, bushobora kuvuguruza ibyemerwa byemewe, buzahanagurwa vuba na bwangu muri gatekerezi, kandi isoko yabwo yitirirwe Satani. Ni yo mpamvu ubwenge bwashoboye kugerwaho bwonyine ari ubufunguye kandi bushishikajwe n'ukuri kurusha inyigisho gakondo. **Gusa, mushobora kwizera ko ubutumwa bwanjye bwite buzajya bukangurira iteka abantu ko ari ngombwa byihutirwa kwitarura inyigisho zizitira kandi zifutamye z'amahame n'amadini yemewe. Ubutumwa buzafungura imiyoboro y'ibonunumva iganisha ku bukure bw'ibonunumva nya-roho. Buzayobora abantu mu nzego zigenda zirushaho kwisumbura z'ibitekerezo by'ijuru, mu buhabane bwabyo n'inshoza nya-si kandi nya-bifatika. Buzaserura itangagaciro ryisumbuye ubwiza rya *kamere nyayo y'Isoko yanyu y'Ukuba n'iy'impuzahose mubamo ubu.* Brw7/26**

Nahanuye, nkiba ku isi, ko igihe kizagera nkagaruka nk' 'umurabyo wahuranya ijuru kuva mu burasirazuba kugera mu burengero bwaryo'. icyo cyari igishushanyo cy'uburyo nkora ubu. Ahari, nyuma y'iki gika kibanziriza, muzemera ko 'umurabyo' wahuranyije isi ku buryo wageze ku bifuza byimaze yo ko ngaruka. **Ukuri kwanjye kugamije kuzamura no kumurikira gatekerezi z'abashaka gukangura rubanda kugira ngo babone impamvu nyinshi z'ubutindi, n'ukuntu isi igiye kurimbuka. 'Roho zikuze' zitabarika zikorana ubwitange uburyo amagana bunyuranye kugira ngo zigabanyirize umubabaro abantu bakeneye ubufasha, zigatanga imbaraga zazo zose, igihe, imyanya zifite ku isi, kugira ngo ziteze imbere urukundo rw'ibidukikije, inyamaswa, imibereho myiza yazo no kuzirengera, n'ubuzima buzaza bw'umubumbe w'isi ubwawo. N'ubwo izo roho nkundwa zishobora kuba zitabizi, nta na kimwe muri ibyo gituruka ku gitekerezo nya-si cya muntu, cyibanda gusa ku bikenerwa by'ubwikunde, ahubwo bituruka ku rwego rw'Ibonunumva rya Kristu, aho ibinyabuzima byose bibonwa nk'aho ari ukwigaragaza kw'Urukundo/Ubwenge bw'Isoko y'Ukuba kwose.** Brw7/27

Muri iyi **Baruwa**, ndashaka kubasobanurira neza ko naje nyuze muri aya magambo **kugira ngo** mfashe abantu **bashobora kwakira**, mu byiciro byose by'igihugu – guhera ku muhinzi kugera ku mugaba w'ingabo, guhera ku mukozi usanzwe ukagera kuri Perezida, gukora bahereye gusa ku **UKUNDU**. Brw7/28

Hari impamvu nya-roho/nya-siyansi nya-bifatika zituma ari simusiga ko abantu bagombye gutanga imbaraga zabo zose za gatekerezi n'imbamutima, wongeyeho n'uburyo biyumva, kugirango bazane ibyo bakora, n'uburyo bwabo bwo kwakira ibibaye, mu murongo ntamakemwa n'ubusabane n'**URUKUNDO** rutagira ikigombero – **IBONUNUMVA NYA-MANA**. Brw7/29

Kuguma ku rwego rw'ibonunumva ry'isi uko rumeze ubu, ni ukuguma ku muteremuko udahusha ugana indwara zitabarika, ibyago, imyaku, impagarara, n'umubabaro mwinshi. Brw7/30

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Abagabo n'abagore bashobora kubaho mu nzego ebyiri z'imibereho ku isi yanyu – [kubaho] gusa ku rwego rwa mushyiguzi za jye-babona, izo mbaraga-ngenga ziri inyuma na mo imbere y'ibiba umunsi ku munsi harimo n'ubuzima bwa muntu bwa buri munsi – cyangwa – bibereye, muri gatekerezi/imbamutima, mu **Ibonunumva nya-Mana**, mu gihe imibiri yabo ikiri ku rwego rw'isi. Brw7/31

Imbuta z'ibonunumva rya jye-babona ni ubushyamirane, ubutane, imihindagurikire n'ubudasanzwe by'igihe, intambara, kubohwa n'ibiyobyabwenge by'amoko yose, ubukene, indwara, ubwicanyi, ubusambo, ububeshyi, uburiganya, urubwa, amazimwe, ibitekerezo byo hasi biteye ishozi, irari, uburakari, ikizizi, imbiranya, ikerensa, inkwenene, kunena abandi, n'ibindi...Brw7/32

Izo nkurikirane z'ibonunumva zibyara ubuziraherezo 'ibisa n'amashusho mu ndorerwamo' by'ibihe n'inkurikizi z'imyiyumvire byabyibarutse, – zigahora zirangwa na gatebe gatoki hagati yo kuzurizwa ibyifuzo no gushoberwa, zicunda hagati y'umunezero n'ubutindi. Brw7/33

Ababasha gusukura ibonunumva ryabo rya jye-babona bakoresheje isengesho, kwimanukamo, kwiha umurongo-ngenderwaho n'umuhate, bakarizamura biha kandi bakikomezamo ibitekerezo by'urukundo, rugenda rurushaho kuba nyarwo, rw'abandi ku giti cyabo n'isi muri rusange, gahoro gahoro bagenda bazamuka mu ibonunumva bagana inkurikirane nya-mivumero z'ubwami bw'**Ibonunumva nya-Mana – Ubwami bw'Ijuru**, aho baba mu mudendezo no mu bwisanzure, mu busabane n'**Amategako Mpuzahose y'Imibereho**. Brw7/34

Abo bantu babona ko, uko imvururu n'umuvurungano mu isi ibakikije byaba bimeze kose, bagaburirwa, bagakizwa, bakarindwa, bakitabwaho, bagasigasirwa mu mahoro ya gatekerezi – bapfa gusa kuguma mu nkurikirane nya-roho z'umuvumero. Brw7/35

Iyo biyemereye kumanurwa mu mahane nya-bwikunde n'imimerere nya-muntu njya-rupfu iyo ari yo yose yifitemo n'imwe mu ndanga za jye-babona, amahoro ahita azimangatana, bakisanga bafashwe mu mutego w'inkurikirane z'umuvumero w'ibonunumva zigaburirwa n'inkurikirane bisa z'ibonunumva ry'abandi bantu mu bibakikije. Bamera nk'isazi ifashwe mu rudandi rw'igitagangurirwa, kandi urugamba rukurikiraho ngo bagobotore ibitekerezo mu nkurikirane zo hasi z'umuvumero w'ibonunumva, rugashobora kubananiza no kubababaza. Brw7/36

Muri bene ibyo bihe, kwimanukamo n'isengesho bihoraho, gusaba imbaraga n'ubuyobozi mu kugira 'imyifatire mbamutima itunganye', ni bwo buryo bwonyine ku mugenzi wa roho, bwo kubona inzira imuzahura mu mutego w'insobekerane z'imbaraga zo hasi, agasubira mu busabane bw'inkurikirane z'umuvumero w'ibonunumva ry'ijuru. Brw7/37

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Mushobora gutekereza ko ibyo maze kuvuga bikomeye kubyumva, kandi ko atari ngombwa mu gushakisha ukuzamurwa nya-roho. Si byo, ahubwo iyo myumvire ya kamere y'ibonunumva ryanyu ni ngombwa cyane. Uramutse wisanze urimo umanuka mu nkurikirane zo hasi z'umuvumero w'ibonunumva, kandi urimo wumva ubushyamirane hagati y'icyo urimo 'wumva ubungubu' n'icyo uzi ko *wagombye kuba urimo wumva, cyangwa se wifuzaga kuba urimo wumva* – wabasha kwicunga kurushaho, uramutse ubonye neza ko urimo ubabara, kubera ko ari wowe watumye inkurikirane nya-mivumero z'ibonunumva nya-roho ryawe risanzwe zigwa. Tahura impamvu yabyo uyishyire **Ibonunumva nya-Mana** kugira ngo ukire ubwo bushyamirane bukurimo. Uko uzagenda ubigenza utyo, igihe kizagera uhabwe vuba, nk'igisubizo cy'isengesho ryawe, ubuyobozi bugana imyifatire n'ibyemezwa bikwiriye mu gukemura ikibazo. Brw7/38.

