

# Kinyarwanda – Kinyarwanda

## Ibishoboka...

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Iyi ni inkuru izagutangaza ndetse ishobora no kuba ufite ikibazo cyo kwemera ibyabaye mubyukuri. Niba wiboneye a " igitangaza nka " muhango ubwawe , cyangwa kuba umuhamya umwe , ubu uzi si wowe wenyine kandi ' s ok insiguro ku bijanye. Byinshi muri ibyo bitangaza bibaho abantu bakabirukana kubera imyifatire yabari hafi yabo. Nahawe umugisha numubyeyi wemera ibitangaza kandi akabyiteza imbere.

Ibi isn ' t gusa inkuru, ni ' s akaryo kuko no kumenya ko icyo bishoboka mu buzima bwawe bwite. Binyuze mu nkuru nzavuga kubyo nize nuburyo naje gushobora kwitoza no guteza imbere ubu buhanga , nizera ko twese dufite.

Sinari gusa Gukeka ibyo bakeneye , nubwo kare mu buzima bwanjye nari nizigiye ibyo kwizana azi no ku myaka 28 natangiye Gikora moshi , bikorwa no guteza imbere ubumenyi aya icyumviro ko iyi nkuru yari gusa bishoboka , ariko ahari, birashoboka, ndetse byanze bikunze . Nari mfise intumbero ni kukwereka ko ushobora kumenya ubumenyi aya Kurema impinduka mu buzima bwawe naho mu bihe wowe ubwawe kubona mu .

Niba wifuzaga kongera kugenzura ubuzima bwawe be n'ukuntu ivyacu vyifashe maze gusoma ku na kubonana nanjye kugira dushobora gutangira gahunda yo namwe. Niba usanzwe uri mu kugenzura byose kandi ni myiza ubwato kuko rero uri nkanjye. Sinari gushaka ikintu nk'iki ibyo ngiye gutura hano , kuko nari yamaze neza kandi kurema ibitangaza mato asanzwe mu buzima bwanjye. Ni nasanze ari ko ibyo yahawe ngo igihe nari 28 Gushoboza d ngo bworoshye kwigisha abandi gukora neza ibyo nkora. Vyinshi mu buzima bwanjye nari kuvuga uyu ngo abandi na bo batari ahantu ko yemeye cyangwa kumvikana ivyo nariko gusangira ku. Ibi birashoboka nawe. Hamwe na bamwe muri twe, isomo ryacu ni ukurushaho kuba mwiza mugusangira nabandi ibyo dusanzwe tuzi. Kuri s ome muri mwe wiga aya makuru wenyine .

Ibyo aribyo byose kuri wewe ndabizeza ko hano hari agaciro kuri wewe nubwo kumena urubura ibintu twatekerezaga ko bidashoboka mubyukuri birashoboka kandi birashobora no kuba...

Ok rero inkuru nuko nasinziriye ku ruziga rw'imodoka yanjye niruka mu mutwe wa pole hanyuma nimugoroba birangirira mu gice cyita ku barwayi kandi abaganga ntibategereje ko nzarara. Bukeye bwaho, yashakaga gukuramo 1.5 mu bihaha byanjye no mu zindi ngingo .... Nyuma y'iminsi 2.5 nasohotse mu bitaro ntabazwe.

Noneho... ..

Niki gishoboka mugihe... ..

- Nzi intego yanjye
- Nizeye ubwanjye kugeza aho niteguye gukurikiza irari ryanjye n'umutima wifuza kandi mpa agaciro ibyiyumvo byanjye hamwe na inspirations

Ubuzima mbere yimpanuka yimodoka

Kubuzima bwubuzima bwose nari nzi ko nzafasha abantu kwiyizera hamwe nubushishozi bwimbere. I Yatangiye ubucuruzi abantu inyigisho aho baje kuva, aho bagiye no co gituma bari hano, gusobanukirwa mu vy'impwemu. Nari nigishije iki gice kuva 1987 .

Aho gukura ubu bucuruzi bwo mu mwuka narangaye ntangira ubundi bucuruzi .

