

Chichewa – Chichewa

Zomwe Zotheka...

Wolemba John Shortell
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Iyi ndi nkhani yomwe ingakudabwitseni ndipo mwina ingakuvutitseni kuvomereza zomwe zidachitikadi. Ngati apeza "chozizwitsa ngati" chochitika nokha, kapena kukhala umboni wina, tsopano inu mukudziwa kuti inu simuli nokha ndipo 'm bwino nkhani za izo. Zambiri mwa zozizwitsa izi zimachitika ndipo anthu amazinyalanyaza chifukwa cha malingaliro owazungulira. Ndinadalitsika ndi mayi amene amakhulupirira zozizwitsa ndipo amalimbikitsa izi mwa ine.

Izi isn 'T chabe nkhani, izo 'S mwayi kwa inu kudziwa kuti chilichonse n'zotheka moyo wanu. Kudzera munkhaniyi ndikambirana zomwe ndaphunzira komanso momwe ndidakwanitsira kuchita maluso awa, zomwe ndikukhulupirira kuti tonse tili nazo.

Ine sindinati basi ndikuganiza zimene zinali, ngakhale kumayambiro moyo wanga ndamkhulupirira chimene ine intuitively ankadziwa ndipo ndili ndi zaka 28 ndinayamba yogwira sitima, chizolowezi ndi maluso awa moti nkhani imeneyi inali osati zotheka, koma mwina, mwina, zosapeweka. Cholinga changa ndi kukuonetserani kuti inu mukhoza kuphunzira luso ndi kulenga kusintha moyo wanu kaya ndi zochitika inu nokha mu .

Ngati mukufuna kuyambiranso moyo wanu komanso zochitika zanu ndiye kuti werengani ndi kulumikizana ndi ine kuti tikuthandizireni inunso. Ngati inu kale ali mu ulamuliro wa zonse ndipo zinkayenda bwino kwa inu muli ngati ine. Sindimayang'ana china chilichonse monga zomwe ndikupereka pano, chifukwa ndinali wopambana kale ndipo ndimapanga zozizwitsa zazing'ono mmoyo wanga. Kodi ndinazindikira ndi kuti zimene wotwaliwa kwa ine pamene ine ndinali 28 Yambitsani D ine mosavuta muphunzitse ena kuchita chimodzimodzi chimene ndichita. Zambiri zamoyo wanga ndimalankhula za izi kwa ena ndipo sanali pamalo omwe amavomereza kapena kumvetsetsa zomwe ndimagawana nawo. Izi mwina inunso. Ndi ena a ife, phunziro lathu ndikukhala bwino pogawana ndi ena zomwe tikudziwa kale. Kwa ena a inu kuti muphunzire izi nokha ndiye chofunikira kwambiri .

Zomwe zili kwa inu ndikukutsimikizirani kuti pali phindu pano kwa inu ngakhale kungochotsa phokoso kuti zinthu zomwe timaganiza kuti ndizosatheka ndizotheka ndipo zitha kukhala zotheka...

Ok ndiye nkhani ndiyakuti ndidagona pagudumu lamagalimoto anga ndikuthamangira pamtengo ndikumadzulo komweko ndidakhala mu chipinda cha anthu odwala mwakayakaya ndipo ogwira ntchito zamankhwala sanayembekezere kuti ndingakhalepo usiku. Tsiku lotsatira amafuna kutulutsa 1.5 m'mapapu mwanga ndi ziwalo zina Patatha masiku 2.5 ndidatuluka mchipatala osandipanga opareshoni.

Chifukwa chake ...

Zotheka Pomwe...

- Ndikudziwa cholinga changa
- Ndimadzidalira mpaka pomwe ndili wofunitsitsa kutsatira chilakolako changa ndi mitima yanga ndipo ndimayamikira chidwi changa komanso zolimbikitsa

Moyo ngozi yagalimoto isanachitike

Kwa moyo wanga wonse ndimadziwa kuti ndithandizira anthu kudzidalira komanso luso lawo lamkati. Ndinayamba bizinesi yophunzitsa anthu komwe achokera, komwe akupita komanso chifukwa chake ali pano, akumvetsetsa zauzimu. Ndakhala ndikuphunzitsa gawoli kuyambira 1987 .

M'malo mongokula bizinesi yauzimuyi ndidasokonekera ndikuyamba bizinesi ina .

Bizinesi yanga ikamakula ndikumachokeradi chifukwa ndimayang'ana kuthandiza anthu athanzi lawo ndikugwira ntchito molimbika paumoyo wanga. Ndimamwa zowonjezera zowonjezera mphamvu zamagetsi ndikugawana ndi aliyense zotsatira zanga (zomwe mwina zidakhala chifukwa cha zowonjezera izi) .

Ndipamene ndidayamba kumwa zowonjezera izi pomwe zinthu zimawoneka kuti zikuyamba kusintha mthupi mwanga. Ndinaphunzira kalekale pamene munthu kutenga zowonjezera ndipo iwo sali kuzindikira kusiyana kulikonse ndiye zowonjezera kungakhale osakwanira kwa kuti zofuna munthu. Zochitika anthu amakhala kusintha, ndi kuwona nso iwo kuwonekera kwa bwinobwino awo ndi kutaya ding okha ululu, kuti iwo anabwera kwa pachomwe, anali mantha kwambiri. Ndidakhala nthawi yayitali m'moyo wanga ndikumva kuwawa ndipo palibe amene adatha kufotokoza zowona zina zazing'ono, zomwe ndikazigwiritsa ntchito, zidasintha kwambiri thanzi langa. Apa ndipamene ndinakhazikika kwambiri pothandiza yemwe amafuna thandizo.

Ndidadzilonjeza kuti ndalama zanga zotsalira kuchokera kubizinesi yazaumoyo iyi zikafika \$ 5000 pamwezi ndibwerera kukathandiza anthu kumvetsetsa zauzimu komanso ulendo wopita mmoyo. Ndalama zomwe ndimapeza zimapitilira kukula kuposa \$ 10,000 pamwezi ndipo ndayiwala lonjezo langa. Maganizo anga onse anali pakupanga ndalama zambiri. Mwanjira inayake ndidayamba kumvera kwa anthu omwe adandizungulira omwe cholinga chawo chachikulu chinali ndalama. Sindinkadziwa ndinali pa njirayo chimene *ine* ankafuna kuchita nawo *wanga* moyo.

Zimachitika kangati pomwe zomwe mitima yathu imalira, timazengereza mpaka china chake chitachitika. Kwa anthu ambiri masiku ano, izi nthawi zambiri zimakhudzana ndi ndalama.

Zinali pomwepo ...

Ngozi yagalimoto 29 June 2003

Ndinali kuyendetsa msasa wa utsogoleri wa atsogoleri mu bizinesi yathu yazaumoyo kumapeto a sabata kumidzi. Aliyense anali atatopa ndipo adanyamuka kubwerera kunyumba masana Lamlungu.

Ndinanyamuka cha m'ma 4 koloko masana popeza ndinali ndi nthawi yakupita kunyumba kukadya chakudya ndi makasitomala ena. Lynette (yemwe panthawiyo anali mkazi wanga), Helen (mlongo wanga) ndi ena ena amangokakamira kuti ndiyende ndi wina kuti azindipeza. Ndinali wotsimikiza kuti ndiyenera kupita ndekha.

Ndidanyamuka ndili wokondwa kwambiri ndi ntchito yomwe tidachita kumapeto kwa sabata. Kumapeto kwa sabata kunali kothandiza anthu kukhala ndi udindo wopambana ndikuzindikira kuti ali ndi mphamvu pazotsatira pamoyo wawo.

Ndinafika m'tawuni pafupifupi ola limodzi paulendo wa maora atatu ndipo ndimakhala wotopa kwambiri komanso tulo. Kumbali ina ya tawuniyi ndidagona pagudumu. Zikuwoneka kuti panali wina amene ankatsatira ndipo adati ndinayamba kuwomba, koma ndinakhala mbali yanga ya mseu, nanenso ndikuchepetsa.

Galimoto yanga idawoloka msewu kudutsa pamsewu wobwera ndipo nditagunda dzenje mbali ina ya msewu airbag idadzaza ndipo ndidadzuka. Ma airbags akakwera galimoto imadzaza ndi ufa woyera ndipo sindimatha kuwona chilichonse. Sindingathe kudziwa chifukwa chomwe sindimatha kuwona chilichonse.

Chifukwa sindimatha kuwona chilichonse, sindinadziwe komwe ndingayendetsere galimotoyo ndipo ndinamenya chitsa pakhomo langa lamanja, ndinawongolera kumanzere kenako ndikumenya chimbudzi ndi chitoliro (panjira) ndipo matayala awiri akutsogolo adatuluka. Kenako ndinamenya chitseko cha chipata kumanja kwanga ndi kutembenukira kwina kumanzere. Ndinamva kuti galimoto ikupita mbali yampanda waukulu kutsikira. Uku kudali kukha mwakuya "V". Ndinali pansi pa ngalandeyo ndikudutsa pamenepo.