Ikindi kandi, uko uzagenda uzamura urwego rwawe rw' 'inkurikirane z'ibonunumva', ni ko uzikumvamo ko ugenda urushaho gukomera muri roho no kugwiza imbaraga z'ubuzima – kandi ikinyuranyo cy'ibyo ni cyo kiba iyo wisanze wafashwe mu mivumero yo hasi y'ibonunumva, kubera ko wowe ubwawe wamanutse mu nkurikirane zo hasi z'igitekerezo, cyangwa ko wakuruwe muri izo nkurikirane n'imbamutima urimo uvugana n'umuntu njya-rupfu, cyangwa ugenzwa na jye-babona. Ibyo iyo bibaye, wumva utakaje imbaraga. **Uko gucika intege gutera n'igabanuka ry'imbaraga nya-bifatika mu ngirangingo z'umubiri wawe.** Brw7/39

Rero, iyo wiyemeje gukora urugendo rwa roho, ugomba kwibona nk'umugenzi wuriye gari ya moshi igiye ahantu wahisemo. Niba, mu gihe uri kuri urwo rugendo, usimbuka mu idirishya ubonye ibibaya bitohagiye cyangwa imijyi iteye amabengeza kubera iraha uhabonye, ukajya kuzerera mu mihanda ya gihogera n'utuyira duto kure y'urugendo wari watangiye, uzasanga bigoye cyane kugaruka mu rugendo rwa mbere. icya mbere na mbere, uzagomba kunyura mu isukurwa ry'imbaraga zo hasi z'ibonunumva zakwinjijemo urangariye izindi nsanganyamatsiko. Bishobora kugutwara igihe kirekire, kandi ukagomba kunyura mu bindi bikubabaza kugira ngo ushobore gukora nanone isuku ngombwa y'ibonunumva ryawe. Ibyo ukora byose mu buzima bwawe, uba urimo utera imbere mu bya roho, cyangwa winjira mu bikingi by'ibonunumva bibangamiye ishakisha ryawe, n'urugendo rwawe rurerure ugana inzego zisumbuye z'ibonunumva nya-roho. Ntushobora gucika imigenzereze y'ibonunumva cyangwa imikorere itimirwa y'**Amategako y'Imibereho**. Ntushobora guhagarika ubuzima bwawe akanya ko kunyaruka ujya kwishimisha utekereza ko nta kibazo kuko ntawe uzabimenya. icyo ukora cyose ni igikorwa mu ibonunumva kandi uko kimeze kose – cyaba giteza imbere imibereho myiza yawe cyangwa gishyamiranye n'icyiza cyawe kiruta ibindi – kizagira ingaruka bisangiye kamere. Brw7/40

Icyo ari cyo cyose mu buzima bwanyu gifitanye isano n'ubundi bukozi ubu cyangwa buriya mu ibonunumva. Nta na kimwe kitaruye ibindi byose. Abantu batekereza ko

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icyo bakoze uyu muni gifite ububiko bwacyo bwihariye. Bibwira ko 'none' hahinduka ejo hashize kandi ko harangiye, nta ngaruka hashobora kugira ku 'ndagihe' yabo. Nyamara – ni ibyago byabo – bazasanga [ya none] irimo yera imbuto mu bunararibonye bwabo nk' 'igihe cyo gusarura' mu mezi atandatu, umwaka, ndetse no mu myaka icumi iri imbere – igihe imbaraga z'ibonunumva zizaba zashoboye gukusanya ibiri ngombwa ngo zibashe kwiyerekana ku karubanda. Nuko abantu bagatangara – bati kuki ibi byambayeho? Kuki jyewe? Brw7/41

Mugomba kumva ko iyo mutangiye urugendo nya-roho, muba mushyize ikirenge mu nzira izazamura imivumero y'ibonunumva ryanyu mu nzego zisumbuye. Uburangare no kujijinganya bizabashyira mu rujya n'uruza hagati y'inzego z'inkurikirane nya-mivumero. Ibyo bihe by'ijijinganya bijyana n'umubabaro mbamutima. Igihe muri muri urwo rujya n'uruza, imbaduko ya mbere y'imbaraga nya-roho zari zazamuye imibonere nya-roho yanyu irayoyoka, bikarangira mwinubira ko bisigaye bibagora kugaruka ku isengesho no kwimanukamo. Birabagora gushyikirana n'**Ibonunumva Nya-mana** nk'uko mwashoboraga kubikora mbere y'uko munyaruka mukurikiye iraha ryatumye inkurikirane z'ibonunumva ryanyu zimanuka. Bityo, mu kwirekurira mushyiguzi zibarusha imbaraga, mugatuma ubuzima bubagora, mugakurikira inzira irushijeho kuba nya-rubuye. Brw7/42

Nanone ariko, mushyiguzi mu ibonunumva ryanyu zerekana ko ibice bimwe by'ibonunumva nya-muntu ryanyu bikeneye kunononsorwa. Izo mushyiguzi zihinduka uburyo bwa ngombwa mu kubigisha isomo rifite akamaro. Mu by'ukuri, nta muntu n'umwe ushobora kugenda mu nzira y'impatanwa igeza ku 'Bwami bw'Ijuru', ngo ayigumemo ubudateshuka n'ubudahusha, atarikorakorera imbuto za mushyiguzi ze zihishe. Mu kwigaragura byuzuye mu byo izo mushyiguzi zishobora kubazanira, abantu bagera aho bakumva neza ko byari ibyoshyo – bidakwiranye n'umurundo w'imbaraga ngombwa ngo bongere bagaruke mu nzira nya-roho. Iyo umuntu arangije kwiyemerera kwirekurira mushyiguzi zimusharaze ikambere, ingaruka zikamwiyandika mu ibonunumva, ni bwo ajya yashobora kwihitiramo ku bwende, mu bwenge no mu mutima, kubaho ubuzima buri ku rwego nya-roho rwisumbuye. Iyo icyo cyemezo cya nyuma kimaze gufatwa ku buryo bubonye kandi budasubirwaho, za mushyiguzi za mbere zirasibwa mu ibonunumva. Brw7/43

Ariko ngomba kubabwira ko guhitamo kwanyu kubaho ku rwego nya-roho rwisumbuye bitavuga ko ingorane zanyu ziba zirangiye. Kubera kutamenya ikiri cyo n'igikocamyeye mu bunya-roho bwisumbuye, mushobora kwisanga mwakuruwe n'imihango inyuranye ibajyana aharushijeho kuba kure mu nzitane zitagira iherezo. Brw7/44

Jyewe, Kristu, naje, nifashishije aya **Mabaruwa**, kubereka uko mwahitamo intego zisumba izindi mu mibereho yanyu nya-muntu, n'**ishyikiro nyakuri** ry'urugendo nya-si rwanyu muri 'gari ya moshi'. Brw7/45

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Mu bushakashatsi nya-roho bwanyu, mumeze nk'abantu bereka indeshyamatsiko z'ubutemberezi zitatse amabara menshi zishushanya iraha n'ubuherwe bw'ahantu hanyuranye kandi h'icyaduka mushobora kuruhukira mukanagura imbaraga zanyu. Umwigisha nya-roho umwe abakuruza urugendo rugusha ku ntego yihariye – nko kubonera umuti ingorane nya-gatekerezi/mbamutima runaka – undi mwigisha agatanga indi ntego n'indi nzira yo gukurikira. Buri wese muri aba bigisha nya-roho arashaka kugabanya umubabaro nya-muntu uyu cyangwa uriya, bo ubwabo babayemo mu bihe byashize bakaza kuwutsinda. Buri wese byarangiyeye akuye umukiro mu buryo bwe bwite. **Nta gushidikanya ko bese bafite ubutumwa bufite akamaro ku buryo ubu cyangwa buriya, bashaka gusangiza rubanda rwugarijwe n'ibibazo by'ubuzima batazi uwo bakwirukira kugira ngo abafashe kandi abakomeze mu mibereho yabo igoye.** Brw7/46

Ariko Jyewe naje mbasanga nturutse ku irebero risumba hose ry'imibereho nya-roho mpuzahose, nyuze kuri gatekerezi isukuye neza, yacengewe n'ubuzima nya-roho kandi yiyemeje kwitangira uyu murimo wo kugeza ubu butumwa ku bantu biteguye kubwakira. Brw7/47

Naje mbasanga ngo mbereke abo muri bo mu by'ukuri mu mfuruka zimitse kurusha izindi z'ubu-giti bwanyu ... no kubereka abo - n'icyo - mushobora guhinduka. Brw7/48

Ikindi gikomeye nk'icyo, naje kubereka uburyo mushobora gutambuka muva ku ibonunumva nya-muntu mukagera mu bikingi byisumbuye by'ibonunumva nya-roho. Brw7/49

Igihe nari ku isi naravuze nti : 'Ndi Ukuri'

Inzira

N'Ubuzima

Nari ndi byo – kandi ndi byo. Brw7/50

Muri aya **Mabaruwa**, ndimo ndabazanira Ukuri. Brw7/51

Ndimu ndabereka Inzira. Brw7/52

Kugirango mugere ku Buzima butohagiye. Brw7/53

Birendegeza roho gukenera undi mukozi ngo abe nk' 'imbago' nya-roho, bityo no kungenderaho nanjye ubwanjye bigomba gufatwa nk'icyemezo cy'igihe gito. Kubera iyo mpamvu, ndimo ndakora uko nshoboye, mbinyujije kuri nyirikwandika wanjye, ngo mbashoboze kubona neza ko inkingi nyakuri yanyu ya mwamba, **ISOKO Y'UBUZIMA N'UKUBA'**, bikomoka ku buryo butaziguye ku rwego rushobora byose rw'**Ibonunumva Mpuzahose mu buiringanire.** Brw7/54

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Naje ngUsanga – WOVE urimo usoma iyi **Baruwa** – kugira ngo ngUfashe kubona **UBUGINGO burushijeho gutohagira**, n'icyo nise, nkiri ku isi, **Ubwami bw'Ijuru**. Brw7/55

Iyo nteruro yashakaga kuvuga iki mu mvugo nya-muntu? Nashakaga kuvuga iki igihe nagiraga nti **'UBUGINGO burushijeho gutohagira'**? Brw7/56

Biranyoroheye kubaha ibisobanuro byanjye muri 2001 kurusha uko nashoboraga kubisobanurira rubanda ku buryo bwumvikana mu mwaka wa 1, ariko ndanazi ko ku bantu benshi bafite imyumvire nya-roho itarafungurwa, ibyo ngiye kubabwira bizababera nk'umugani. Brw7/57

Rero – kugira ngo mbafashe kumva – ngomba kubibutsa, kandi nkabasaba *kumva* neza byuzuye – ko *mutari* imibiri ifite ibonunumva – ko muri:

'Ibonunumva Nya-mana ryagizwe giti mu 'biremwa by'ibonunumva' bitandukanye, kandi rikagaragazwa ku isi yanyu hakoreshejwa uducenshu nya-mashanyarazi dukuruwe kandi tukaboherwa hamwe mu ngirabintu, ngo muhabwe iforoma nya-buzima igaragara, hakurikijwe igishushanyo-mbonera nya-bifatika cy'ibanze'. Brw7/58

Kugira ngo mwumve **Ukuri kw'Imibereho** n'inkomoko y'ubunyabifatika bwanyu, mugomba kwihatira buri muni kwipakurura imibonere izitiye nya-si, ivuga ko umubiri uhabwa 'ukuba' kwawo, ugasamwa kandi ugakura uko wakabaye – kandi gusa – hakurikijwe amategeko nya-bifatika/nya-siyansi adakuka. Brw7/59