Iyo ubucuruzi bwanjye bwakuraga kandi nkabukuraho rwose ni ukubera ko nari nibanze ku gufasha abantu ubuzima bwabo mugihe nkorana umwete ubuzima bwanjye. Nafataga ibyubaka umubiri bidasanze kandi nkabwira abantu bese ibisubizo byanjye (bishobora kuba byaratewe nibi byongeweho) .

Nyuma yo gutangira gufata izo nyongera niho ibintu bisa nkaho bitangiye guhinduka mumubiri wanjye. Namenye kera igihe umuntu gufata icunyunyu na bo ntabwo abona itandukaniro hanyuma icunyunyu ashobora kuba bidahagije kuko akeneye umuntu. Udukuru ibisata utuye impinduka, urebe ra bo kubonekera kongera ubuzima bwabo no mukura DING ubwabo umubabaro, ko bari baje kwemera gusa, yari buteye cyane kuko nanjye. Nari narimaze ubuzima bwanjye bwose mububabare kandi ntamuntu numwe washoboye gusobanura ukuri kworoshye, ko igihe nabishyize mubikorwa, byagize uruhare runini mubuzima bwanjye. Nibwo nahise nibanda cyane ku gufasha uwiyeze ashaka ubufasha.

Niyemeje gusezerana ko igihe amafaranga yanjye asigaye muri ubu bucuruzi bwubuzima agera ku \$ 5000 ku kwezi nzasubira mu gufasha abantu kwiyumvamo ubwabo mu mwuka n'urugendo rwa ir mu buzima. Amafaranga yinjiza yakomeje kwiyongera arenga \$ 10,000 ku kwezi kandi nari nibagiwe amasezerano yanjye. Intego yanjye yose yari yarahindutse kubyerekeye kwinjiza amafaranga menshi. Nuburyo natangiye kumva abantu bangose bafite intego mubuzima bwabo ni amafaranga. Sinari kubona nari kure wandika ibyo *nari* yashakaga gukora na *yanjye* ubuzima.

Ni kangaha bibaho ko ibyo imitima yacu itaka, duhagarika kugeza ikindi kintu kibaye. Kubantu benshi muri iki gihe, ibi akenshi bifitanye isano namafaranga.

Icyo gihe ni bwo... ..

Impanuka y'imodoka 29 Kamena 2003

Nari norohereje ingando yubuyobozi kubucuruzi bwubuzima bwacu muri wikendi mucyaro. Ku cyumweru, abantu bese bari bananiwe berekeza mu rugo nyuma ya saa sita.

Nahagurutse nka saa yine z'ijoro kuko nagize gahunda munzira yo gutaha hamwe nabakiriya bamwe. Lynette ( umugore wanjye icyo gihe ), Helen (mushiki wanjye) nabandi bamwe bakomeje gutsimbarara ko mfite umuntu ugendana nanjye kugirango dukomeze. Nari nsobanutse neza ko ngomba kugenda njyenyine.

Nerekeje mubyishimo byinshi rwose nishimiye akazi twakoze muri wikendi. Icyumweru cyari kiyanye no gufasha abantu kugira uruhare mubyo bagezeho no kumenya ko bafite kugenzura ibizagerwaho mubuzima bwabo.

Nageze mu mujyi nk'isaha imwe mu rugendo rw'amasaha atatu numva ndushye cyane kandi nsinziriye. Kurundi ruhande rwuyu mujyi nasinziriye ku ruziga. Ikigaragara nuko hari umuntu ukurikira bambwira ko natangiye kuboha, ariko nkaguma kumuhanda, kandi natangiye kugenda buhoro.

Imodoka yanjye yazengurutse umuhanda unyura mumodoka igenda kandi iyo nkubise umwobo kurundi ruhande rwumuhanda umufuka windege urabyuka ndabyuka. Iyo imifuka yindege yuzuye imodoka yuzura ifu yera kuburyo ntashobora kubona ikintu. Ntabwo nashoboye kumenya impamvu ntacyo nabonye.