Fumbi la airbag linali litatsika mokwanira kuti nditha kuwona mzati wamagetsi ukubwera patsogolo panga... mwachangu kwambiri. Ndinayesa kuthawa ndipo galimotoyo sinayankhe konse pa chiongolero (ndinazindikira pambuyo pake matayala ataphulika).

Nthawi yomwe ndimawona mzati ukubwera, moyo wanga udadutsa m'maso mwanga . Ndidawona Lynette (yemwe panthawiyo anali mkazi) ndi Amber (Mwana wamkazi wazaka zitatu) ndi cholinga changa ndipo ndidadziwa kuti iyi sinali nthawi yanga yakufa.

Ndidatero kwa angelo anga motsimikiza
"Izi si choncho, nthawi zanga sizinathe!"

Pomwe ndimanena izi, kuwala koyera kunabwera mgalimoto kuchokera kumwamba ndikundizungulira ndikuzungulira ndikundikulunga ndi cocoko cha mphamvu zoteteza. Nthawi yomweyo ndidapatsidwa masomphenya agalimoto ikumenyedwa pantengo ndikubwera kudzapuma ndi ine mmenemo kenako ndikuyenda mozungulira kutsogolo kwagalimoto ndimamuna awiri akundithandiza, m'modzi mbali iyi. NDINADZIWA kuti ndidzakhala bwino.

Ndidapumula ndikudzipereka m'ngoziyo, podziwa kuti ndidzakhala bwino. ***Ndinalibe mantha konse ndipo ndimadalira kwathunthu .***

Ndinakhalabe wanzeru nthawi yonseyi ndipo galimoto itayamba kupumula ndinadziwa kuti kuvulala kwanga pachifuwa kunali kooopsa koma sindinalole, ngakhale kwa sekondi, kuganiza kuti ndifa. Ndinadalira masomphenya omwe ndidalandira kuchokera ku gulu langa la omwe adandithandiza mwauzimu ndikuyenda kuchoka pangozioyo ndikukhala bwino.

Galimoto idagunda pamtengo (apolisi akuyerekeza 85 km / hr) pakati chakutsogolo kwagalimoto kenako nkupuma. Yemwe adanditsata adati ndidathamangira pamtengo. Zikuwoneka kuti izi zimachitika popeza anthu sazindikira kuti akankha ma accelerator osati mabuleki.

Galimoto idapumula ndipo ndidalimbana movutikira kuti ndilowetse mpweya m'mapapu mwanga. Zinali ngati ndikuzunguliridwa (kenako ndinazindikira kuti mapapu anga anali kudzaza magazi).

Panalibe magazi kulikonse. M'malo mwake chodulidwa chokha chomwe ndidalandira kuchokera pangoziyi ndidadulidwa pang'ono pakhosi langa lamanja lomwe limadontha sentimita imodzi yokha yamagazi.

Amuna awiri adabwera akuthamangira pambali panga mgalimoto ndipo ndidakuwa kuti galimoto ikuyaka (fumbi lochokera mu airbag likuwoneka ngati utsi) adayesa kutsegula chitseko chagalimoto ndipo adaponyedwa kumbuyo kuchokera pamagetsi amagetsi.

Tinaganiza kuti galimotoyo idakonzedwa ndi batire yamagalimoto.

Tsopano ndinali wokhoza kupuma pang'ono.

Ndidatenga gingerly ndidatenga mpukutu wa ndalama zokwana madola 700 zomwe ndinali nazo mu foni yanga yam'manja.

Adayesa kangapo kuti atsegule chitseko mpaka atatsegula chitseko cha oyendetsa mwa kuyika zala zawo pamwamba pachitseko pomwe adalumphira kenako adakoka. Nthawi yonse yomwe anali atagwira chitseko anali kukumana ndi magesi amagetsi. Magulu onse pagalimoto anali atagundika. Galimotoyo inali yayifupi kwambiri! Chitseko cha oyendetsa nawonso chidawonongeka ndi chitsa mu dzenjelo.

Khomo litatsegulidwa adati musakhudze chitsulo chilichonse. Chifukwa chake ndidasuntha mosamala kwambiri mainchesi oyenda inchi ndikutuluka ndekha. Amuna awiriwo adagwira mkono aliyense ndikunditsogolera kutsogolo kwa galimoto ndidakhala pansu. Izi zidachitika monga masomphenya omwe ndidali nawo.

Ndinadziwa mumtima mwanga kuti ndikagona ndifa. Ndinadziwa kuti ndikangokhala ndikhala bwino. Ndinakhala ndondoondo ndipo manja anga atagwira chifuwa ndipo mutu wanga utatsamira patsogolo. Nthawi yomwe ndidakhala pansu ndidayamba kugwiritsa ntchito mphamvu mthupi langa ndikuwona m'malingaliro mwanga chilichonse mkati chikudzikonza bwino kuposa kale. Sekondi iliyonse ndimayang'ana kwambiri ntchito yomanga thupi langa.

Magalimoto anali kuima kulikonse.

Airbags sizithandiza mu angapo kugunda ngozi, popeza iwo atumiza ndi amadza woyamba, umene vutoli linali dzenje osati sakundithandiza izo. The airbag ndiye inali yopanda ntchito ndikagunda pamtengo (kwenikweni panali ma bolts akutuluka pa chiwongolero chomwe ndidachimenya).

Anali 5 koloko masana Lamlungu masana m'nyengo yozizira, kukuwala pang'ono koma kunali kozizira, kotenthedwa ndi mphepo yozizira.

Anthu adabwera akuthamangira.

Mzimayi wina anabwera atabisala pafupi nane nati ndi namwino. Adandifunsa mafunso angapo, omwe ndimakumbukira akunena kuti ndili bwino koma ndimavulala kwambiri ndipo ndimavutika kupuma.

Winawake anandiika "bulangeti lasiliva" mozungulira ine kuti ndiwothe. Mphepo yozizira inali kuwomba kumbuyo kwanga.

Lynette anali akuyenda pafupifupi ola limodzi kumbuyo kwanga motero ndinadziwa kuti ndiyenera kumulira. Ndinadziwanso kuti sanali pamayendedwe apakanema. M'galimoto yake munali Amber, April (mwana wozeza) ndi mlongo wanga Helen yemwe anali ndi pakati kwambiri ndi mapasa.

Ndidayimba ndikusiya uthenga,

“Hi Honey, kungokudziwitsani kuti ndamwawala pang'ono ndipo akunditengera kuchipatala kuti akandiyeze. Zonse zili bwino.”

Kenako ndinaimbira Michael foni mnzanga wapamtima yemwe anali kumsasa ndipo amakhala mtawuni yomwe ndinali nditangodutsamo yomwe inali mphindi 10 chabe.

Ndinaitana ndikuti,

“Michael ndachita ngozi yoopsa ndipo ndikufuna thandizo lako. Lynette akhala pomwe pano posachedwa ndipo ndikukufunani akabwera kuno, ndili paotima yotere.”

Michael adafika powonekera pafupifupi mphindi 10

Ndidamufunsa Michael kuti ayang'ane amuna awiri omwe adanditulutsa mgalimoto momwe ndimafunira kuti ndiwathokoze. Michael adabwereranso kwa ine ndikuti NOBOBY amayenera kuti akhudze galimotoyo chifukwa mzati womwe ndidagunda unali ndi ma 66 volts ndikuti ma insulators adasweka ndipo mawaya atatu anali akuperewera pamtengo ndikudutsa mgalimoto. Iye adati aliyense amene angakhudze galimotoyo mwina amwalira.

Anangoyendayenda pagululo ndikufunsa aliyense ngati akudziwa anyamata awiriwa omwe anditulutsa. Sanathe kuwapeza ndipo anthu adati palibe amene wachoka pangozoyo.

Apolisi adabwera ndikundifunsa ngati ndili ndekha mgalimoto. Ndinangoti "Ayi" Osaganizira konse zomwe amandifunsa. Adapita ndikubwerera ndikundifunsanso kodi ndinali ndekha mgalimoto ndipo ndinayankhanso "Ayi". Adabweranso kachitatu ndikufunsa ndi nkhwaa yayikulu m'mawu awo "kodi panali aliyense mgalimoto muli nanu?". Ndinazindikira chifukwa chake anali kundifunsa pamene anali kufunafuna thupi. Ndinadabwa kuti ndati Ayi ndipo tsopano ndati "Ayi, munalibe aliyense mgalimoto ndimakhala".

Ambulansi inafika.