Mu mwanya w'ibyemerwa nya-muntu byanyu bishaje kandi bizitiye, mugomba kwihatira buri muni kugira imibonere ifite imbaraga n'umucyo ko 'ikirukuri bwite' cyanyu– roho yanyu – gikomorwa bitaziguye ku Kirukuri Rusange – ISOKO Y'UKUBA. Brw7/60

Umubiri wanyu nya-bifatika na wo ukomora UBUZIMA ku Kirukuri Rusange mu gihe cy'isamwa, ariko ukanahabwa imbaraga n'urwego fatizo rw' inkurikirane nya-mivumero z'ibonunumva' umubiri wanyu watwitiweho. Uko imyaka igenda ihita, uagenda unarushaho gukanyagwa no gupfundikirwa na mushyiguzi rukuruzi/mbamutima 'kurura-jugunya' zicunga ibonunumva nya-muntu. Aha ndashaka kuvuga iki? Brw7/61

Ibyo ngiye kubabwira bifite inkurikizi zikomeye ku hazaza h'inyokomuntu – ni ukuvuga, niba ababishoboye muri mwe bakoze ibishoboka byose ngo babyumve. Mu by'ukuri, uburyo mubona aya Mabarwa buzagena imigendere y'ubuzima bwanyu buri imbere. Azabashobozwa kumva ikinyuranyo kiri hagati yo gukomeza kuzitirirwa mu igenamikorere ryanyu rya none ry'inkurikirane nya-mivumero z'ibonunumva, no gutera imbere ubwanyu buhoro buhoro mu nzego zisumbuye z'ibonunumva maze mukabyara abana bazungukira mu gukoresha ubumenyi ngiye kubaha. Brw7/62

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Igihe nari ku isi, iyi nteruro nagiyeye nyisubiramo kenshi – ariko ntiyumvikane:

'Icyavutse ku mubiri ni umubiri – [icyavutse] kuri roho - roho'. Brw7/63

Nashakaga kuvuga ko abantu bamwe bafite ubushobozi nya-roho kimeza bwo kugaruka mu nkurikirane y'ibanze y'ibonunumva nya-roho/mbamutima *basamiwemo* – noneho, mu myaka ikurikiyeho, bagashobora kuvuka bundi bushya – bagafata ukubamaso nya-roho nya-gatekerezi gushyashya mu nkurikirane nya-roho y'umuvumero *basamiwemo*, hanyuma *bakabaho*, *bagatera imbere kandi bagakora ari yo bendeyeho*. Brw7/64

***Inkurikirane fatizo y'ibonunumva nya-roho-mbamutima y'isamwa izahinduka imbuga urugendo nya-roho rw'umwana ruzahagurukiraho*. Brw7/65**

Abasamwe biturutse gusa ku "irari ry'umubiri" birabakomerera kubona 'ukuri' kurenze ibigaragarira amatwi, amaso, ubukorakozi n'ihumurirwa byabo. Brw7/66

**Niba mushidikanya ibyo maze kuvuga, mufate akanya ko gutekereza kuri iri hame ndahusha ry'ubuzima :
IKIREMWA CYOSE ni IBONUNUMVA ryagaragajwe. Brw7/67**

Buri kinyabuzima gitekereza kandi kigakora gihereye ku rwego rw'ibonunumva nya-roho cyangwa rya jye-babona gituyemo. Brw7/68

Mbere y'uko isamwa riba, intanga ngabo iba yuzuye ibonunumva ryose ry'umugabo, uzaba se w'umwana, intanga ngore na yo ikaba yuzuye ibonunumva ryose ry'umugore – uzaba nyina w'umwana. Brw7/69

Mu gihe cy'imibonano mpuzabitsina, haba impinduka mu ibonunumva nya-gatekerezi/mbamutima ry'umugabo n'iry'umugore. Bashobora kwiyumvamo urukundo rugenda rurushaho kwimbika, kwitanaho, no kwifuzza kugaragaza inyota yabo yo kurushaho kwegerana mu busabane bwa roho – ibyo ni ubumwe nya-roho/nya-bifatika nyabwo. Ku rundi ruhande, iyo icyifuzo cyabo cyo guhura gihindutse icyifuzo kigenda kirushaho gukomera cyo kwishimisha – ibyo bihinduka ubukozi bwa jye-babona – busarura gusa inkurikizi za jye-babona. Nyamara, uko imimerere y'ibonunumva rya buri wese muri iyo mibonano ryaba rimeze kose, ibonunumva ryabo ry'icyifuzo cyo kugera ku byishimo by'irangiza rirakutuza rigatera ingingo z'umubiri kwinyagambura mu njyana ibyara ingufu nya-gatekerezi/nya-bifatika zigenda zitutumba mu bwonko, zikarema imbaduko y'imbaraga nyamivumero zigenda ziyongera kugera ku gasongero hagati y'ibisazi n'ibyishimo, bikaza guturika mu isabagira ry' akanya gato n'ubwuzurizwe bwuje ikuzo – hanyuma

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hagakurikiraho kureka no kumanuka buhoro buhoro ugaruka mu ibonunumva nya-muntu. Brw7/70

Mu gihe nyirizina cy'ibisazi/ibyishimo, ibonunumva nya-muntu rirazamuka rigakora ku Mbaraga z'Ubuzima Nya-mana, zigakongeza intanga-ngabo n'intanga-ngore. Isamwa rishobora kutaba, intanga-ngabo n'intanga-ngore zigasubira mu ibonunumva nya-bifatika risanzwe. Brw7/71

Iyo habaye isamwa, intanga-ngabo icengera intanga-ngore, maze bikaba umwe mu mivumero y'ikirenga y'**Ubuzima Nya-mana**, mu kwivanga nya-roho nya-bifatika. Mu ibonunumva ryabaye umwe, na zo zizamuka mu mwanya bwite w'uburinganire n'ibyishimo, ngo zihinduke umwe icyarimwe mu **Buzima Nya-mana** ubwabwo, no mu ibonunumva data/mama nya-muntu. Brw7/72

Uwo mwanya w' **'ubumwe bw'ibonunumva'** ubera mu rwego rusumba izindi rwose rw'**Ibonunumva ry'Ubuzima Nya-mana**, ukaba umwanya wo guhimbarwa n'ibyishimo birenze impimbamashusho, kubera ko ingirabintu gabo na gore ziba zongeye guhurira hamwe, zigaterana zikavangwa mu burunganire kugira ngo zibe umwe, zibashe kubyara umwana. Uwo mwanya wo kuba umwe, ni isubiramo ry'ukugaruka kw'umuntu mu isabagira ryuje ikuzo rihebuje **ry'Ibonunumva Nya-mana ry'Uburinganire Mpuzahose**. Brw7/73

Iyo ihuzabitsina ritewe n'urukundo rudakemwa raturutse ku mutima hagati y'umugabo n'umugore, ibonunumva nya-muntu ryunze ubumwe rirazamuka, mu ihuzabitsina, mu nzego z' inkurikirane nya-mivumero z'ibonunumva' zigenda zirushaho kwisumbura, kugeza zifashwe mu nkurikirane nya-mivumero z'Ibonunumva Nya-mana ry'Ubwenge/Urukundo. Bene uwo mwana, usamwe kuri ubwo buryo, aba avutse ku bwa roho. Brw7/74

Abakundana bazi igihe bakundanye by'ukuri, umwe agasanga undi mu rukundo n'urugwiro bizira inenge, kubera ko uwo mubonano ari umwanya w'ubumwe bwa gatekerezi, imbamutima n'umubiri, ukomeza mu ibonunumva ryabo nyuma y'umubonano, bigatuma bibagora gutandukana. Baba babona neza ubwiza ndengakamere, ukwivugurura kw'urukundo mbamutima mu mwanya wo guhaga, n'ubusabane bukubiyemo byose. Abo bagabo n'abagore baba bahujwe n'**Ibonunumva Nya-mana**. Brw7/75

Ku buryo buteye agahinda, bishobora kurangira **IBONUNUMVA-RYA-JYE-BABONA** yabo bwite riteye ibara urukundo bari bafitanye, ndetse rikarusimbura buhoro buhoro, rikabasiga batandukanye buri wese ukwe, afite agahinda kandi yacitse intege mu mbamutima no mu mubiri, yibaza ukuntu urukundo rwiza kandi ruhebuje gutyo washoboye kurendegera no kuzima. Brw7/76

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Aya Mabaruka ashobora kubabera uburyo bwo kurenga irari rya jye-babona no kongera kuvumbura urukundo rwabo rwa mbere, ku rwego ndetse rwisumbuye kandi rurushijeho kuba nya-roho. Ibyo bibaye, umugabo n'umugore baziyumvamo kuba buzuye kurusha mbere. Ibyo bishobora gutuma – cyangwa kudatuma – bongera guhura mu mibonano mpuzabitsina irenze iyo bigeze, bitewe n'imimerere yabo y'ibonunumva – niba na ryo ryararenze icyifuzo cyo guhuza imibiri. Brw7/77

Ihuza ry'imibiri rikozwe mu yindi mbamutima iyo ari yo yose rijyana mu mimerere y'inyama icengera inyama', rikaba nta kindi riri cyo usibye gutanga no kwakira inkurikirane z'imivumero nya-si – kenshi njarupfu - bitanga urubyaro rufite gatekerezi iranga bene uwo mubonano. N'iyi umwana atasamwa, bene uwo mubonano ugira ingaruka mbi ku bawukorana bombi, kubera ko habaho guhererekanya no gucengerwa mu mubiri n'imbaraga z'ibonunumva z'umwe mu wundi, zishobora konona buri wese iyo ari imbaraga njarupfu – zishyamiranya cyangwa zijora. Mwibuke ko 'imbaraga z'ibonunumva' zikozwe n' **'Ubwenge-Data' n'amashanyarazi-rukuruzi y'Urukundo-Mama'**. Brw7/78