Kubera ko nta kintu na kimwe nashoboraga kubona, sinari nzi aho nayobora imodoka maze nkubita igishyitsi ku muryango w'iburyo w'iburyo, nerekeza ibumoso cyane hanyuma nkubita ku nkombe nfitse umuyoboro urimo (inzira nyabagendwa) ) n'amapine abiri y'imbere yarasohotse. Nahise nkubita irembo iburyo bwanjye mpindukira ibumoso. Numvise imodoka igenda kuruhande rwurugomero runini rugana hepfo. Uyu wari umuyoboro wimbitse wa "V". Nari muni yumugezi ugana kuruhande.

Umukungugu wo mu kirere wari waragabanutse bihagije kugirango mbone inkingi y'amashanyarazi izamuka imbere yanjye... byihuse. Nagerageje kugenda, imodoka ntiyitabira na gato (nasanze nyuma amapine yaturitse).

Ako kanya mbona inkingi izamuka, ubuzima bwanjye bwarenze amaso yanjye. Nabonye Lynette ( icyo gihe umugore) na Amber (Umukobwa w'imyaka 3) n'intego yanjye kandi nari nzi ko iki atari igihe cyanjye cyo gupfa.

Nabwiye abamarayika banjye nshimangiye

Ati: "Ntabwo aribyo, ibihe byanjye ntabwo biri hejuru!"

Mu kanya mvuze ibi, itara ryera ryinjije mumodoka kuva hejuru rirankikiza umuzunguruko rirampfunyika mu kato k'ingufu zo gukingira. Muri icyo gihe, nahawe iyerekwa ry'imodoka yikubita mu giti ndaza kuruhukira hamwe nanjye hanyuma nza kugenda ngenda imbere y'imodoka hamwe n'abagabo babiri bafasha, umwe ku mpande zanjye. Nahise NZI ko nzaba meze neza.

Nisanzuye niyegurira impanuka, nzi ko nzaba meze neza. ***Ntabwo natinyaga na gato kandi nizeraga rwose.***

Nakomeje kumenya igihe cyose kandi uko imodoka yaje kuruhuka nari nzi ko igikomere cyanjye cyo mu gatuza cyari gikomere ariko sinigeze mbyemera, ndetse no mu gice cy'isegonda, natekerezaga ko nzapfa. Nizeraga iyerekwa nahawe nitsinda ryanjye ryabafasha mu mwuka mfasha kure yimpanuka kandi meze neza.

Imodoka yagonze inkingi (abapolisi bagera kuri 85 km / hr) rwagati imbere yimodoka hanyuma iza kuruhuka. Umuntu ukurikira ati nihuse muri pole. Ikigaragara nuko ibi bibaho nkuko abantu batamenya ko basunitse kuri moteri ntabwo feri.

Imodoka yaje kuruhuka ndarwana urugamba rwo kwinjiza umwuka mubihaha byanjye. Byari nkumuyaga (nyuma nasanze ibihaha byanjye byuzuye amaraso).

Nta maraso yari ahari. Mubyukuri gukata kwonyine nakuye mu mpanuka ni agace gato ku shitingi yanjye y'iburyo yatembaga santimetero imwe gusa y'amaraso.

Abagabo babiri baje biruka berekeza iruhande rwanjye rw'imodoka ndataka nti imodoka yari irimo umuriro (umukungugu wo mu gikapu wasaga n'umwotsi) bagerageza gukingura urugi rw'imodoka maze basubizwa inyuma kubera amashanyarazi.

Twasanze imodoka yarahawe amashanyarazi na bateri yimodoka.

Ubu nashoboye guhumeka neza.

Nahise mfata umuzingo w'amafaranga 700 nari mfite muri konsole na terefone ngendanwa.

Bagerageje inshuro zitari nke gukingura urugi kugeza bakinguye urugi rwabashoferi bashyira intoki zabo hejuru yumuryango aho zari zikubise hanyuma barikuramo. Igihe cyose bari bafashe umuryango bahuye n'umuriro w'amashanyarazi. Ikibaho cyose ku modoka cyari cyarashize. Imodoka yari ngufi! Urugi rw'abashoferi narwo rwangiritse kubera igishyitsi mu mwobo.