Wapolisi wa Ambulansi anandifunsa mafunso. Kenako adazindikira kuti ndiyenera kupita kuchipatala chachikulu mumzinda wapafupi kwambiri

Akuluakulu a ambulansi anayesera kundigoneka pa bolodi la msana. Adangondisunthira 2 cms kumbuyo ndipo ndidakuwa kuti ndiyime. Zowawa zinali

zodabwitsa ndipo ndimadziwa kuti sanganditsitse choncho chifukwa cha zovuta zonse mthupi mwanga. Kenako adandibwezeretsanso pamalo owongoka.

Ndimayenera kugwira thupi langa molimbika kuti ndiuteteze ndi nthiti zodziwikiratu. Ndidadziwa ngati anganditsitse momwe amafunira kuti chinthu chowopsa chichitike, chomwe chingapangitse kuti ndifa.

Mutu wanga ndidafunsa angelo anga "nditani?"

Angelo anga anandiuza kuti ndiyenera kulimba mtima ndikulanda, ndi kuwauza zoyenera kuchita. Angelo anga anandiuza, "bwerezanso kwa anthu zomwe tinena kwa iwe."

Chifukwa chake ndidabwereza mwamphamvu kwa munthu wa Ambulansi zomwe angelo anga amandiuza koma osamuza komwe malangizowo achokera,

"Izi ndi zomwe tichite, amuna angapo adzagwira bolodi la msana molunjika kumbuyo kwanga ndipo pang'onopang'ono azikankhira mwamphamvu mpaka nditatha kumasula minofu yanga yonse (yomwe inali yolimba kwambiri kuti ndisanyamule Thupi limodzi) ndipo ndimalola kuti board atenge zolemera zanga zonse. Ndikakhala womasuka ndikusiya minofu yanga ndiye kuti ndikudalira kwathunthu bolodi. Kenako pachizindikiro changa mutha kuyamba kutsitsa bolodi pang'onopang'ono komanso mosalala kotero kuti ndisalimbisense minofu yanga. Ndikatsitsidwa ndiye mutha kundiyendetsa pagululo. Izi zitenga pafupifupi mphindi 15"

Ndinadzipeza ndekha pamodzi ndikulola kupita pakadali pano ndinayenera kukhulupirira amuna awa ndi angelo anga kwathunthu. Ndidadziwa kuti ndikupereka moyo wanga m'manja mwawo. Adachita izi ndipo ndidati ndiyambe kunditsitsa ine ndi board koma zimayenera kukhala zosalala ndikuchedwa! Zinatenga kanthawi. Nditatsitsidwa ndidawauza kuti andiyendetse pa bolodi.

Anachita izi kenako nkundinyamula pa trolley.

Wachipatala wamwamuna adabwera kumbuyo nane.

Kamodzi mu Ambulance adati andipatsa morphine ndipo ndidati "Ayi".

Adandifunsa kuti "sukumva kuwawa?" Ndidati, "zowawa ngati zomwe sungamvetse, ululu wosaneneka".

"Ndiye bwanji sukufuna morphine?" Adafunsa.

Ndinayankha "Ululu ndiwo chinthu chokhacho chomwe chimandikhazikitsa padziko lapansi. Ine kn Inu yakumadzulo mu mtima wanga kuti ngati ine ndikanakhala morphine kuti Ndikufuna chabe kutengeka ipita ku imfa. Ine kn Inu yakumadzulo ululu ine S kundisunga otsendereka padziko lapansi, kundisunga pano chakuti Ndimakumbukirabe ha ve thupi".

"Ndikufuna 'kukhala nawo' titafika kuchipatala ndikumva zomwe zimandichitikira kuti ndiwauze zomwe zikuchitika". Ponena izi ndinali kudziyika ndekha mtsogolo kuti ndikafika kuchipatala ndili wamoyo ndikukonzekera kupereka chidziwitso chofunikira kwa ogwira ntchito. Sindinaganizepo zakufa. Chifukwa chake m'masiku angapo otsatira ndidapitilizabe kukambirana zamtsogolo langa komanso zomwe zikuchitika. Ichi sichinali chisankho chodzindikira koma chotsatira cha chikhulupiriro changa chosagwedezeke kuti ndidzakhala ndi moyo.

{ndili mwana nthawi zambiri ndinkakhumudwitsa zala zanga zakumapazi ndikumapwetekedwa ndi zowawa zamtunduwu. Tsiku lina ndidafunsa mngelo wanga kuti ndingathetse bwanji zowawa zamtunduwu, mngelo wanga adati "sungathetse ululuwo koma

ungathe kuvomereza, khala nawo limodzi, zindikira kuti uli ndi ntchito." Chifukwa chake ndidadzifunsa ndekha, cholinga chakumva kuwawa nchiyani? Ndinazindikira kuti kupweteka ndikundiwa kuti china chake sichili bwino ndipo gawo lakuthupi langa limafunikira chisamaliro. Chifukwa chake ndidafunsanso mngelo wanga "Kodi ululu ndi chisonyezo cha malo m'thupi langa omwe amafunikira chisamaliro?" Yankho linali "Inde".

Kenako ndidafunsa, "ndiye ngati ndikuvomereza kuti ululu wagwira ntchito yake ndipo tsopano ndikudziwa bwino za chisamaliro chomwe dera limafunikira ndikuyamba kuchitapo kanthu, ndiye kuti sipafunikanso kupweteka?" yankho lake linali "Inde".

Ndinayamba kuchita izi ndili mwana, ndikuganiza kuti sindinakwanitse zaka 10 panthawi yomwe ndimakambirana ndi Athandizi Anga Auzimu (angelo), ndipo zomwe ndidaphunzira zowawa zidagwira ntchito. Ndidamvetsetsa za kupatsira mphamvu kudera lomwe limafunikira machiritso momwe ndimamvetsetsa zakusanjika manja komanso momwe izi ziliri zamphamvu pochiritsa. Nditha kupundira chala changa ndipo nthawi yomweyo ndimavomereza uthenga wowawawo ndikuchitapo kanthu

- 1) landirani uthenga wa zowawawo ndikuwathokoza chifukwa chochita ntchito yawo,
- 2) njira yamagetsi kuderalo
- 3) pumulani kotheratu, ikani lingaliro lililonse kuti kupweteka "kukupweteketsani" kokha kuti ndikutumiza uthenga womwe wavomerezedwa tsopano.
- 4) Ululu umatha nthawi yomweyo ndipo nthawi zambiri umatha. }

Munthu wa Ambulance yemwe anali nane adati mgalimoto idakwera mpaka tawuni yaying'ono yotsatira ndipo ndidati chabwino.

Tinayenda pang'onopang'ono komanso opanda ma sireni (osatsimikiza za magetsi)

Ulendowu unali wochepa komanso wopweteka.

Ndinkamva kuphulika kulikonse ndipo kuyenda kulikonse kunali kopweteka kwambiri. Ndidangoyang'ana momwe ndimafunira thupi langa, Kukhala Wathanzi, Wathanzi, Wamphamvu ndi Chabwino. Ndinkawona thupi langa ngati lochiritsidwa komanso lokwanira.

Titangoyamba kumene kupita kuchipatala foni yanga ya m'manja inalira ndipo ndinawona kuti ndi nthawi yanga yomwe ndimapitilira pamene ndinachita ngozi. Ndidati ndiyenera kuyimba foni. Ndinafunika kumuza kuti sindikubwera chifukwa iye ndi banja lake anali akuyembekezera ine kuti tidye chakudya chamadzulo. Anati sangasinthe khosi. Momwe foni imalira ndimayankhula mwamphamvu kuti ndiyimitse ndipo adati pokhapokha ndikalonjeza kuti ndisasuntha mutu wanga. Ndidati Inde ndipo adachimanga. Ndidayimbira foni ndipo ndati sindingathe kupanga msonkhano wathu ndipo ndiyenera kusinthanso masiku awiri ndikakhala bwino. Ndinapepesa ndikutsanzika. Ndinali ndikudziwitsa mosazindikira kuti ndinali ndi kena kotidipite popeza ndinali *wotsimikiza* kuti ndidzachira ndikukhala pamsonkhano womwewo patatha sabata limodzi kapena apo.

Ndinalankhulanso pafoni ndi Michael.

Ndinafika kuchipatala nthawi imodzimodzi ndi Lynette ndi Amber. Ndipo Michael naye anafika mgalimoto yake.

Ndikulowetsedwamo ndidamva munthu wamwamuna wa ambulansi akuuza manesi za ine, koma sindimatha kunena chilichonse chomwe wanena.

Tidali m'gawo lazadzidzidzi.

Ankafuna kudula zovala zanga ndipo ndinawauza kuti sindingawalole kuti andichepere polo malaya popeza malaya omwe ndinali nditavala anali malaya ofunikira kwambiri kwa ine ndipo ndimafuna kupitiliza kuvala. Adalongosola momwe zingakhalire zovuta kuzichotsa ndipo ndidati chabwino ndiye tiyambe.

Zinandipweteka kwambiri pochotsa pamene ndimayenera kukweza manja anga ndikuwapotoza.