Imbaraga zihanahanwa hagati y'abakorana umubonano mpuzabitsina, ni ubwoko bumwe n'imbaraga nyagatekerezi/mashanyarazi na mbamutima/rukuruzi umubiri ukoze. Byose ni ibonunumva. Bityo, iyo imbaraga z'ibonunumva ziri mu bitamba mu mubiri no mu myifatire n'ibitekerezo nya-gatekerezi/mbamutima zihanahanwe zigacengera, buri wese muri mwe aba arimo akora ku mimerere nya-gatekerezi/mbamutima/nya-bifatika ya mugenzi we. Brw7/79

Imibonano mpuzabitsina kugira ngo ibe mizima kandi itange ubuzima, yagombye gukorwa mu rukundo rwuje umutima nyarwo, aho icyiza cy'umukundwa kiruta icyiza cy'umukunzi. Brw7/80

Ntirwagombye na rimwe gukoreshwa mu gukiza amahane cyangwa komora ibikomere by'imbamutima. Brw7/81

Imibonano mpuzabitsina ishobora kuba igikorwa gishimishije kibayeho nyuma yo kutumvikana no kurakaranya, iyo habanje kubaho kubabarirana nta buryarya - no gusubiranya urukundo ruvuguruye umwe ku wundi – ariko nta *na rimwe* igomba gutwikira ibikomere no kurema muri mugenzi wawe amarangamutima yo kwakira atari yo. Brw7/82

Nta gushidikanya ko bene iyo mibonano izabaha kumva baguwe neza by'akanya gato n'ubugwaneza butaramba, kubera ko imbaraga z'ibonunumva zabo zizaba zazamuwe mu nkurikirane nya-mivumero zisumbuye – ariko ibyo ni **UKOROSHYWA KW' IBONUNUMVA RYABO BWITE BY'AKANYA GATO GUSA.** Brw7/83

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Iyo abahuza ibitsina begeranye bagifitanye inzika yihishe cyangwa ibitekerezo byo kunengana, ayo **maforoma y'ibonunumva** njarupfu ahererekanywa mu myanya mashanyarazi-rukuruzi y'umufatanyagikorwa, maze akarema ihungabana imbere muri we atabona-anumva neza. Ibyo ntibibuza umubano hagati yabo kugenda ugabanuka batabona-banumva neza ko birimo biba. **Ni yo mpamvu igikundi buri wese yabonaga ku wundi kigenda gikendera kikazima. Gisenywa n'ibitekerezo n'amarangamutima njarupfu by'ihinyu, bigenda bikora gahoro gahoro mu musokoro wa buri wese, kuri buri rwego rw'ukuba kwabo.** Brw7/84

Uko inkurikirane zabo z'umuvumero zigenda zika, bazisanga bagaruwe mu bitekerezo n'ibiyumviro byabajyanaga mbere mu mpaka n'abandi bantu, bityo ibibazo byariho mbere byongere uko bukeye. Iyo abantu bakoresha igitsina nk'umuti kamara – bihinduka ipfunwe, icyizere kigatakara, hagakurikiraho kubura icyubahiro n'urukundo hagati yabo. Brw7/85

Ni yo mpamvu abantu bagomba kwumva ko kurwana no gutongana bituruka ku byifuzo by'ibonunumva rya jye-babona bwite bibihishemo, bigeraho bigacunga ibiyumvo byabo by'urukundo – kandi ibyo byifuzo bya jye-babona bigomba kuvurwa mbere y'uko abashakanye bagera ku rundi rwego rw'ubwumvikane, ubwubahane, n'urukundo ruhamye bagirirana. Brw7/86

Si ibyo gusa, ahubwo imimerere y'ibonunumva rya buri wese birangira igize ingaruka ku bibakikije, ku mibereho yabo, no ku mahirwe cyangwa umwaku mu buzima bwabo bwa buri muni. Inagira ingaruka ku bana, ikarema umuryango ufitanye ubwumvikane, n'amaforoma nya-gatekerezi/mbamutima azira umuze – cyangwa se umuryango utari muzima, aho nta n'umwe ukundwa cyangwa ngo yakirwe n'undi. Brw7/87

Mushobora kuvuga ko imimerere mizima cyangwa ipfuye y'umuryango ituruka gusa ku birango mvukanwa byabo, no ku buryo buzuzwa ibyo bashinzwe umunsi ku muni. Ni byo rwose ko ubuzima bw'umuryango ari umusaruro w'indangakamere n'imikorere, ariko ndagira ngo mwitegereze umuryango umeze nabi utana, ubwumvikane n'imibonano mpuzabitsina bigahagarara, ababyeyi bagatandukana – bakajya mu bundi buzima bushyashya, kuko bashoboye kwigobotora ibonunumva rirwaye cyangwa ry'ihinyu ryabacengeragamo mu mibonano mpuzabitsina. Iyo ashoboye kubigeraho, buri wese atahura 'ubu-jyewe bushya', akubaka ibimukikije bishya, akagana intsinzi nshyashya. Brw7/88

Nyamara, ababiri babaho mu rukundo buri wese afitiye undi, bakamenya ibyo buri wese akeneye, buri wese agatanga kandi akakira mu buryo burunganiye, bagahana ubufasha mbamutima igihe bibaye ngombwa, cyangwa inama mu rukundo (bitari amabwiriza) iyo hari ubisabye undi,

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bazasanga umuryango wabo wungishijwe ubumwe no gucengerwamo n'imbaraga zishabutse z'ibonunumva z'umwe mu wundi. Brw7/89

Duhereye ku biri mu bika bibanza, byagombye kuba noneho byumvikana ko, mbere yo guhuza ibitsina, nta kwiyumvamo agahinda, inzika yihishe, agasuzuguro cyangwa ivebo byagombye na rimwe kuba bihari. Ikibazo cyose muri uwo murongo kigomba kubanza kubonerwa igisubizo mbere yo kongera guhuza ibitsina. Iyo mu mibanire buri wese yemerewe kujya impaka no kuvuga ikimuvuye ku mutima nk'ibintu bisanzwe, buri wese yagombye kwanga gukora imibonano mpuzabitsina kugeza y'uko haba urukundo nyamaboko ruturuka kuri buri muntu, n'ibonunumva rya bombi **rikaba mu mimerere y'uburinganire buzira inenge.** Brw7/90

Naho ibyerekeye gufata ku ngufu – iki ni igikorwa cy'urwango kiruta ibindi umuntu ashobora gukorera undi, kandi kizikururira ingaruka zikwiranye na cyo mu gihe runaka kizaza. Giterwa n'ibonunumva rya jye-babona ryangijwe kandi rikagorekwa ku buryo budasanzwe. Inkurikirane nyamivumero z'ibonunumva rya bene abo bantu ziba ziri hasi kandi ziremereye ku buryo zisenya nyirazo ubwe. Brw7/91

Kera, abantu barigishwaga bagacyahwa. Mu bihugu by'iburengerazuba, Amategeko Cumi yafatwaga nk'ishingiro ry'umuco wateye imbere kandi wuje ubuntu, wigisha kwifata kandi wemerwa n'amadini ku isi yose. Brw7/92

Ubu, kubera ko ibonunumva rya jye-babona ryakomejwe n'ubucuruzi bwa za senema, televiziyo n'ibitangamakuru, irari rya jye-babona ni ryo rigenga byose. Brw7/93

Mugomba nanone kumva – kandi mukemera – ko imbaraga z'ibonunumva ari **imbaraga** nyazo, kandi zikora nk'iz'ubushyuhe n'insaku. Kimwe n'uko imivumba y'insaku ishobora gucengera ingirabintu zimwe na zimwe, imbaraga z'ibonunumva z'umuntu na zo zishobora **kwandurisha** ubugome bwazo **nk'umugera**, imbaraga z'ibonunumva z'indi gatekerezi. Izo mbaraga zishobora kuba zitagaragazwa mu buryo buhwanye n'ufata ku ngufu, ariko mwemere ko imbaraga z'ibonunumva zoherejwe zirema igitekerezo gishya, cyangwa imyiyumvire mishya mu muntu w'inzirakarengane. Abanya-siyansi banyu ntibiteguye kwemera impuzamyiyumvire⁶, nyamara impuzamyiyumvire ni ikintu kibaho mu buzima, n'ubwo ubukozi mbonunumva bw'inyangakubwirwa⁷ bushobora kuba bwihugiyeho cyane ku buryo butabasha kubona ko mushyiguzi nshya zavutse muri gatekerezi y'undi muntu. Brw7/94

Nta kindi ndi buvuge kuri iyo nsanganyamatsiko, usibye kuburira abari mu myanya yo hejuru mu madini, mu bucamanza no muri Leta, bateshuka ku nshingano

⁶ Telepathy (*)

⁷ Dull(*)

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bagomba rubanda muri ibi bihe bikakaye. Amaherezo bazabona uburemere bw'imyitwarire yabo mibi igihe bakoraga imirimo yabo ku isi. Bazumva nk'icyasha mu buzima bwabo bwite ubuzima bw'abakomerekejwe n'uburangare mboneramuco bwabo. **BURI** gikorwa kigira ingaruka zisa na cyo. Brw7/95

Yenda murabona noneho impamvu amatwara y'ubu y'impuzabitsina mu isi arimo akurura ku isi yose imibereho ihebuje gukakara. Brw/96

Kugira ngo mwumve neza ibyo mvuga, ndashaka ko mugerageza KWISHUSHANYA no KUBONA ko Kamere y'Ibonunumva Nya-mana y'Uburinganire Mpuzahose ari Ububasha butagira iherezo, bitewe n'uko uburinganire-ubusabane bukomoka mu bukumirane bungana hagati ya mushyiguzi mpuzahose za:

gabo na gore,

ubwenge n'urukundo,

ubushake bwo kugerageza n'ubwo gukomeza kwemera,

icyifuzo cyo gukora n'icyo gukomeza kugira ngo ibintu bidahinduka,

mu rwego rwo kurema imigozi ihambira n'ubutajegajega. Brw7/97

Izo **MUSHYIGUZI z'ibanze z'Ukuba**, nk'uko nabisobanuye mu **Ibaruwa ya 4**, ni cyo '**KIRUKURI**' cyahaye ibigaragara byose ubuzima, iforoma, imisusire, ukuba.