Urugi rumaze gukingurwa baravuze ngo ntukore ku gice icyo ari cyo cyose. Nahise rero nitonze nzenguruka hafi ya santimetero imwe hanyuma nsohoka njyenyine. Abagabo bombi bafashe ukuboko baranyobora hafi yimodoka ndicara. Ibi byabaye nkicyerekezo nagize.

Nari nzi mu mutima wanjye ko ndamutse ndyamye nzapfa. Nari nzi ko ndamutse nkomeje kwicara nzaba meze neza. Nicaye napfukamyeye, amaboko mfata igituza n'umutwe wegamyeye imbere. Mu kanya nicaye natangiye gukoresha imbaraga mumubiri wanjye mbona mubitekerezo byanjye byose imbere bikosora neza kurusha mbere. Buri segonda Nibanze kumurimo wo kubaka umubiri wanjye.

Imodoka zahagararaga ahantu hose.

Imifuka yo mu kirere ntacyo ikora mu mpanuka nyinshi zagonganye, kubera ko zoherejwe ningaruka zambere, mubihe byanjye byari umwobo ntabwo ari igihe nabikeneye. Isakoshi yo mu kirere ntacyo yari imaze igihe nakubitaga inkingi (mubyukuri hari ibibyimba biva mu kiziga aho nakubise).

Hari ku isaha ya saa kumi n'imwe z'umugoroba ku cyumweru nyuma ya saa sita mu gihe cy'itumba, haracyari urumuri ariko hari hakonje, huzuye umuyaga ukonje.

Abantu baza biruka.

Umugore yaje yunamyeye iruhande rwanjye ambwira ko ari umuforomo. Yambajije ibibazo byinshi, nibuka ko navuze ko meze neza ariko nkababara cyane kandi nkagira ikibazo cyo guhumeka.

Umuntu yashyize ifeza "ikiringiti cyumwanya" hafi yanjye kugirango ashyushye. Umuyaga ukonje wahuhaga mu mugongo.

Lynette yagendaga hafi isaha imwe inyuma yanjye kuburyo namenye ko nkeneye kumuhamagara. Nari nzi kandi ko atari muri terefone igendanwa. Mu modoka ye harimo Amber, Mata (umukobwa wintambwe) na mushiki wanjye Helen wari utwite cyane impanga.

Nahamagaye nsiga ubutumwa,

Ati: “Uraho Honey, gusa nkumenyeshe ko nagize akantu gato kandi barantwara mu bitaro kugira ngo ndebe. Byose ni byiza.”

Nahamagaye Michael inshuti yanjye magara yari mu nkambi kandi wabaga mu mujyi nari maze kunyuramo hari iminota 10 gusa.

Nahamagaye ndavuga nti,

“Michael Nagize impanuka ikomeye y'imodoka kandi nkeneye ubufasha bwawe. Lynette azabana vuba aha kandi ndagukeneye hano ageze hano, ndi hano kandi nzimya.”

Michael yageze aho byabereye mu minota 10

Nasabye Michael gushaka abagabo babiri bankuye mu modoka kuko nashakaga kubashimira. Michael yagarutse aho ndi ambwira ko NOBOBY yari ikwiye gukora ku modoka kuko inkingi nakubise yari itwaye volt 66.000 kandi ko insulator zimenetse kandi insinga 3 zagabanukaga kuri pole no mu modoka. Yavuze ko umuntu wese wakoze ku modoka yenda gupfa.

Yimukiye mu mbaga y'abantu abaza abantu bose niba bazi abo basore bombi bari bansohoye. Ntiyashoboye kubabona abantu bavuga ko ntamuntu numwe wavuye aho impanuka yabereye.

Abapolisi bahageze bambaza niba ndi jyeneyine mu modoka. Nahise mvuga nti "Oya" Ntabwo ntekereza na gato impamvu bambajije. Baragiye baragaruka bongera kumbaza ko ndi jyeneyine mu modoka nongera kuvuga nti "Oya". Bagarutse ku nshuro ya gatatu babaza bahangayikishijwe cyane n'ijwi ryabo “hari umuntu uri mu modoka nawe?”. Nabonye impamvu bambajije mugihe bashaka umubiri. Natunguwe no kuba naravuze Oya none ndavuga nti "Oya, nta muntu n'umwe wari mu modoka turi kumwe".