Ndinali ndithyoke nthiti ndipo ndinathyoka sternum ndipo sindinapeze mankhwala opweteka.

Amber ndi Lynette adalowa ndipo Amber adatenga dzanja langa ndikundifunsa "Ababa mukukhala bwino?"

Pakadali pano aliyense anaima ndipo kunali zii kwathunthu uku akudikira yankho langa.

Ndinatembenuza mutu wanga ndipo ndinamuyang'ana m'maso ndikunena kuloza anamwino ndi madotolo onse omwe anali pafupi nane "mukuwawona anthu onsewa akuthamanga mozungulira?" "Inde" Amber anayankha.

Onse akuthamanga chifukwa choti pano sazindikira kuti ndidzakhala bwino! ”

Mutha kumva pini ikugwa mchipinda chadzidzidzi chija. Palibe amene adasuntha kapena kunena chilichonse mwina mphindikati 15.

Amber anamwetulira ndikumusuka ndipo tinapitiliza kugwirana manja.

Sindinali bwino *kuyesa* kulankhula zabwino ndi bwino ntchito maluso monga kulankhula za ine wanga m'tsogolo, koma izi ndiye zimene zinacitika, kukambirana kwambiri ndi maganizo ndinali anali za ine pokhala wanga m'tsogolo kuchita chinachake ndi munthu. Sindinazindikire izi mpaka zaka zingapo pambuyo pake, kuti ndizomwe ndidachita.

Ndagwira ntchito yambiri kuti ndipange luso langa lamkati kuti ndiyankhule mwamphamvu komanso motsimikiza za zomwe ndidakumana nazo.

Sindinalole kuti kusalabadira kulikonse kwandilowetse. Ndinali wofunitsitsa kubweretsa onse omwe anali pafupi nane mu gawo langa la "umu ndi momwe ziti zichitikire". Ndinamva kuthandizidwa kwambiri ndi mzimu ndipo ndinamva kuti mizimu ikundizungulira. Ndimamva bwino komanso momveka bwino ndi masomphenya anga. Panalibe mantha kwathunthu. Ndinapitilizabe kudalira kuti zonse zikhala bwino.

Ndikukhulupirira zomwe ndidachita ndizotheka kwa aliyense kaya mumakhulupirira Mulungu, Yesu, Buddha, Mohammad, Mzimu kapena aliyense kapena palibe aliyense. Ndikokulumikizana kwakukulu ndi Mulungu wanu, kapena nokha, komwe kumapangitsa chilichonse chomwe mungaganize.

Izi zitha kuchitika pokhapokha mutadzilola nokha kukhala pachiwopsezo ndikulola kuti MUDZIKONDE nokha mopanda malire. Izi zimafunikira china, makamaka kulimba mtima.

Zimafunikira kulola kukana konse.

{Pamene ndikulimbana ndimangoyang'ana pa chinthu chomwe ndikutsutsa.

Zomwe zikubwera kwa ine zimakopeka ndi chifukwa ndipo sindikudziwa kuti ndichifukwa chiyani nthawi zambiri. Ndikakhala ndikulimbana ndi china chake ndiye kuti ndikungodziyang'anira. Izi zomwe ndikutsutsana nazo ndi gawo la maziko omwe amandithandiza kuti ndikonze tsogolo langa pamwamba pake. Ngati sindilola kuti ndikhale

moyo wanga ndiye kuti moyo wanga umakhala wosanjikiza ndipo zomwe ndikutsutsa zimangobwera.

Mosazindikira ndikupitilizabe kukopa zomwe zingandithandize kukula kukhala munthu yemwe ndiyenera kudzakhala nthawi ina mtsogolo mwanga, munthu ameneyo azitha kuthana ndi zomwe zidzachitike mtsogolo muno zomwe simunakonzekere.

Ndi kangati pomwe timafika pamalo ena m'moyo wathu ndikudziwa tokha "Zomwe ndidakumana nazo m'mbuyomu zandithandiza kukhala wokonzekera mwayi wotsatirawu m'moyo wanga". Ndikakumbatira zokumana nazo zomwe ndakopeka nazo m'moyo wanga ndiye kuti ndikusuntha moyo mwaufulu komanso momasuka ndikukathera pamalo oyenera munthawi yoyenera.

Nthawi zina timakana chifukwa chomwe ENA amatipatsa kuti tichite zinazake, nthawi zambiri chifukwa ndi chifukwa chawo, ndipo zimawapindulitsa osati ife. Ndikayang'ana, ndipeza, chifukwa changa chodzichitira zinazake, kenako ndimavomereza zomwezo ndikusiya kukana. Nthawi zina ndimakana chifukwa sindimadziwa cholinga changa chachikulu ndipo izi zimakhala ngati kukankhidwa mumtima pomwe sindingathe kuwona chilichonse komanso kusadziwa zomwe zili patsogolo panga.

Ganizani za izi... pamene sindikudziwa chomwe chili patsogolo panga ndiye kuti ndiyenera kusuntha pang'onopang'ono koma ngati ndikudziwa zomwe zili patsogolo panga ndipo kuli mdima ndiye kuti ndizitha kupita molimba mtima.

Ndikaganizira zomwe ndakumana nazo zomwe ndazigwira mwamphamvu ndipo ndimadzifunsa "nchiyani chandikonzeke nthaawi ino?" ndiye ndidzakhala ndi zolimbikitsa zomwe zidzandithandize kumvetsetsa, kuwona, kudziwa ndikumverera momwe zomwe zidachitikira m'mbuyomu zidandikonzeke nthaawi zomwe ndikukumbukira.

Ndakhala ndikuphunzitsa izi kwazaka zambiri ndikugwira ntchito pa ***Kukhala ndi Moyo*** .}

Ndinagona pamenepo kwakanthawi ndikugwira Ambers dzanja ndikuyankhula ndi Lynette.

Nthawi ina ndimayendetsedwa ndi mawilo mbali imodzi ya chipinda chodzidzimutsa ndipo ndinali ndi anamwino awiri atayimirira pambali panga mbali imodzi ya trolley. Amalankhulana wina ndi mzake akunena kuti akuvutika kutenga pakati. Ndimamvetsera ndikunena kuti "ndikuthandizani ndi izi!" Onsewa adawoneka odabwitsika! Ndinafotokozerani kuti ndimagawira zodabwitsa zathanzi komanso zinthu zabwino zomwe zitha kumuthandiza. Ndinafotokozerani kuti izi ndi zomwe zimadyetsa thupi langa pompano kuti zithandizire kudzimanganso ndipo sizinali zinthu wamba. Ndinafotokozerani zakufunika kochotsa poizoni mthupi lake ndikusiya kuyikamo zina. Ndidawafotokozerani kuti zinthu zambiri zosamalira anthu ena zitha kukhala ndi zinthu zosavulaza. Ndinafotokozeranso kuti chakudya chathu sichikhala ndi chakudya chofanana ndi chake.

Ndinafotokozerani kuti maanja ambiri atha kutenga pakati atayamba kale pazinthuzi ndipo maanjawa amaganiza kuti mwina ndi zomwe zidapangitsa kusiyana. Chifukwa chake ndidamupatsa nambala yanga ya foni ndikulangiza kuti andiimbira m'masiku ochepa kuti ndimukonzere mankhwala. Ndinachita izi ngati kuti ndimangogona pa troli kukonzekera kupita kunyumba. Anatenga nambala yanga koma sanandiimbirepo ...

Adasanthula mphaka komanso ma x-ray ambiri. Ndidalimbikirabe kuti ndisakhale ndi morphine mpaka ma x-ray atatha.

Kenako adachita ma x-ray ndi mphaka zonse, sindikudziwa chifukwa chake.

Ndimakumbukira nthawi yoyamba ya x-ray ndikuganiza za zowawa ndikuyesetsa kuti ndisamawonongeke. Atandiuza kuti amayenera kuzichita mobwerezabwereza ndikukumbukira kupumula ndikungovomereza ndikulowa m'malo a Zen. Sindikukumbukira zambiri zamtundu woyamba wa ma x-ray koma kumbukirani kaye kachiwiri kaye ndi ma x-ray momveka bwino.

Mchemwali wanga Helen adalowa ndikuyankhula, monganso Michael koma chifukwa chinali chipinda chodzidzimutsa amangolowa m'modzi nthawi kupatula Amber ndipo adalola Lynette kuti abwere naye.

Ndinkacheza za zinthu, sindingakumbukire zina kupatula kuti ndinaonetsetsa kuti zokambiranazo zinali za zinthu zatsiku ndi tsiku, PALIBE ngozi kapena vuto langa.

Nthawi zonse ndimakhala womveka bwino ndikudzipereka momwe zitha kuseweredwera.

Kunali kutada kwambiri, ndikuganiza kuti panali pakati pausiku, pamene ndinakulungidwa mu chipinda cha anthu odwala mwakayakaya, panthawiyi ndikuganiza kuti ndinali kulandira morphine popeza sindikukumbukira ululuwo.