Brw7/98

Urwo rwego ni imiterere y'ubwiza, ibyishimo, ubuziramakaraza, isabagira rigutwara wese, icyubahiro, ubwenge, urukundo. Ni ibyo isi ishobora kwerekana byose – ariko ku rwego ruri hejuru kure y'ibisumbye ibindi mu byo mushobora kwishushanya. Brw7/99

Mugerageze kwiyumvisha mu ibonunumva ryanyu igisobanuro cy'ibika bibiri bibanziriza iki. Kumva icyo **gisobanuro** no kukigira icyanyu bwite, bizahindura imibonere yanyu yose y'inkomoko yanyu Nya-mana n'iy'imibereho ubwayo. Muri ibi bika bibanjirije iki, nabatondaguriye – **kamere n'ubube by'UBUZIMA** – bitangira gukora mu ntanga-ngabo n'ntanga-ngore iyo bihuye mu guha umwana iforoma. Brw7/100.

Uko ni ko kuri kwanyu, ikirukuri cyanyu, roho yanyu, urwubati rwa roho rwanyu, urwego rwimbitse rw'ukuba kwanyu.

Ibi mubibona-munabyumva ku buryo bwa kimeza. Uruhinja ni ukwenda-umubiri kw'ibyishimo. Ibyishimo rugaragaza uko rukuza ibonunumva ry'imibano yarwo n'iry'ibirukikije, bikomoka ku iriba ryimbitse RY'UBUZIMA Nya-mana Bwarukujije ingirangingo ku yindi, bikurikije amabwiriza y'ironderakoko⁸, kugera mu iforoma yarwo ya none. Brw7/101

⁸ Genetic (*)

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Roho n'urwubati rwa roho bitaniye he? Ubu ngiye gusobanura ikinyuranyo abasanamitima banyu bo ku isi bashobora kunenga, ariko ibyo ntibibuza ko ari ko kuri. Roho ni Umurase Nya-mana – imvugo ishushanya, ikoreshejwe mu gusobanura **ubube bw'Ubuzima Nya-mana**, bukururwa mu kiriho-giti mu gihe cy'isamwa. **INTEGE Z'UBUZIMA** zifata iforoma bwite, zikagaba imbaraga z' `ingufu mashanyarazi z'ubukozi', na mushyiguzi rukuruzi zo `gukurura-kujugunya', ngo zitangire umurimo w'ingorabahizi wo kubaka umubiri. Brw7/102

Bityo, mufite, mu izingiro ry'ukuba kwanyu,

roho yanyu – Ikirukuri Nya-mana

ari cyo **Ubwenge Nya-mana / Urukundo Nya-mana ari yo Mushyiguzi Nya-mana nyamaboko yo guhanga, gukuza, kugaburira, kurera, gukiza, kurengera, gukenura, mu rwungano rw'amategeko n'umurongo bitagira amakemwa.** Brw7/103

Icyo ni cyo **Kirukuri** kiri **roho** yanyu. Brw7/104

Bityo, igihe uzaba wigobotoye mushyiguzi za jye-babona ugatumirira ROHO gutegeka ibitekerezo n'ibiyumvo byawe, uzaganishwa mu kugaragaza Mushyiguzi Nya-mana zavuzwe hejuru. Uzasabwa n'icyifuzo cyo guteza imbere gusa icyiza gisumba ibindi cy'ibinyabuzima byose, n'icy'impuzahose ubwayo. Uzaba wahindutse intumwa nyakuri ikomoka ku Ibonunumva Nya-mana, igaragaza ibirango by'Ukuba Kwaryo byose. Brw7/105

Kugeza icyo gihe cyo kongera kunga ubumwe kwa roho n'**Ibonnumva Nya-mana**, urwubati rwa roho rukanje mu mfuruka z'ikambere z'**ibonunumva nya-muntu**, kandi rugakomora ukubonunumva kwarwo kuri roho yawe. Ni cyimeza yihishe muri wowe, izi gutandukanya icyiza n'ikibi. Brw7/106

Jye-babona na yo yubakwa mu gihe cy'isamwa. Brw7/107

Uko umwana agenda akura, jye-babona itangira kwimenyekanisha. Ni ryo shingiro ry'ubujyewe nya-muntu, buguha ubugiti. **Ni imbaraga z'ibonunumva nya-muntu ryawe.** Brw7/108

Ikugira umuntu wihariye, utandukanye n'undi uwo ari we wese. Brw7/109

Kugira ngo irengere ubugiti bwawe, jye-babona igomba kukurinda icyagutera giturutse hanze icyo ari cyo cyose, kandi igomba kuguha ibyo ukeneye byose kugira ngo urumbuke, usagambe, ukure kandi unezerwe. Brw7/110

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Ibyo byategetswe Bumana, kandi ntibigomba gusuzugurwa. Jye-babona ni izingiro ry'ibanze' kandi ngombwa cyane ry'ibonunumva ry'irema, iterambere n'imikurire. Brw7/111

Jye-babona igengwa gusa n'injyana-mashanyarazi y'ibonunumva ry'ubukozi – mushyiguzi y' "umuyego utaretsa" ugaragara mu binyabuzima **byose**, ndetse no mu bimera bikatisha amababi yabyo bikayadandura ngo imirase y'izuba ibigereho mu buryo burushije ubundi kunoga. Uwo ni umuyego uturuka muri "genda-ubudahagarara" y'urubuga nya-mashanyarazi, no mu rubuga mbamutima rw' icyifuzo cyo guhambira', mu ibonunumva ry'ikimera, kugira ngo ikimera gishobore gukura no gususura ubushyuhe bw'izuba. Jye-babona muri buri kinyabuzima ni icyicaro cy' 'ibonunumva nya-si' gusa. Ntaho isa na gato, ari mu mimerere cyangwa iforoma, n'**Ikirukuri Nya-mana** kigize roho. Irari rya jye-babona, rigambiriye gusa kuronka icyo ishaka ngo ikiremwa-giti kinezere, kandi rikirinde guterwa kugira ngo kirambe, irari ridatinya gukandagira ibindi biremwa cyangwa andi moko kugira ngo rigere ku ntego yaryo, iryo rari riranga urwego nya-si gusa. Izo ngufu za jye-babona zikorera mu kinyabuzima cyose, guhera kuri ka amibe kanzinya kugera ku mwami urusha abandi amaboko. Brw7/112

Mwashobora kwita **Irari rya Jye-babona** Umurengezi n'Umutegetsu utavugirwamo w'Impuzahose nzima. Brw7/113

Aha ni ho abenshi mu bantu bo ku isi ya none bagwa mu rujijo, iyo batekereje ubushoboke ko haba hariho icyitwa 'Imana'. Bitegereza ibikorwa by'amoko y'ibiremwa anyuranye, biyobowe n'ibonunumva rya jye-babona yabyo, kimwe kirya ikindi kugira ngo kironke ikigitunga, abo bantu bagahita banzura ko ubwo 'bunyamaswa' bugomba kuba ari yo mikorere y'umuremyi. Brw7/114

Ni gute rero umuremyi yaba 'Imana y'Urukundo'? Brw115.

Icyo ni kimwe mu myumvire n'ibyemerwa bipfuye nshaka guhashya. Ni intego yanjye ko abantu bose bagera aho babona neza ko : impuzahose uko yakabaye ifite mu izingiro ryayo ry'ibanze no mu ishingiro rya byose, **Imbaraga z'Ubuzima Nya-mana** zihumekera mu biremwa byose. **Icyo ni Uburinganire** butagaragara, ariko bwuzuye ububasha ibintu byose byakomoyeho ukuba, iforoma n'imiterere. Brw7/116.

Icyo ni rwa 'rubuga' rw' 'abanyasiyansi' 'Umuyego no Guhambiranya Uducenshu Nya-mashanyarazi' bikorerwamo. **Icyo** ni cya 'kibanza imibereho ishoramo imizi', kidashobora gucengerwa, kitazanapfa kimenywe, kandi kikaba Isoko ihishe y'ingirabintu yose ya byose mu mpuzahose. Brw7/117

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Jye-babona ni *igikoresho* cy'**Uburemyi Nya-mana** mu kurema *ubugiti* bwendeye ku **BUMWE BW'UBUBE BWITE BWABWO. Brw7/118**

Ibyo ngiye kuvuga bizagibwaho impaka zishyushye n'abanyasiyansi banyu – ariko ngiye kwifashisha roho z'ibiremwa 'nya-si' bifite gatekerezi yakuze bihagije, kugira ngo bijye impaka kandi bifate ibyemezo ku migendere y'ibikorwa, hanyuma - n'iyi byaba byumva ibintu igice – byitwara ku buryo kimeza kandi nya-bwenge ku byerekeye ibiba mu bibikikije. Ibyo biremwa byo mu bwoko bwateye imbere kurushaho ni incabwenge z'ubwoko bwabyo. Ntimugafate ibyemezo ku mikurire y'imbere y'ubwoko ubwo ari bwo bwose, nya-muntu cyangwa ubundi, muhereye ku mibiri nya-bifatika y'inyuma. Brw7/119

Ibinyabuzima byose bihabwa ubugiti hendewe ku **Buzima Nya-mana** bumwe. Brw7/120

Zibishobojwe n'imyanya nya-gatekerezi/mbamutima yazo igenda irushaho kuba nya-roho, inzubati-za-roho zimwe na zimwe zigira ijisho ribasha kwahuranya ibonunumva rya jye-babona, zigakora ibikorwa by'ubugiraneza n'imibanire myiza, bidashobora kugira ahandi bituruka uretse ku rutoto rwa roho, ikura ku **Kirukuri Nya-mana**. Ni yo mpamvu ibinyabuzima byose bikwiye guhabwa icyubahiro n'agaciro by'ikirenga. Brw7/121