Ambulance yarahageze.

Umukozi wa Ambulance yambajije ibibazo bimwe. Yahise yemeza ko nkeneye kujya mu bitaro bikuru byo mu mujyi wa hafi

Abashinzwe ambulance bagerageje kuryama ku rubaho rw'umugongo. Bari baranyimuye gusa cms 2 inyuma ndataka ndahagarara. Ububabare bwari budasanzwe kandi nari nzi ko badashobora kuntera gutya kubera impagarara zose mumubiri wanjye. Bahise bansubiza mu mwanya ugororotse.

Nabwirijwe gufata umubiri wanjye kugirango urinde imbavu zavunitse. Nari nzi ko bansuzuguye nkuko bagambiriye ko hari ikintu kibi cyabaho, ko gishobora no kuviramo urupfu.

Mumutwe wanjye nabajije abamarayika banjye "ngiye gukora iki?"

Abamarayika banjye bavuze ko nkeneye gushikama no gufata, nkababwira icyo gukora. Abamarayika banjye barambwiye bati: “subiramo abantu ibyo tubabwira.”

Nongeye kubisubiramo nshimitse cyane kuri Ambulance ibyo abamarayika banjye bambwiraga ariko sinamubwiye aho amabwiriza yaturutse,

Ati: "Tbi nibyo tugiye gukora, abagabo babiri bazakomeza gufata uruti rw'umugongo bahagaze neza ku mugongo kandi buhoro buhoro bakomeza gusunika cyane kandi bikomeye kugeza igihe nzabasha kuruhura imitsi yanjye yose (yari ikomeye cyane ku buryo ntayifata. umubiri hamwe) kandi nemerera ikibaho gufata uburemere bwanjye bwose. Iyo numva nisanzuye kandi naretse imitsi yanjye noneho naba nunamywe rwose kurubaho. Noneho kuri signal yanjye urashobora gutangira kumanura ikibaho gahoro gahoro kandi neza kugirango ntongera gukomera imitsi yanjye. Iyo namanutse noneho urashobora kuntera intambwe. Ibi bizatwara iminota 15 ”

Nishyize hamwe mubitekerezo nko kureka aho bigeze ngomba kwizera aba bagabo n'abamarayika banjye rwose. Nari nzi ko nshyira ubuzima bwanjye mumaboko yabo. Bakoze ibi ndavuga ngo ntangire kumanura hasi ninama ariko byagombaga kugenda neza kandi bitinda! Byatwaye igihe gito. Mumaze kumanurwa nababwiye ko bangana ku kibaho.

Bakoze ibi hanyuma banshira kuri trolley.  
Inkeragutabara yumugabo yaje inyuma yanjye.

Igihe kimwe muri Ambulance yavuze ko agiye kumpa morphine ndavuga nti "Oya".  
Yambajije ati “ntubabaye?” Navuze nti, "ububabare nkawe udashobora kwiyumvisha, ububabare butangaje".  
Ati: "Noneho kuki udashaka morphine?" abaza.

Namushubije nti "Ububabare nicyo kintu cyonyine kinsunika ku isi. I KN o w mu mutima wanjye ko niba nari Nahimana ko mba gusa akayombekere kure mu rupfu. I KN o w umubabaro i S gukomeza yanjye kuguruka ku isi, gukomeza yanjye bahari n'uko n'ubu ha ve umubiri ”.