Mmodzi mwa azilongo azanga anali namwino kuchipatala cha anthu odwala mwakayakaya pachipatalachi ndipo adauza mlongo wanga milungu ingapo pambuyo pake kuti dokotalayo adauza namwino wondisamalira kuti angondipangitsa kukhala omasuka chifukwa ndimwalira nthawi ina usiku ...

Adandikweza pabedi lofewa ndipo Dokotala adandipatsa jakisoni wa morphine molunjika pamwamba pa sternum. Anati "Izi zikuthandizani kugona".

Ndidamuza kuti, "Sindigona, ndili ndi ntchito yambiri yoti ndichite". Adandiyang'ana modabwitsa, ndikufunsa "ukuthauza chiyani?" Ndinayankha "Ndili ndi thupi kuti ndimangenso !!"

Nthawi zonse ndimayika mphamvu mthupi langa kuzinthu zonse zomwe zimafunikira kuchiritsidwa. Ndidayang'ana ndikuganiza kuti ziwalo zamkati zimadzimanganso komanso "kukhala zabwinobwino". Ndinachita izi mosalekeza, usiku wonse. Sindinagone ndi kuphethira... kutanganidwa kwambiri.

Lynette, Amber, Epulo, Helen ndi Michael onse adabwera padera kudzanena usiku wabwino. Ndinapanga kunena kuti ndidzawawona m'mawa, ndimasunga zokambirana zawo komanso komwe amakhala. Adasungitsa malo otona ndipo anali atadya kale chakudya chamadzulo. Ndidagona usiku ndipo ndidayesetsa kuwauza kuti ndimawakonda ndipo ndidzakhala bwino. Ndinkafuna kuwatsimikizira kuti asadandaule popeza NDIMADZIWA kuti ndidzakhala bwino.

Ndinacheza ndi nesi kumapeto kwa bedi, sindikukumbukira zokambirana. (atha kukumbukira). Nthawi ina ndidati ndikufunika kukodza. Anandipatsa botolo ndipo ngakhale nditayesetsa motani sindinathe kukakondera ndili chigonere. Anati ngati sindingathe kuyang'anira ndiye kuti atha kuyika catheter. Ndanena kuti PALIBE njira zomwe zidzachitike!

Ndinayesa kupitirira ola limodzi kuti ndiyang'ane mu botolo koma sindinathe. Sindinakodzere kuyambira nthawi yamasana Lamlungu, kuposa maola 15 m'mbuyomu.

Kenako ndidapeza lingaliro loti ndiyimirire ndipo wee. Ndinafunsa namwinoyo kuti "Mungandithandizire pakama?" ndipo adafunsa "za chiyani?" Ndidati "ndiyimirira ndikuyang'ana" ndipo adati "palibe chomwe ndikulola kuti uyimirire!"

Ndidati "ndayimirira, mwina mutha kundithandiza kudzuka pabedi kapena ndichita ndekha!"

Kenako adandithandiza ndipo zidatenga pafupifupi mphindi 5 kuti andiimitse.

Kumeneko ndinali nditaima mu mdima wochepa nditagwira choyimilira chodontha ndi mkono wanga wakumanzere ndikukodza mu botolo lomwe namwino adandinyamulira.

Ndidadzaza ndipo idayamba kusefukira pansi. Adati "dikirani ndipezeka botolo lina" Ndidati "palibe njira yomwe ndiyimilira, sindikudziwa kuti ndidzachitanso izi". Sindinkafuna kuletsa kuyenda. Botolo linapitirizabe kusefukira pansi ponse.

Namwinoyo adayamba kuseka nati "Sindinawonepo aliyense akudzaza chimodzi mwa izi! Ndikuganiza kuti ndiyenera kungoiwerenga!"

Ndidaseka ndekha ndikuseka panthawiyi sichinali njira. Kuseka komwe ndinali nako mkati kunali kofunika kwa ine.

Zinanditengera mphindi zina 5 kuti ndigonenso. Namwinoyo tinayamba kucheza kwambiri ndipo ndimamukumbukira akufunsa zomwe ndimachita zomwe ndimayenera kukhala tcheru. Ndinafotokozera chifukwa chomwe sindimagona komanso ntchito yomwe ndimagwira.

Ndimayendetsa mphamvu mozungulira thupi langa, kuwona thupi langa likunyezimira ndikuwala ndikudzaza malo aliwonse omwe alibe kuwala kapena omwe sanali owala ngati enawo.

Umu ndi m'mene ndidachitira.

Ndinayang'ana kunja ndikulingalira kuti mikono yanga ikutambasula mlengalenga monga momwe ndimakonzera chilengedwe ndikukumbatira. Kuchita izi kumandipatsa mphamvu, kotero kuti inkangodzaza mikono yanga mosalekeza kotero kuti aliyense amasesa ndimaganza za mphamvu zochuluka motero ndimadziwa kuti ZINALI ZAMBIRI kuposa momwe ndimafunira ndekha. Ndinkangoganiza kuti ikubwera pamwamba pamutu panga pa gland (pa korona) ndikuyiyendetsa mozungulira thupi langa komwe ndimamva kuti ikufunika. Ndidaziwona zikugwiritsa ntchito milu yazitsulo, yomwe thupi langa lidasunga m'malo osiyanasiyana mthupi langa, kuchokera kuzowonjezera zabwino zomwe ndimakhala ndikumwa. Kwa zaka zingapo anthu anakonda kundiuza kuti "Nchifukwa chiyani mukumwa mankhwala ambiri owonjezera?" ndipo ndinkakonda kumwetulira ndikunena "Chifukwa ndikutha". Nthawi iliyonse ndikafunsidwa ndimangodalira ndikumangowatenga. Pambuyo pangoziyi ndidazindikira kuti ndikofunikira kumwa mankhwala othandizira kupewa komanso ngozi. Anthu ambiri alibe michere ndipo potero mwadzidzidzi matupi awo akafuna zopangira nthawi yomweyo kuti akonze ndiye kuti thupi limafunikira kuchoka kwina komwe limawona kuti silofunikira. Ndikukhulupirira kuti ili ndi gawo lofunikira pakupulumuka kwanga .

Nthawi zina usiku ndimakhazikitsa ndodo yayikulu ndipo ndinkapempha angelo anga kuti anditumizire nyanjayi ndikuitumiza. Mwanjira imeneyi ndimakhala ndi nthawi yambiri ndikuganiza za kumanganso thupi langa ndikuchita zochitika zonse mtsogolo mwanga zomwe ndimaganza kuti NDIKUFUNA kuchita.

Ndinapita ulendo wodutsa Himalaya ku Nepal m'ma 80s ndipo ndinkakonda kwambiri ndipo nthawi zonse ndinkafuna kubwerera. Kuyambira pomwe Amber adabadwa ndakhala

ndikumuwonetsa zithunzi zaulendowu ndikuyankhula za momwe zidzakhaliwe tikadzapitilira limodzi ali ndi zaka 20 ndipo ndili ndi zaka makumi asanu ndi limodzi. Nthawi zonse ndimadziwa kuti ndiyenera kukhala wachichepere kuti ndichite izi ndikukhala ndi thupi lamphamvu. Nthawi zambiri m'moyo wanga ndakhala ndikudwala kapena kumva kupweteka kwambiri msana kapena kupweteka mutu. Ndinawona uwu ngati mwayi wanga womanganso thupi langa BWINO kuposa momwe linaliri. (Sindinatchulepo " *ngozi isanachitike* " koyambirira kwa moyo wanga ..)

Usiku womwewo m'chipinda cha anthu odwala mwakayakaya chinali chomwe ndinali kuganizira kwambiri kuposa china chilichonse komanso chimakhala chotalikirapo kuposa china chilichonse.

Mmawa wotsatira dokotala wochita opaleshoniyo adafika pozungulira ndipo anali ndi anthu ambiri (Madotolo) limodzi naye , mozungulira 12 . Ndikuganiza adadabwa kuti ndidali ndi moyo.

Anaimirira kumapeto kwa bedi langa ndikuyang'ana tchati changa. Adandiyang'ana ndipo adati "wavulala kwambiri" .

Ndidamuyang'ana kumbuyo ndikuti "sichoncho" Zinali zowonekeratu kuti sindinavomereze zomwe ananena.

Iye anayankha kuti "Ine ayenera kutenga chimodzi ndi theka m'mapapo m ndi ndulu wanu. Ndikamagwira ntchito ndiziwona ngati ndikufunika kuchita china chilichonse. ”

Ndinayang'ana ndikumuloza kenako ndikunena kuti "Ndiwe dokotala wochita opaleshoni yamtchire eti?"

Anayankha "Inde"

Apanso ndikumulozera chala kenako ndidamuyankha kuti "chabwino, ntchito yanu ndikundiiza zomwe ndiyenera kuchita kuti izi zisachitike". Nditanena ine ndinaloza kwa ine ndekha ndikumubwezera kwa chiganizo chonsecho.