Aho ubwoko bwateye imbere kugeza aho bushobora kurema ibitekerezo bitomoye no kubishyira mu nsaku no mu magambo, – kandi iterambere nya-roho ry'urwubati-rwa-roho rigashobora gucengera ibonunumva rya jye-babona – urwubati-rwa-roho rutangira kwibaza ruti:

'Ubuzima ni ibi gusa? Intego y'ubuzima bwacu ni iyihe?' n'ibindi. Brw7/122

Iyo ibyo bibaye, roho iba itangiye kwinjira mu rwubati-rwa-roho ko igikenewe byihutirwa ari ukugana Isoko yayo y'Ukuba, (roho) izi bya cyimeza ko iriho kandi ko ari yo mu rugo iwayo n'uburuhukiro bwayo by'ukuri. icyifuzo cyihishe nyamara gihoraho cya roho cyo kugarurwa mu bumwe n'Isoko yayo y'Ukuba, gishobora noneho kumvwa n'urwubati-rwa-roho. Brw7/123

Niba hari abantu batagera na rimwe kuri iryo terambere nya-buzima mu buzima bwabo, ni ukubera ko imigendere nya-gatekerezi/mbamutima ya jye-babona yabo iba iganishwa bya cyane ku gukoresha ubwenge n'umutwe, ku buryo iyo abandi babajije ibibazo nk'iki bati: 'Ni gute ubuzima bwatangiye? Ese Imana ibaho? Ese ni gute impuzahose nziza gutya yatekerejwe ikaremwa?', jye-babona y'udashakashaka akaba n'umuhakanyi ibona-inumva gusa ubushoborabyose bwayo bwite, igahagurukira guhakana ko habaho urwego rwisumbuye isi ishobora kuba yarakomotseho. Ihakana ijwi rya roho ryumvikanira mu rwubati-rwa-roho, maze kuri buri ngingo itanze ikihamba bikomeye kurushaho mu mibonere y'isi nya-bifatika igaragara, ari yo yonyine ibaha gutekana. Brw7/124

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Kubera iyo mpamvu, roho ikomeza gufungiranwa mu minyururu nyagatekerezi/mbamutima mashanyarazi/rukuruzi ya jye-babona, maze gatekerezi nya-muntu igakomeza kwemera ko roho itabaho – ko urwego nya-si rw'imibereho n'imbaraga z'ubuzima nya-bifatika ari byo birukuri byonyine. Brw7/125.

Iyo gatekerezi za bene abo bantu ziyemeje guta hirya iyongorera mpumekerwamo⁹ iryo ari ryo ryose ryaturuka ku rwubati-rwa-roho/roho, umubiri urarwaragurika, imibanire ikagorana, n'ubuzima bukuzura imihangayiko; bikaba byakurikirwa n'uburwayi. Ibyo biterwa n'uko umuntu nk'uwo aba akoresha gusa imbaraga ziciriritse akura mu ifunguro ashya mu kanwa. Izo mbaraga zituruka ku mikorere y'ubutabire, ntabwo zituruka ku Isoko y'Ubuzima bwose. Brw7/126

N'ubwo ku ikubitiro wakuye ubuzima bwawe ku Kirukuri Nya-mana kandi kikaba cyaraguhaye ukuba, unakura imbaraga zawe nya-bifatika ku ifunguro ryawe, no ku migendere y'igogora, ivubura imisemburo yo gucagagura ibiryo, ikabihinduramo intungabuzima zigaburira ingirangingo nya-bifatika mu mubiri wawe wose na gatekerezi. Ibyo ni ubuzima bw'umubiri. Brw7/127

Abantu benshi babaho bakarinda bapfa bakoresha gusa imbaraga zituruka ku migendekere nya-bifatika yabo. Brw7/128

Ubwoko n'ingano by'imbaraga zituruka mu migendekere nya-bifatika, bigirwaho ingaruka bikomeye n'imyanya nya-gatekerezi/mashanyarazi na mbamutima/rukuruzi z'ikinyabuzima. Brw7/129

Iyo myanya nya-mashanyarazi na nya-rukuruzi, ikikije ikinyabuzima cyose, guhera kuri amibe kugeza ku nzovu n'ikiremhamuntu, ni uburabagirane bw'**Ingufu z'Ubuzima** bwite buturuka kuri roho, wongeyeho uburabagirane bw'ibonunumva-ubumenyi' bwite bw'ubukozi "genda-ubutaretsa" bw'ikinyabuzima, na mushyiguzi mbamutima/nya-rukuruzi "hambira-jugunya" zacyo. Iyo myanya nya-mashanyarazi/nya-rukuruzi, igirwaho ingaruka zikomeye n'ibitekerezo n'ibiyumvo byose binyura muri gatekerezi n'imbamutima by'ikinyabuzima. Iyo myanya na yo igahindukira ikagira ingaruka zikomeye ku migendekere nya-bifatika y'umubiri ubwawo. Izamura cyangwa ikamanura ubuzima bw'umubiri bikurikije imimerere y'ibonunumva bwite – niba rifitanye umubano uzira amakaraza n'uburabagirane bw'Ingufu z'Ubuzima bw'Ubwenge/Urukundo Nya-mana, cyangwa zishyamiranye na bwo, bitewe n'ibyifuzo byuzuye ubwikunde bya jye-babona. Brw7/130

Ikiriho nya-byago kirazongwa kigapfa. Ikiriho kinezereye kirasagamba. Icyo ni ikigaragara cy'ibanze cy'imibereho. Iyo usesenguye witonze,

⁹ Inspirational (*)

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usanga ikinyabuzima cyose gitungwa n'umunezero cyangwa ipfunwe cyifitemo. Brw7/131

Ushobora kubona ukuri kw'iyi nteruro mu mikurire nya-bifatika n'iy'ibonunumva by'umwana. Brw7/132

Umwana wishimye, unezerewe, arasagamba, agakunda guseka, akuzura ibyishimo. Ubusabane n'umubyeyi ukunda bwongera ukugubwa neza kw'umwana. Uburabagirane buturuka ku mubyeyi ukunda kandi unyuzwe bukuza uburabagirane bw'ibonunumva ry'umwana, ubu na bwo bukubaka imbaraga mu kabiri ke. Brw7/133

Uko umwana agenda akura, jye-babona ye igenda yiyubaka itangira 'gutera ibara' uburabagirane bwa roho ye n'imbaraga z'ibonunumva rikeye cyangwa ryijimye, zitiza umurindi ubuziramuze bw'umwana cyangwa zikabudindiza. Brw7/134.

Umuntu woroherwa cyane no kugerwaho n'ibikomoka ku rwubati-rwa-roho ashobora kubona ko imyanya nya-mashanyarazi-nya-rukuruzi igenda yijima iyo imbaraga z'umwanya ziri kugabanuka mu muntu cyangwa mu nyamaswa, n'ubwo muri ako kanya nta ndwara y'umubiri yaba igaragara ku umuntu cyangwa ku nyamaswa. Hashobora gushira umunsi cyangwa ibiri umubiri utaratangira kugaragaza ukugabanuka kw'imbaraga z'ibonunumva mu iforoma y'umunaniro cyangwa indwara. Brw7/135

Mufite ku isi abantu baremye ibikoresho byo gukurikirana icyo kintu, ku buryo mu myaka iri imbere, bizaba uburyo bwemewe bwo gusuzuma no kuvura indwara ikitoratoza. Ikindi kandi, uko ikoranabuhanga ry'ubumenyi nya-roho-nya-siyansi rigenda ritera imbere, **nyirabayazana nyayo nya-gatekerezi/mbamutima ituma imbaraga z'umubiri zikendera, izajya ibanza itahurwe mu muhwekero¹⁰, kandi yandikwe n'ikoranabuhanga ku ngaragazi mu nkurikirane z'umuvumero. Ibyo bizakurikirwa n'ubushakashatsi nya-mashanyarazi bushushanya ku ngaragazi nka zazindi inkurikirane z'umuvumero z'ingingo zinyuranye z'umubiri. Ubwo buryo buzaba bunarimo ihinduranya ry'amabara, kubera ko buri foroma y'ibonunumva igaragazwa mbere na mbere n'inkurikirane z'umuvumero icyarimwe n'ibara. Urugingo rwatakaje imbaraga, kimwe n'impamvu nya-gatekerezi/mbamutima ibitera, bizagaragazwa ku buryo budasubirwaho no kugereranya inkurikirane z'umuvumero nya-gatekerezi/mbamutima n'inkurikirane z'umuvumero w'ingingo z'umubiri.** Brw7/136

Abaganga b'indwara zo mu mutwe ntibazongera kujya bacukumbura mu buzima bwahise, bashaka gihamya, batondekanya, banzura ku nkomoko cyangwa impamvu zishoboka z'akaduruvayo mu mutwe/mu mutima/ku

¹⁰ Hypnosis = itsinika (*)

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mubiri, ngo noneho batange amabwiriza y'incabwenge yo kukarwanya. Brw7/137

Ukuri ku mimerere nya-roho ya 'muntu w'imbere' kuzahishurwa bigaragara, kube ishingiro rihamye ry'amabwiriza nya-roho ngombwa, n'umurimo wo kwimanukamo na nya-gatekerezi ugomba gukorwa kugira ngo umurwayi ashobore kugarukana ubuziramuze, ubuyanja, ibyerekezo n'intego bishya – n'ubushobozi bwo gukunda nta kigombero bugenda burushaho kwimbika. Brw7/138.