“Ndashaka 'kubana na byo' igihe tugeze mu bitaro kandi nkabasha kumva ibyambayeho kugira ngo mbabwire neza uko byagenze”. . Mvuze ibi nanjye nishyizaga ejo hazaza ko nzagera mubitaro ari muzima kandi niteguye guha abakozi amakuru yingenzi. Sinigeze ntekereza gupfa . Mu minsi mike yakurikiyeho nakomeje kuvuga kazoza kanjye nibizaba. Ntabwo byari amahitamo abizi ahubwo byari ibisubizo byuko nizera ko ntazabaho.

nkumwana nakunze kunangira amano kandi nkababara nububabare bukabije. Umunsi umwe, nabajije marayika wanjye nigute nakuraho ububabare nk'ubwo, marayika wanjye ati "ntushobora gukuraho ububabare ariko urashobora kubyemera, kuba umwe nawo, ukamenya ko bifite umurimo." Nibwiye rero muri njye, intego yo kubabara niyihe? Nabonye ububabare ari ukumbwira ko hari ibitagenda neza kandi ako gace k'umubiri wanjye gakeneye kwitabwaho. Nongeye kubaza umumarayika wanjye nti "Ese ububabare bwerekana ahantu mu mubiri wanjye ukeneye kwitabwaho?" Igisubizo cyari “Yego”.

Nabajije nti: "none niba nemera ko ububabare bwakoze akazi kayo kandi ubu nkaba nzi neza ko akarere gakeneye kandi ngatangira gufata ingamba zikenewe, ubwo ntagikeneye ububabare?" igisubizo cyagarutse cyari “Yego”.

Natangiye kwitoza nkiri umwana, ndakeka ko ntari nkiri hejuru yimyaka 10 mugihe nagiranye iki kiganiro nabafasha bumwuka (abamarayika), kandi ibyo nize kububabare byagize akamaro. Nasobanukiwe no gukoresha ingufu mukarere gakeneye gukira nkuko numvaga kurambika ibiganza nuburyo ibyo byari bikomeye mugukiza. Nshobora kunangira urutoki mpita nemera ubutumwa bwububabare kandi mfata ibyemezo byiyemeje aribyo

- 1) emera ubutumwa bwububabare kandi ubushimire gukora akazi kabwo,
- 2) umuyoboro w'ingufu mukarere
- 3) humura rwose, ikureho igitekerezo icyo aricyo cyose ko ububabare "bubabaza" gusa ko bwohereza ubutumwa bwakiriwe.
- 4) Ububabare bwagabanuka ako kanya kandi akenshi bigenda burundu. }

Umugabo wa Ambulance wari kumwe nanjye yavuze ko kugenda byari bigoye kugera mu muji muto utaha ndavuga nti OK.

Twagenze buhoro kandi nta sirena (ntabwo tuzi neza amatara)

Kugenda byatinze kandi birababaza.

Numvaga buri kantu kose kandi buri rugendo rwarababaje cyane. Nakomeje kwibanda kuburyo nifuzaga ko umubiri wanjye umeze, Bimeze neza, Buzima, Bikomeye kandi neza. Nabonaga umubiri wanjye ukize kandi wuzuye.

Nyuma gato yuko dutangira ibitaro terefone yanjye ngendanwa yarahamagaye mbona ko aribwo gahunda yanjye nagiyeye iyo nagize impanuka. Navuze ko ngomba guhamagara. Nari nkeneye kumumenyesha ko ntajye kuko we n'umuryango we bari bategereje ko dusangira. Yavuze ko atazakuraho ijosi. Ubwo terefone yavuzaga navuze cyane mvuga ko ndayikuraho ambwira gusa niba nasezeranye kutazimura umutwe. Navuze Yego arabambura. Nafashe umuhamagaro mubwira ko ntazashobora gukora gahunda yacu kandi ko ngomba kwimura ibyumweru bibiri kandi arabyemera. Nasabye imbabazi ndasezera. Nari subconsciously Igenamiterere Hejuru ko nagombaga ikintu kujya nk'uko nari *rwose* neza ko mba azakira kandi ku ko isango mu cyumweru cyangwa kugira.

Naganiriyeye kandi kuri terefone ngendanwa na Michael.

Nageze mu bitaro icyarimwe na Lynette na Amber. Mikayeli na we ageze mu modoka ye.

Nkizunguruka numvise umuntu utwara ambulance wumugabo abwira abaforomo ibyanjye, ariko ntashobora kugira icyo avuga.

Twari mu gice cyihutirwa.