Anthu omwe anali naye adatembenukira kumbuyo.

Adandiyang'ana kwa mphindi zingapo, mwakachetechete, ndimafunsa angelo anga kuti atsimikizire kuti wapeza zambiri zomwe akufuna, kenako adati mwakachetechete komanso modekha, "pezani anamwino kuti akuwonetseni momwe mungapangire chifuwa chothandizidwa ndipo ndikufuna muyenera kutsokomola magazi ambiri momwe mungathere. Ndikufunanso kuti uziyenda ukupuma kwambiri ndikutsokomola magazi momwe ungathere. ”

Ndati "ok".

Ananyamuka namwino uja ndipo ine timangoyang'anizana.

Ndinali ndi sternum yothyoka ndi nthiti zothyoka...

Lingaliro la kukhosomola ndi kupuma mwamphamvu... ..

Ndinagona pamenepo kwa ola lathunthu ndikulimba mtima kuti ndinyamuke ndikuyenda.

Kenako ndinamuuza namwinoyo kuti ndikufuna amuthandize kudzuka pabedi ndipo anati "sindikukulolani kudzuka."

Ndidati "The Doc adati ndiyenera kuyimirira ndikuyenda ndikupuma mozama ndipo ndizomwe ndichite".

Adanenanso motsimikiza kuti "samathanthauza pano"

Ndidayankha, "Ndikuchita tsopano ndipo mutha kundithandiza kudzuka kapena ndidzuke ndekha."

Anali atanyinyirika pang'ono pankhope ndipo anayamba kundithandiza. Zinanditengera pafupifupi mphindi 5 kuti zindithandizire pakama ndikuimirira. Zinkawoneka ngati kuchita bwino kuyimirira pamenepo. Ndinanyamuka PAMODZI PANG'ONO. Gawo limodzi pamasekondi asanu aliwonse. Ndinapuma kwambiri ndipo ndinali kutsokomola magari momwe ndinali kuchitira kanthawi kochepe nditagona. Nthawi zonse ndikakokolola magari ndimasiya. Kenako tinanyamukanso. Ndinali nditatenga pafupifupi masitepe 15 kuchokera pabedi ndipo ndidafafanizidwa. Ndinanalibe mphamvu zotsalira ndipo ndinacheuka ndipo sindinakhulupirire kutalika kwa bedi. Ndinagwira masitepe 15 kubwerera pabedi monga ndimachitira usiku watha. Ikani zowonera zanga ndikuwona thupi langa likuyankha. Ndinagonanso pabedi ndikugona komweko ndikuchira.

Thupi langa linali lofooka modabwitsa. Ndathamanga ma marathoni angapo m'moyo wanga ndipo masitepe khumi ndi asanuwo anditopetsa kuposa ma marathoni onse.

Pangozi iliyonse minofu mthupi langa idali itataya mphamvu ndipo zinali ngati ndili khanda kuti ndimangenso mphamvu ya minyewa yonse.

Ndinapitiliza kugwira ntchito yolowetsa mphamvu mthupi langa ndikuganiza kuti thupi langa limadzimanganso.

Namwinoyo anali atakhala kumapeto kwa bedi langa akundiayang'ana monga wina anali kuchita usiku wonse.

Pambuyo pa ola limodzi ndinati ndinali wokonzeka kuzichita zonse. Anandithandiza ndipo ndinanyamuka. Pamapeto pake ndinkagona pamiyendo yathunthu m'chipinda cha anthu odwala mwakayakaya.

Apanso ndinabwerera pabedi langa nditatheratu.

Nditagona pamenepo namwino adandifunsa, "kodi ukudziwa kuti uli ndi mwayi?"

Ndidayankha, "Sindikuganiza, mwina chifukwa chake mukundifunsa funso ili"

Iye anati, "Pali chinthu timatcha liwiro imfa kwa ena pangozi ya galimoto , izi zikutanthauza kuti kuti liwiro ndi pamwamba aliyense mu galimoto akamwalira . Mutu pa mwansanga mu chinthu n'kupuma (ngati mzati a) liwiro imfa sikisite km / hr. Sabata ino takhala anthu awiri osiyana mu pano amene anali chimodzimidzi ngozi ngati inu, mutu pa kugunda molunjika mu mtengo. Iwo onse anali kuchita sikisite makilomita ola ndi onse a iwo anafa, koma inu mumachita 85 km / hr ndi munalipo. Ndiwe wokongola mwayi. "

Ndidadziwa kuti sizinali mwayi komanso ndidazindikira kuti sakufuna kudziwa momwe ndidachitira. Ndinagona pamenepo ndikufunsa angelo anga kuti "ndapuluma bwani ndipo sanapulume?"

Yankho lochokera kwa iwo linali lomveka bwino ndipo "mudapempha thandizo"

Ndinawafunsa kuti, "enawo achita chiyani?"

Iwo adati "iwo amangodalira mzati ndikunena kuti" O ayi !! Ndikufa! ' ndipo amafa. "

Ndinagona pamenepo ndikuganiza za izi kwakanthawi.

Ndinaganiza za ntchito zonse zachitukuko zomwe ndadzipangira ndekha pazaka zambiri zapitazi komanso momwe ndimafunira kudziwa malire anga (kapena kupanda malire kwanga) komanso momwe ndaphunzirira kudzidalira komanso zomwe ndimamva. Ndinaganiza zakukula kwanga momwe ndimakhudzidwira ndi zomwe ena onse amaganiza za ine, komanso ngati ndimachita chinthu "choyenera". Ndinaganiza za zinthu zambiri. Ndinadziwa kuti sichinali mwayi ...

Ine ndinayang'ana mmbuyo pa moyo wanga ndipo anazindikira kusankha ndinapanga pamene aliyense anali kundiwuzwa ine kuti ndichite chinachake chimene *iwo* sanatero, koma ndinadziwa kunali bwino kwa *ine* .

zaka 5 chichitikireni ngozi ndinali kuchita masewera mu ntchito yanga anthu pafupifupi 100, ndipo anayamba potiuza nthano ya nthawi ndinapita kumwamba pamadzi, ndiye mkati mwa maphunziro Mwadzidzidzi ndinazindikira kuti ngati ine sanapite kumwamba pamadzi I mwina mwina anafa pangoziyi. Ine ndinayima kutsogolo kwa chipinda mowonekera anagwidwa ndi kumverera woyamikira kwa mphamvu yanga ndi kufunitsitsa kum'tsatira kudzera ndi chimene ine ndikudziwa mu mtima mwanga kuti ngwadidi kwa ine. Taimani inu nkhani ...

Back mu Mipingo m'ma (m'ma wanga makumi) ndinali kukhala mu tawuni yaikulu m'dziko Victoria ndi usiku wina ine ndinali kuwonera mmodzi wa iwo mapulogalamu m'moyo ndipo panali gawo pa Mgwilizano kumwamba pamadzi kumene inu anamangirira nokha kwa munthu amene wachita angapo zikwi kudumpha kotero iwo akudziwa chimene akuchita ndiyeno inu ndilumphepo ndege mwangwiro wabwino ndi chowongolera padziko lapansi ufulu kugwa. Ine ankafuna kuchita kumwamba pamadzi kwa zaka koma ankadziwa kuti ngati ine ndinachita izo zokha kuti ayenera kufa. Ine ndinali nako kumverera zoipa za chingwe osati ntchito ndi chute osati kutsegula. Choncho ndi tandem kumwamba pamadzi Ine analibe nkhwana kuti monga munthu wodziwa angazichite vuto lililonse.

Ndidayimba foni pawalesi yakanema m'mawa mwake ndikupeza komwe adalumphira pansu. Kunali kunjwa kwa Sydney . Izi zinali bwino chifukwa bambo anga amakhala ku Sydney ndipo ndimatha kupita kukakhala nawo ndikubwereka galimoto. Ndidasungitsa ndegeyo, ndikumumbira foni ndikumuuza kuti ndikubwera, (ndinali wanzeru osamuza chifukwa chomwe ndinkabwerera).

Ndinafika ku Sydney patatha masiku anayi nditawona chiwonetserocho ndipo ndinabwereka galimoto ndikuyendetsa maola awiriwo kupita ku bwalo la ndege lomwe ankagwirako ntchito.