Birumvikana kandi ko imiti itazongera gukoreshwa mu kuzamura uburabagirane bw'ibonunumva ry'umurwayi, kubera ko igabanuka ry'**Ubuzima nya-Mana – imbaraga za roho**, ari ryo nyirabayazana y'indwara. Azigishwa ukuntu azajya azamura ku bwende bwe, kandi buri gihe, inkurikirane z'umuvumero w'igice cy'umubiri kirwaye, n'uko azajya ahangana n'ibibazo bye bwite bimutera kumererwa nabi mu mutwe, n'igabanuka ry'**imbaraga za roho**. Umurwayi azafashwa cyane n'imbaraga nya-Mana zimutembamo ziturutse mu biganza by'ababaye imiyoboro nyayo y'ubuzima nya-roho butagira inenge. Kubera ibyo bikorwa byo kugarura ubuzima, imibonere mishya no gucunga irari rya jye-babona, imimerere y'umubiri izasubiranywa bwangu, mu minsi mike nibitaba ako kanya. Brw7/139

Nyamara, mu gusoma aya **Mabaruwa**, mushobora gutangira kwivura ubwanyu. Muri uko kwivura, ikigomba kuba ingenzi ni aya mabwiriza yerekeye **Ikirukuri nya-Mana** giha imbaraga imibereho, n'uburyo buboneye bwo ku**Kiringanizaho** no gukurura **Ubuzima nya-Mana** mu migendekere yo kwivura. Brw7/140

Iyo mutangiye kuvoma ku **Buzima bw'Ikirukuri nya-Mana** mukoresheje ubushakashatsi nya-roho, mubaza ibibazo, mwimanukamo, musoma kandi musenga, mutangira gufungura urwubati rwanyu rwa roho muruvana mu nzozi nya-si zarwo zirufungirana mu ibonunumva rya jye-babona; mukurura muri gatekerezi n'amarangamutima kamere y'**Ikirukuri nya-Mana nyirizina**. Ikinyura cyose muri gatekerezi no mu marangamutima byawe, cyinjizwa mu mbuga mashanyarazi-rukuruzi zigukikije. Izo mbuga zifite uruhare ku ngufu zawe. Uko imbuga mashanyarazi-rukuruzi zawe zikaburwa n'ububasha uvoma mu **Kirukuri nya-Mana**, ni ko ububasha bugarurwa mu mubiri wawe ufatika, maze buri rusingo rukagenda rurushaho kuba ruzima, kandi ibitagendaga neza byose bikagenda bikurwaho gahoro gahoro. Bifitiye akamaro ubuzima bwawe kwibuka iyo mikorere y'imbuga nya-bifatika/mashanyarazi-rukuruzi, kubera ko ubwo bumenyi buzashishikaza kandi bugahumekera mu kwimanukamo kwawe kwa buri munsu no kwiringaniza n'**Ikirukuri nya-Mana**. Brw7/141

Niba ubushakashatsi butaryarya n'ukwimanukamo byanyu byerekejwe ku **KURI** kw'**UKUBA**, bitari ku maforoma y'icyemerwa nya-madini, cyangwa ku 'buzima bwa roho' bwa nyirarureshwa kandi bupfuye amaso, cyangwa ku bintu bifatika mwibwira

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ko bifite 'ububasha', muzabona ko, buhoro buhoro, kamere yanyu ubwayo igenda ihinduka, ko mutangiye kumenya abandi n'ibyo bakeneye uko mutigeze mubikora na rimwe mbere. Murushaho kugira impuhwe, kumva abandi, kubitaho, kurangwa n'ibambe no kugwa neza. Mu by'ukuri, ibirango bya roho by'**Ubuzima nya-Mana** ubu bitangira gucunga mushyiguzi karemano za jye-babona zo kwishimisha no kwihagararaho. Brw7/142

Ndashaka kubaburira ko muzaba ubu mwinjiye mu bihe bishya kandi bigoye – ibihe by'ubushyamirane hagati y'irari rya jye-babona yamenyereye kwita ku 'nyungu' zayo gusa, yenda hari n'abandi babihomberamo, n'urwubati-roho rurimo rutangira kubona neza ko 'urukundo ari ryo tegeko', kandi ko uburenganzira bw'abandi bugomba kuringanizwa mahwi n'ubw'umuntu bwite – jye-babona. Uko urwubati rwa roho rugenda rurushaho gucengerwa na **roho** – **Ikirukuri nya-Mana** mu ibonunumva ryarwo, irari rya kera rya jye-babona ritangira kurekura, maze ubushyamirane bwo mu mutima bwa buri muni ahubwo bukarushaho kwiyongera. Brw7/143

Urwubati-roho, rukorera ubu noneho muri gatekerezi no mu mutima, rutahura ko rurimo ruringaniza ibikenerwa by'abandi n'ibyarwo ku buryo bubangamira ibyarwo bwite, maze rukumva ruremerewe kandi runaniwe, kubera intambara yo mu mutima itagira iherezo yo kwibaza no kwicira urubanza.

Iyo urwubati rwa roho rugeze kuri urwo rwego rw'imibonere, byerekana ko ikurura ry'ibonunumva rya muntu rigenda ricogora ku buryo **roho** ubu noneho irimo yegera cyane, kandi irimo isubirana n'**Ikirukuri nya-Mana**. Brw7/144

Roho, ibinyujije mu rwubati rwayo, yemera ko ikunda **URUKUNDO NYA-MANA** ari rwo **Kirukuri nya-Mana** kurusha uko ikunda ikindi kintu cyose cyo ku isi, kandi ko inyotewe no gusubirana n'**ISOKO** yayo **Y'UKUBA**. Brw7/145

Amaherezo, urwubati rwa roho rurekurira Ikirukuri nya-Mana irari ry'ibonunumva rya jye-babona, rugasaba gushobozwa kureka 'jye-babona' – guca mu rupfu rw'ubu-jyewe. Ibyo biba iyo abantu bageze nyakuri ku gasongero k'ubuzima nya-roho bwabo, kandi ku busanzwe bakenera umwigisha mu bya roho ngo abayobore mu kuhambuka. Brw7/146

Urwo 'rupfu rw'ubugiti' ntirwagombye gufatwa nk'uburyo bwo kugera ku mibonere nya-roho yisumbuye. Ni ukwikururira akaga gakomeye nta n'ubwo byakugeza ku mahirwe yisumbuye y'ubuzima nya-roho cyangwa ubuzima bwo ku isi. Ruzasenya urwubati rwa roho na jye-babona niruba mbere y'igihe. Brw7/147

Ruzadindiza gahunda yose y'imikurire ya roho-urwubati rwa roho – jye babona-umubiri. Brw7/148.

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Nta wagombye guhembera bene icyo gitekerezo mu rwego rwo kurushaho kujya mbere mu myumvire no mu kuri nya-roho. Bene icyo gikorwa, giturutse ku 'ngufu z'ubushake', kizasenya nyiracyo kuko gikomoka uko cyakabaye ku irari rya jye-babona ryo kurushaho kuba ingenzi mu bya roho. Brw7/149

Iyo ubwo bunararibonye bwo gucunga jye-babona bubayeho mu gihe gikwiye – kandi ku buryo buboneye – roho, binyuze mu rwubati rwayo, ibona mu ruhare runini ubwigenge bwo gusabana bitaziguye n'**Ikirukuri nya-Mana'**, kubera ko ivuzivuzi ridahwema ry' "ibonunumva rya jye-babona" riba ryacubijwe. Rukuruzi y'isi ntiba ikiri ku isonga. Inyota yo kwikubira iracogora, irari ry'imitungo bwite rigashonga. Brw7/150

Amahoro araganza muri gatekerezi. Roho, ubu noneho ivugira bitomoye mu rwubati rwayo, inyoterwa no gukuza, kugaburira, kugira uruhare mu mikurire y'izindi roho, kurera, gukuza no kugaburira mu bwumvikane n'ubwuzi, nta gutegereza ingororano cyangwa gukuzwa. Brw7/151

Uko roho igenda ikururwa mu kurushaho guhura no gushyikirana n'**Ikirukuri Nya-Mana**, ni ko intego yayo yonyine yo ku isi isigara ari ukwita ku muturanyi cyangwa undi muntu ibishyizemo umwete n'icyubahiro nk'ibyo yo ubwayo yakenera kugira ngo isagambe kandi yishime. Kugaba bisigara byoroshye nko guhumeka – amaherezo bigahinduka icyubahiro cyihariye gukorera no gukorana n'abandi mu guteza imbere icyiza cyabo gisumba ibindi. Ngiyo imikorere y'**Urukundo Nya-Mana**. Brw7/152

Gusa nta marangamutima aba mu Kirukuri Nya-Mana. Brw7/153

Umugambi wari inyuma y'ubugiti wari uwo gushoboza **Ikirukuri Nya-Mana** kwiyumvira **Kamere Yacyo** nyirizina **y'ubuhanzi, ibyishimo n'ubwuzurizwe bwite**. Brw7/154

Ni yo mpamvu, igihe nari ku isi, naciye neza imirongo hagati yo gutanga no kwakira mvuga nti: 'Uzajye ukorera abandi ibyo wakwifuzaga ko bakugirira'. Iyi nteruro yari umuburo wuje urukundo ko uzasarura uko wabibye. Iryo kandi ryari n'ibwirizwa ku myitwarire. Niba ukorera abandi ibyo wakwifuzaga ko bagukorera, ushobora kumenya utibeshya ko urimo ukora ibintu uherye gusa ku cyitegererezo cy'urukundo. Iyo abandi badashakaga ibyo wakwifuzaga ko bagukorera – icyo gihe ubaho ushingiyeye ku kugerageza no kwibeshya; wateye intambwe nziza ugamije gukora igikorwa cy'urukundo nyakuri, kandi niba gitawe hirya, wihaye amahirwe yo kumenya icyakorwa gishimishije kurushaho mu gihe kizaza. Kuri ubwo buryo ugenda ukura mu gikorwa cy'urukundo. Naravuze kandi nti: 'Kunda mugenzi wawe nk'uko wikunda'. Ibi byavugaga ko wagombye gusigasira ubutengamare bwa mugenzi wawe nk'ubwawe. Brw7/155

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Binavuze kandi ko icyo ari cyo cyose wifuriza abandi, wakwishimira kucyifurizwa bene ako kageni. Brw7/156

Bivuze ko ugomba gutekereza ku bandi ibitekerezo wakwishimira ko na bo bagutekerezaho ! Brw7/157

Bivuze ko ibonunumva ryawe ryose ryagombye kuyoborwa mu kwita ku bandi, utitaye ku bibi bashobora kuba barimo bagukorera. Abantu bose baba mu ishyamba ry'inzitane ry'ibyifuzo bya muntu, intego, intege nke, gusubiza amerwe mu isaho, uburakari n'ipfunwe. Ni muri iryo bonunumva ry'imitima irwana hava ibikorwa byinshi bidahamye n'ibisubizo bitekereje nabi. Brw7/158