Bashakaga guca imyenda yanjye ndababwira ko ntazemera ko baca ishata yanjye ya polo kuko ishata nari nambaye yari ishata ikomeye kuri njye kandi nashakaga gukomeza kuyambara. Basobanuye uburyo bigoye kuyukuramo ndavuga nti ok noneho reka dutangire.

Byarambabaje cyane kubukuramo kuko nagombaga kuzamura amaboko nkayazunguruka.

Nari naravunitse imbavu na sternum yacitse kandi n'ubu nta miti ibabaza.

Amber na Lynette barinjijye maze Amber amfata ukuboko arambaza ati "Papa ugiye kumera neza?"

Aha abantu bose barahagaze kandi hacetse rwose mugihe bategereje igisubizo cyanjye.

Nahinduye umutwe ndamureba mu jisho ndavuga nti nerekeje ku baforomo n'abaganga bose bangose "reba aba bantu bose biruka?" Amber aramusubiza ati: "Yego".

Ati: "Bose biruka kubera ko kugeza ubu batazi ko ngiyeye kumererwa neza!"

Urashobora kumva igitonyanga cya pin muri kiriya cyumba cyihutirwa. Ntamuntu wimutse cyangwa ngo agire icyo avuga kumasegonda 15.

Amber yaramwenyuye kandi arisanzura dukomeza gufata amaboko.

Sinari n'umutima *kugerageza* kuvuga neza no n'umutima gukoresha tekini nka kuvuga ibyanjye mu wanjye kazoza, ariko iyi ni ibyabaye, ibiganiro cyane n'ibitekerezo nari bari ibyanjye kuba mu wanjye kazoza gukora ikintu umuntu. Ntabwo nabimenye kugeza hashize imyaka mike, ko aribyo nakoze.

Nakoze akazi kenshi kubaka indero yimbere kugirango mvuge imbaraga kandi nziza mubihe nasanze.

Ntabwo nemereye ko hari ikintu kibi cyinjira mubitekerezo byanjye. Nari mfite intego yo kuzana abo turi kumwe bose murwego rwanjye "uku niko bigenda." Numvise nshigikiwe cyane n'umwuka kandi numva imyuka ihari hafi yanjye. Numvise meze neza kandi neza. Habuze ubwoba rwose. Nakomeje kwizera ko byose bigiye kuba byiza.

Nizera ko ibyo nakoze bishoboka kuri buri wese waba wemera Imana, Yesu, Buda, Mohammad, Umwuka cyangwa uwiyeze kubaho cyangwa ntanumwe. Mubyukuri ni ubujyakuzimu bwo guhuza Imana yawe, cyangwa wowe ubwawe, ibyo birashoboka bishoboka ibyo aribyo byose utekereza.

Ibi birashobora kubaho gusa mugihe wemeye kuba umunyantege nke kandi ukemera kwikunda utagabanije. Ibi rwose bisaba ikintu, cyane cyane ubutwari.

Bisaba kureka ibiturwanya byose.

{Iyo ndwanya mubyukuri ndibanda kubintu ndwanya.

Ibizaza kuri nje bikururwa kubwimpamvu kandi sinzi impamvu arigihe kinini. Iyo ndwanya ikintu runaka noneho ndinze kubibona. Iki kintu ndwanya ni igice cyumusingi umfasha kubaka ejo hazaza hanjye hejuru yacyo. Iyo ntabimwemereye mubuzima bwanjye noneho ubuzima bwanjye bujya muburyo bwo gufata kandi ibyo ndwanya bikomeza kuza.

Ubushishozi ndakomeza gukurura uburambe buzamfasha gukura mumuntu nkeneye kuba mugihe kizaza cyanjye, uwo muntu azashobora guhangana nibihe bizaza wowe hano hano kandi utiteguye.

Ni kangaha tugera ahantu mubuzima bwacu tukibwira tuti "Ubunararibonye nagize mubihe byashize byamfashije kwitegura aya mahirwe ataha mubuzima bwanjye". Iyo nemeye ibyambayeho bikurura mubuzima bwanjye noneho ngenda mubuzima nubwigenge nubworoherane kandi ndangirira ahabigenewe mugihe gikwiye.