Ine angawonjezere kuti pa nthawi imeneyi ndinali ndi mavuto ambiri pa ubwenzi. Ndinkakonda mtsikanayu koma ntchito kunjwa. Inenso ndinali kuwerenga bukhu la Richard Bach yaitanidwa Bridge Across Kosatha. Bukuli linali za mfundo akazi moyo ndipo ngati ife kwenikweni zoyembekezeka kwa munthu weniweni. Gawo la bukhu ine ndinapezeka kuwerenga pa nthawi imene ndinafika ku Sydney anali pamene Richard sanathe kusamalira ubwenzi ndi moyo wake, komanso anapita mu yaing'ono umodzi ndege injini . Iwo anagundidwa ndi chute sizinagwire ntchito. Zinali modziwika ngati chimene ine ndinali nditakhala ndekha chifukwa. Ine ndinkadabwa ngati Mzimu ndinali kuyesera kundiwuzwa kuti tinyamuke ngati ndifa nthawi yanga. Mu mtima mwanga, ine ndinkadziwa kunali kofunika kuti lithe. Ndinadziwa ankafuna kugonjetsa imfa. Ndinadziwa kunali kofunika. Panapita zaka 20 kwa ine kumvetsa kufunika. Ndikudziwanso kuti anthu masiku awiri Sydney chindikweze mwamphamvu mu moyo wanga Kankhani mwa mantha osati lizilamuliridwa ndi osadziwika lapansi.

Nditafika pabwalo la ndege linali lotanganidwa ndi ndege zonyamuka komanso anthu akuyenda paliponse. Linali tsiku lokongola kwambiri kamtambo kakang'ono kwambiri ndipo dzuwa limawala.

Ndinalembetsa ndikulipira ndalama zanga. Iwo anafotokoza kuti ndalamazo sizinali zobwezedwa. Adandipititsa ku maphunziro ndikundienerera.

Mphepo idanyamuka ndipo adauzidwa kuti pamwamba pa liwiro linalake la mphepo sangathe kuyenda pansu pamadzi ngakhale kumangodumphirabe m'mlengalenga kumachitikabe. Masana pomwe ndimadikirira kuti mphepo ithe, ndinawerenga buku langa ndikuwonanso momwe m'mlengalenga mumadumphira ndikuyendera chimbudzi nthawi zambiri kotero kuti sindinasowe kalikonse mwa ine...

Ndinadikira tsiku lonse kuyambira 10 m'mawa mpaka madzulo . Anapepesa kwambiri ndipo anati ngati ndikabwerako 5 koloko m'mawa mphepo imangokhala yotsika nthawi imeneyo ndipo ndimatha kudumpha. Ndidati ok ndinyamuka kumapita kunyumba.

Ndinafika kunyumba ndikudya chakudya chamadzulo, ndinawerenga buku langa usiku wonse, ndimafuna kudziwa ngati Richard amwalira. Ndimayesetsa kuti ndione ngati pali uthenga uliwonse wonditumizira m'bukuli. Nkhaniyi idachitika ndisanaphunzire kulankhulana momveka bwino , munga momwe ndikuchitira pano , ndi angelo anga / othandizira mwauzimu.

Ndidadzuka m'mawa ndikudya kadzutsa pang'ono podziwa kuti chilichonse cholowa panthawiyi chimadutsa mwa ine...

Ndinafika pabwalo la ndege nthawi ya 5 koloko m'mawa ndipo mpweya udali bata. Anyamatawo adadabwa kuti ndabwera. Iwo anati palibe **amene** wabwerako tsiku lotsatira. Ananditengera mu ndege ndipo pamwamba ndinauzidwa kuti nditsike pa mbale yachitsulo pamwamba pa gudumu. Mbaleyo inali yayikulu mokwanira phazi limodzi ndi theka. Ndinali nditapachikika pachitsulo chachitsulo **mwamantha kwambiri** . Ndimamva ngati ndikudumpha ndikufa.

Sindikufuna kuti nditulutse ndipo ngati ndimayenera kufa pano ndipo zikhale chomwecho. Mnyamatayo womangirizidwa kwa ine adafuula "Jump" ndipo ndidamusiya. Panthawiyi Ine chochita chikumbumtima theka. Maso anga anali otseguka koma chilichonse chinali chakuda. Ine sindinali bwino kudziwa malo anga, kapena kumene ine ndinali kapena chimene chinali kuchitika. Koma ndimatha kumva mawu kutali. liwu akulira pa ine tuck miyendo yanga ngati ife tinali angagwere munthu. Pakamwa pake panali pafupi ndi khutu langa koma zimamveka ngati anali mtunda wa mile. Patapita kanthawi pang'ono ndinakweza miyendo yanga, osadziwa kwenikweni zomwe zimachitika kapena chifukwa chake. Zinkawoneka ngati loto komanso kuti ndimadzipinditsa ndikukhala mwana ndipo sindimadziwa zomwe zimachitika kapena komwe ndimakhala. Pamene ndimakwera miyendo yanga, tidatuluka kunja kwa sapota ndipo adandiuza "sekondi imodzi ndipo ndimakoka chingwe".

Tinali afulu kugwa pansu ndipo ndimadziwa kuti panthawiyi palibe **chilichonse** chomwe ndikadachita. Ndikadamwalira pakadali pano sindinathe kuziletsa. Chifukwa chake ndidaganiza zokasangalala ndi ulendowu . **Ndinavomera mkhalidwe wanga.**

Ndinayang'ana pozungulira ndipo sindinakhulupirire momwe zinali zodabwitsabe kukhalabe ndikumva kugwa ndikufulumira.

Pambuyo pake adakoka chingwe ndipo ndidatulutsa "whoopee" !!! Adandiuza "Onse amachita izi". Tinatsika ndikugwera mkati mwa bwalo laling'ono. Osiyana ena onse akumwamba adadza kwa ine ndikufunsa "Kodi mumazikonda?"

Ndidayankha "Zachidziwikire!"

Kenako adati "Ndiye mupanganso?"

Ndidayankha "Ayi"

Onse adandifunsa,

"Kulekeranji?"

Ndinayang'ana "chifukwa tsopano ndakhalako ndipo ndachita izi!"

Izi zidandikhazika mtima pansi kotero ndidatha kumasula kuopa kufa.

Kubwerera kuchipatala m'chipinda cha anthu odwala mwakayakaya.

Masana ndinali ndimangoganizira zodzichiritsa ndekha.

Kachitatu ndidadzuka kuti ndiyende ndikupuma mwamphamvu ndidayamba kuzungulira mosamala kwambiri. Nthawi iliyonse ndikapita kokayenda, namwino anali pafupi ndi ine wokonzeka kuthandiza ngati pakufunika kutero. Sanandigwire poyenda, ndikuganiza kuti adawona kufunikira koti ndichitire ndekha.

Kachitatu anandifunsa kuti "Mukuwona chiyani pafupi ndi inu?"

Ndidayankha "Anthu ambiri osadziwa kanthu"

Kwa maola 16 kapena kupitilira apo ndinali kuchipatala chachikulu inali nthawi yokhayo yomwe ndimayang'ana odwala ena, sikuti ndimangowanyalanyaza ndikuti sanali mchikumbumtima changa kapena kuzindikira kwanga.

Kenako adati "Mukuganiza kuti ndichifukwa chiyani?"

Ndinagwira dzanja langa kwa iye, ndikutambasula dzanja langa ndi kunena kuti "Sindikufuna kudziwa, ndikulingalira kuti ndichira!"

Kenako anandiuza kuti "Ndakhala ndikumuibira foni dokotalayo mphindi 15 zilizonse ndikumuuza kuti simuli m'gulu langa la anthu odwala mwakayakaya". Ndinamwetulira ndipo ndinagwirizana naye.

Nthawi iyi ndikuyenda kwanga ndidachita zonse ziwiri m'chipinda chachikulu. Tili m'chiuno chachiwiri anandifunsa "Kodi ungonde kusamba?"

Ndinamuyang'ana ndipo ndinati ndikutero ndipo ndikutsimikiza kuti zingandithandize kuti ndikhale bwino ndikumverera bwino ndikutsitsimutsidwa.

Nditabwerera kukagona, adati akakhala kanthawi pang'ono kukonzekera ndikuti abwera kudzanditenga posachedwa. Tsopano anali atandisiya ndekha. A chizindikiro mfundo yakuti kundiona kupeza bwino (ngakhale kuti sindinali kudziwa zimenezi).

Patatha theka la ola adabweranso kudzanditenga. Ndidadzuka ndikufunikirabe thandizo lake ndipo tidanyamuka kukasamba.

Adandivula ndikundikhazika pansi wamaliseche m'modzi mwa mipando yoyera ija ndikuyika shawa lam'manja ndikukwera mmanja mwanga ndikuti abwerera posachedwa. Sindingathe

kusuntha chilichonse, zomwe ndimatha kuchita ndikungokhala momwe amandiyika. Sindinathe kuyendetsa madziwo nkomwe.

Zikuwoneka kuti wapita kwakanthawi atabwerako ndikukakweza mutu wake pakhomo. Adandifunsa ngati ndikuchita bwino pomwe ndidati inde. Kenako adati "Ndili ndi anamwino pano kodi zili bwino ngati abwera?" Ndikumwetulira kwambiri ndidafunsa "ndipo akufuna kuwona chiyani?" Anayankha ndikuseka mwachidwi "Akufuna kukuwona mukusamba!" Ndinaseka ndikunena kuti "ndimaganiza choncho ... abweretseni!"