Rero, itegereze intege nke, babarira inabi, uyireke isubire mu busa yaturutsemo. **UKURI** konyine n'**IKIRUKURI** mu buzima bwanyu ni **Ubwenge/Urukundo bw'Ibonunumva Nyamana**. Utsimbarare kuri iyo myumvire mu bihe byose. Brw7/159

Kugira ngo ubone **Ubwami bw'Ijuru, aho roho iri mu busabane n'Ikirukuri Nya-Mana**, mu mikurire yawe hagomba kuza igihe utagishaka gukururwa mu mibonere nya-si n'ibonunumva ry'ibiremwa-muntu hagati yabyo. Unyoterwa no kwitarura burundu, ukibanda ku kugeza ku bandi umushyikirano bwite ufitanye n'**Ikirukuri Nya-Mana**. Witondere kudatsindagira ku bandi inzira nya-roho yawe, baba ubwabo bari mu nzira nya-roho cyangwa batayirimo. Brw7/160

Nanone ariko ugomba kurinda ubuhehemure¹¹ bwite bwawe, utemerera abandi kukuvogera buririye kuri kamere nziza yawe. Ugomba kwerekana neza imbibi ushyira hagati y'icyiza n'ikibi – ugakumira ubwikunde bw'abandi buza kuvogera ubwibereko¹² bwawe, bukaba bwashobora kuduruvaya amahoro yawe ya gatekerezi. Brw7/161

Kugira ngo ibyo bishoboke, si ngombwa ko ibonunumva rya jye-babona yawe ryongera kwiganza. Ushobora rwose kurinda ubwibereko bwawe mu mahoro. Wahawe ubwenge bwo kurangiza iyo ntego ngombwa mu **RUKUNDO** ruri ku rwego ruhanitse. Wibuke ko inyubako nya-roho y'imivumero y'ibonunumva yubakishijwe umushyikirano wawe n'**Ikirukuri Nya-Mana n'imitekerereze, imyiyumvire n'imibereho byawe bya buri muni, yagombye gufatwa nk'ahatagatifu rwose**, kandi wagombye kwirinda kongera gufatwa mu mivumero yo hasi y'ibitekerezo n'imisubirize by'abandi. Brw7/162

Mu bihe byose, intego yawe isumba izindi ku isi ni uguteza imbere **ICYIZA nya-si na nya-roho gisumba ibindi, cy'ikinyabuzima icyo ari cyo cyose – yaba umuntu cyangwa se ikindi giciye bugufi. Bitari ukumanuka ku rwego rw'umuvumero rw'abatifashije, ahubwo ari uguhereza ikiganza no**

¹¹ Serenity (*)

¹² Privacy (*)

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gutanga ubwitonzi bwakugejeje mu ngoro yawe – ahatagatifu rwose hawe muri gatekerezi, mu mbamutima no mu mibereho – niba hariho koko ubushake bwo gutega amatwi no kubyemera. Niba ubwo bushake ntabwo, ugumane amahoro yawe. Brw7/163

Urukundo n'impuhwe byagombye kutihambira. Kwiyumva kimwe n'undi muntu bizagupfukamisha bisobekeranye imivumero y'ibonunumva ryawe nya-roho n'imivumero iri ku rwego nya-muntu. Ibyo bishobora gutera ubushyamirane aho wifuzaga gusa, utaryarya, guteza imbere no gukiza. Uzabyirinde kuko bizaforora imbaraga zawe bikanatuma utagera ku ntego zawe mu bya roho. Brw7/164

URUKUNDO rutagira inenge rwita gusa ku kuzamura no ku iterambere nya-roho, gukiza no kugera mu 'Bwami bw'ijuru'. Brw7/165

URUKUNDO Nya-Mana ni imbamutima isusurutse yuje impuhwe – ifite mbere na mbere icyifuzo cyo gutuma umukundwa ashobora: gukura, guhanga, gutungwa no gutunga abandi, gukizwa no gukiza abandi, kwigishwa no kwigisha abandi, kurengerwa no kurengera abandi, gukenurwa no gukenura abandi, byose hamwe mu rwungano rw'itegeko n'umurongo biboneye. Brw7/166

Icyo ni cyo URUKUNDO NYA-MANA/ITEGEKO mu ngiro. Brw7/167

Iyo intego yawe isumba izindi yahindutse **Intego Nya-Mana mu ngiro**, jye-babobna, izingiro ry'ubu-giti bwawe, iba isigaye icungwa na roho yawe. Irari rya jye-babona rihinduka umurengezi n'umurinzi w'ubutengamare bwawe bwite – ariko ubu noneho iryo rari riba risigaye rikurikiza bisesuye amabwiriza ya roho yawe ikomora kamere yayo ku **Kirukuri Nya-Mana**. Brw7/168

Mbisubiremo – nta marangamutima aba mu **Kirukuri Nya-Mana**, nta kvanaho imbibi zituma habaho itegeko n'umurongo kugira ngo bihure n'icyifuzo cy'uwikubira, nta 'gutsindwa' kubera intege nke ngo wunamire izima ry'abandi. Brw7/169

Mu bihe byose, ni ngombwa kugumana muri gatekerezi ko ABANTU BOSE bagomba kubahana. Ni ngombwa kubaha uburenganzira bw'abandi ku butavogerwa¹³, ku mutekano, ku mahoro y'umutima no ku busabane. Iyo habonetse amanyurane, ashobora kurangizwa mu bwubahane. Uko utera imbere mu bya roho, ni ko uzashobora kubaha abakomeye n'abatavugwa mu gihugu, ubafate nk'aho bareshya – bitari 'mu maso y'Imana' nk'uko abantu bakunze kubivuga, ahubwo **mu myumvire yawe nya-roho y'uburinganire-remezo bwa roho zose mu biriho byose**. Ubwubahane n'**URUKUNDO NYA-MANA** biragendana. **URUKUNDO** nyarwo rwubaha cyane umukundwa. Brw7/170

¹³ Privacy (*)

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Ahari ubwubahane hagati y'abantu babiri, kenshi bishyika ku iforoma y'urukundo isumba izindi. Brw7/171

Niba mwasanze iyi **Baruwa** igoye kuyakira, mwibuke **ko ubwenge bwa muntu bufite aho bugarukira mu byerekeye kumva inzego zirenze urwo ku isi. Ntimutume imitekerereze ya jye-babona ibasubiza inyuma mu rugendo rwanyu rwa roho.** Brw7/172

Mu **Ibaruwa** yanjye ikurikira, nzavuga ku nsanganyamatsiko y'**URUKUNDO NYA-MANA** hanyuma mvuge birambuye ku bwikunde bwa jye-babona, mbereke neza ukuntu imbamutima rukuruzi ari zo zicunga magingo aya ibitekerezo, imyumvire n'ubuzima byanyu. Nzabereka intambwe mwatera ngo izo mbamutima muzirenge ndetse birangire zihanaguritse mu ibonunumva ryanyu. Brw7/173

Intego yanjye ni ukubanyuza mu nzira yo kwitahura no gutera imbere mu bya roho, kugira ngo mushobore kwinjira ako kanya mu **Rumuri**, atari gusa igihe muzapfa mukiinjira mu rwego rukurikiraho rw'ubuzima, ahubwo ari no mu gihe mukiri hano ku isi. Brw7/174.

Ubu muriho mu mibereho itwikiriwe n'ikibunda kandi ibavunnye, aho kuba mu **Ibonunumva Nya-Mana** mukaryinjiramo kandi mugatuma na **RYO** ricengera rikanezeza imitekerereze yanyu n'ubunararibonye bwanyu bw'ubuzima. Brw7/175

Mumenye ko Ibonunumva ryanjye rya Kristu rihorana namwe, kandi ko mushobora kungeraho ako kanya iyo muhamagaye. Bibahumurize - ariko ntibibabere imbago. Nta kindi ndi cyo usibye akambu kabajyana mu imurikirwa ryanyu bwite n'umuzamuko wanyu bwite namwe mu Ibonunumva rya Kristu. Brw7/176

Icyo nifuza kuruta ibindi ni uko aya **MABARUWA** asakazwa vuba, agahabwa abantu bashaka **Ukuri**. Igihe ushatse kuvuga ibiri mu **MABARUWA** yanjye, ndagusabye ujye ugaragaza neza aho wabikuye: **AMABARUWA YA KRISTU, www.christsway.co.za** (Inyito y'igitabo: **KRISTU ARAGARUTSE – ARIVUGIRA UKURI KWE**).

URUTONDE RW'AMAGAMBO ASOBANUYE

P4

Jye-babona (Self-hood/ego) : Jye irangwa no kuba nyamwigendaho (kurondera akayo n'abayo no guhigika ibyo n'abo idashaka).

P5

Inyarukamajwi (Sound Waves/ ondes sonores -) : inzungazunga ziremwa n'amajwi.

Indemamashusho-mpanzi (creative imagination/ imagination créatrice)

Ukwishusanya kurema.

p6

Uburinganire nya-maboko (powerful equilibrium /puissant équilibre) : Uburinganire buganje.

p18

Ngirabintu (substances, /substance): iremezo ry'ibintu.

Impuzamiyumvire (Telepathy, télépathie) : impuzantekerezo.

Inyangakubwirwa (Dull / obtus) :intumva.

p19

Ironderakoko (instructions Genetic/ instructions génétiques) : amahame kamere.

p22

Iyongorera mpumekerwamo (any inspirational whispers / murmure inspiré) :

Iyongorera rimurikiwe.

p24

itahurwe mu muhwekero (revealed under hypnosis / révéle sous hypnose)=

itsinika Ugusinzirizwa

p28

Ubuhehemure (Serenity / sérénité) : kutagira ikizinga ku mutima.

Ubwibereko(Privacy/ intimité) : Ibanga ry'umuntu ku giti cye.

p29

Ubutavogerwa (Privacy / l'intimité,) : Ibanga ry'umuntu ku giti cye.