Anamwino ena onse anali atadzazana mchipinda chosambitsira pomwe ndidakhala pomwepo ndili wamaliseche ndikugwira rose losamba. Namwino wanga anati "liti D Inu mukuganiza odwala mwakayakaya wagawo wakhala pano?" Ine ndinati "Sindikudziwa, mwina zaka 70 ndikuganiza." Adati "inde, ndipo ndiwe woyamba kusamba mmenemo. Ife sanathe asanaganize chifukwa iwo anaika kusamba mu akayakaya Unit kumene anthu amapatsidwa chinkhupule osambira! "

Tonse tinaseka.

Anapitiliza kufotokoza momwe shafa limagwiritsidwira ntchito ngati chipinda chosungira kotero amayenera kuchotsera ndikutsuka.

Lynette ndi Amber ankandiyendera kawirikawiri masana.

Pafupifupi 4 koloko masana dongosolo linabwera mwadongosolo ndipo linandiyendetsa pa Wheel mu Intensive Care ndikunditengera kuchipatala.

Nditakwezedwa mawilo kupita kuchipatala, a Lynette ndi a Amber adandiyendetsa pagalimoto yopita kuchipatala ndipo tonse tidadya limodzi ndikukambirana nkhani wamba.

Lolemba usiku ndikadakhala kuti ndimagona koma panali namwino wochokera ku gehena pa wadi yemwe adawombera ma tray onse ndi mops ndi zidebe ndikuyenda mokweza usiku wonse.

Ndinali kupaka m'kamwa mwanga kirimu chapadera kwambiri komanso ndimalandira zowonjezera mavitamini zomwe ndimamwa tsiku lililonse . Lynette anali atandibweretsera .

Lachiwiri m'mawa mwadongosolo adabwera ndikunditengera ku x-ray kachiwiri ndipo adatenga ma x-ray ochulukirapo kenako adandiyendetsa pabedi langa.

Ola lililonse ndipo nthawi zina nthawi zambiri ndinkapita kukayenda kukwera kapena kutsika m'makonde kwinaku ndikupuma mwamphamvu komanso ndikutsokomola magari pang'ono. Ndinali wodziyimira pawokha ndikuyenda pang'onopang'ono pang'ono kuposa kuyenda wamba.

Ndinali ndi mafoni angapo komanso alendo ochepa. M'modzi mwa alendowa anali namwino wachipatala yemwe anali mnzake wa azichemwali anga.

Ndili mchipinda china namwino adabwera yemwe amaphunzira zomwe zimayambitsa kuvulala pang'oni zazikulu zamagalimoto kuti opanga magalimoto asinthe kapangidwe ka magalimoto kuti achepetse kuvulala kumeneku.

Adafunsa mafunso ambiri

Funso limodzi linali "kodi panali chilichonse chomwe chimasokoneza masomphenya anga?"

Yankho langa linali "Inde"

Adafunsa "Ndi chiyani chimenecho?"

Ndinayankha "Zikope zanga!"

Adalemba izi osazindikira kuti ndapanga nthabwala kenako adandiyang'ana ndipo ndimamuwona akundiyesa. Kenako adaseka.

Kenako ndidati "fumbi la airbag lidandilepheretsa kuti ndione komwe ndingayendetsere galimoto kumalo achitetezo"

Namwinoyo analinso sisitere. Adalankhula nane zodabwitsa kwambiri kuti ndinali wamoyo. Pomwe anali kundifunsa mafunso injiniya anali kuyesa galimoto yanga. Patadutsa sabata imodzi pomwe ine ndi mnzanga Michael tidapita kukawona galimoto ndikutola zochepe kuchokera mmenemo munthu amene anali kuyisunga adafunsa "ndi anthu angati omwe afa mmenemo?" Michael anati kuti palibe wina di E D, ndipo inu muyang'ana pa munthu amene anapuluma izo. Adadzidzimuka ndipo adati ndizodabwitsa kuti ndinali wamoyo (kapena mawu ofanana nawo)

Lachitatu m'mawa dokotalayo anabwera kudzandiwona ndipo anakoka nsalu yotchinga mozungulira ndipo anali kugwedeza mutu wake uku ndi uku akunena kuti "Sindinaonepo zoterezi..."

Pakadali pano ndimaganiza kuti, "mwina izi ndi zoyipa kuposa zomwe ndakhala ndikulora kuti ndizindikire .."

Anati, "Sindinakhulupirire ma x-ray omwe ndidatenga dzulo kuti ndidamuyimbira dokotala wamkulu wamtchire ku Melbourne ndipo iye ndi ine takhala tili maso kwa maola 24 tikungoyang'ana ma x-ray kuyambira Lamlungu madzulo ndi dzulo m'mawa anavomera ndi momwe ndinapezedwera koyambirira kuti ndatulutsa m'mapapu anu theka ndi theka. Akugwirizananso ndi zomwe ndapeza pano, kuti tsopano muli ndi mapapu awiri atsopano a wachinyamata yemwe samasuta "

Ndidati "ndili ndi zaka 43"

Iye anati, "Ndikudziwa..."

Ndinali wokondwa kwambiri... ndinali nditachita bwino...

Ndinafunsa "chikuchitika ndi chiyani tsopano?"

Iye anayankha kuti, "Upite kwanu"

Ndinafunsa "posachedwa bwanji?"

Anayankha "mwachangu momwe angathere. Ndikumva mukuchita njira kuchiritsa ndi kuti Y ou ali komanso kutenga zowonjezera, ndipo izi bwino ndi kugwira ntchito kwa inu ndipo inu mudzakhala bwino kunyumba. "

Lift yanga itafika patadutsa ola limodzi kuti idzanditengere kunyumba, ndidatuluka mchipatala ndili ndekha.

Pasanathe milungu iwiri chichitikireni ngozi ndidatha kugundana pachifuwa ngati Tarzan.

Nthiti zanga zosweka ndi sternum yothyoka zinali kuchira bwino.

Kodi sizingakhale zodabwitsa ngati tonsefe timadzidalira tokha ndi malingaliro ndi zolimbikitsa zomwe timatenga?

Kodi timadzidalira motani?

Ndikudziwa zaka zapitazi kuyambira 1987 chikhulupiriro ndi chidaliro chomwe ndili nacho mwa ine komanso zomwe ndimatha , chawonjezeka kwambiri. Izi zili choncho makamaka chifukwa cha ntchito yomweyi yomwe ndimagwiritsa ntchito kudzera pa www.enjoyinnerpeace.com.au Tsamba lino pali zinthu zambiri zomwe zimakuthandizani kuti mukule ndikukula kwanu kwauzimu mukakhala kunyumba kapena kudzera mukugawana ndi ena omwe ali ndi malingaliro ofanana paulendo womwewo.

Ngati mukufuna kuphunzira momwe mungagwirire ntchito ndi Maupangiri Anu Auzimu monga John kapena mukufuna kudziwa zambiri za inu, kumene mumachokera , kumene mukupita komanso chifukwa chomwe mwabwerera , pitani ku h ndi tsamba la www.chisangalalo.com.au

Kamodzi komweko patsamba lake

Choyamba penyani kanema wa mphindi 20 patsamba la Nkhani Yathu

Kachiwiri mugule eBook.

Chachitatu mutha kugula Pulogalamu Yophunzirira Kunyumba , yomwe mutha kuzigwiritsa ntchito panokha , m'nyumba mwanu

Chachinayi dzilembetsani nokha kuti mukambirane kamodzi pa Mbiri Yoyambira komwe mumakhazikitsa / yeretsani njira ziwiri zolumikizirana ndi omwe amakuthandizani.

Malinga momwe mukufuna kutsata kukula kwanu kwauzimu kumeneko ndi zoposa 600 maphunziro pa ubwenzi ndi zina zambiri amapezeka.

Fufuzani webusaitiyi www.enjoyinnerpeace.com.au ndipo ndili ndi mafunso omwe mungafunse .

John amayendera dziko lapansi kuphunzitsa anthu momwe angalankhulire ndi Maupangiri Awo Auzimu, kudzidalira, kupeza cholinga chamoyo wawo ndikulimba mtima kuti azitsatira. Ngati mukufuna John kuti abwere kudera lanu ndiye [muthanani](http://www.enjoyinnerpeace.com.au) naye kapena antchito ake kudzera pawebusayiti ya www.enjoyinnerpeace.com.au .

Komanso ngati inunso muli bwino English ndipo pali zolakwika mu translati pa ochokera m'Baibulo la English kuti izi Baibulo lotembenuzidwa chonde ofesi langa ndipo ngati muli okondwa kuti recheck kumasulira kwa ife ndiye ife mosangalala patsogolo mawu chikalata Baibulo kwa inu kuti musinthe. Zikomo pasadakhale chifukwa chotithandiza ☺