Rimwe na rimwe, turwanya impamvu ABANDI baduha gukora ikintu, mubisanzwe kuko arimpamvu yabo, kandi bikatugirira akamaro ntabwo ari twe. Iyo ndebye, kandi birumvikana ko nzabibona, impamvu yanjye yo kugira uburambe runaka, noneho nemera uburambe nkareka kurwanya.

Rimwe na rimwe ndabyanga kuko ntasobanutse neza intego zanjye nini kandi ibi ni nko gusunikwa mu mwijima mugihe ntacyo mbona kandi ntazi ibiri imbere yanjye.

Bitekerezeho... mugihe ntazi ibiri imbere yanjye noneho nzashaka kugenda buhoro ariko niba nzi ibiri imbere yanjye kandi ni umwijima noneho nzashobora gutera imbere cyane nizeye.

Iyo ntekereje ku bunararibonye nagize ko nabyitwayemo imbaraga ndabaza nti "niki cyanteguriye uyu mwanya?" noneho nzagira inspirations zimfasha gusobanukirwa, kubona,



kumenya no kumva uburyo ubu bunararibonye bwambere bwampaye kwitegura uburambe ubu ndimo kubitekerezaho.

I kuba yigisha stuff iyi nyinshi myaka no bakoze ***Kubaho ni .}***

Naryamyeyo gato mfata ukuboko kwa Ambers mvugana na Lynette.

Igihe kimwe, nazungurutswe ku ruhande rumwe rw'icyumba cyihutirwa kandi mfite abaforomo babiri bahagaze hejuru yanjye umwe ku mpande zombi za trolley. Barimo bavugana kandi umwe yavugaga ko afite ikibazo cyo gutwita. Nari numvise mvuga nti: "Nshobora kugufasha muri ibyo!" Bombi basaga nkabatangaye! Nasobanuye ko nkwirakwiza ibicuruzwa bitangaje byubuzima nibicuruzwa byiza byita kumuntu bishobora kumufasha. Nasobanuye ko ibyo aribyo bicuruzwa byagaburiraga umubiri wanjye nonaha kugirango mfashe kwiyubaka kandi ko atari ibicuruzwa bisanzwe. Nasobanuye akamaro ko kuvana uburozi mumubiri we no guhagarika gushyiramo byinshi. Nasobanuye ko ibicuruzwa byinshi byita kumuntu bishobora kuba bifite ibintu byangiza muri byo. Nasobanuye kandi ko ibiryo byacu bidafite urwego rwimirire nkuko byahoze.

Nasobanuye ko abashakanye benshi basamyeye neza nyuma yo gutangira ibyo bicuruzwa kandi abo bashakanye batekereje ko bishobora kuba aribicuruzwa byagize itandukaniro. Namuhaye nimeru ya terefone nsaba ko yampamagara muminsi mike nkamutegurira ibicuruzwa. Nabikoze nkaho ndyamye kuri trolley niteguye gutaha. Yafashe numero yanjye ariko ntiyigeze ampamagara....

Bakoze scan y'injangwe na x-ray nyinshi. Nakomeje gutsimbarara kuri morphine kugeza x-imirasire irangiye.

Bongeye gukora x-imirasire yose ninjangwe bongera gusikana, sinzi impamvu.

Ndibuka mugihe cyambere cya x-imirasire ntekereza kububabare no guharanira gukomeza ubwenge. Igihe bambwiye ko bagomba kongera kubikora byose ndibuka kuruhuka no kubyemera gusa bityo nkajya ahantu Zen. Ntabwo nibutse byinshi kubyerekeye igice cya mbere cya x-imirasire ariko wibuke injangwe ya kabiri scan na x-imirasire neza.

Mushiki wanjye Helen yinjije araganira, kimwe na Michael ariko kubera ko ari icyumba cyihutirwa bemeraga umwe umwe usibye Amber kandi bemera Lynette kwinjira.

Naganiriye kubintu, sinshobora kwibuka mubyukuri usibye ko nemeje neza ko ikiganiro kijyanye nibintu bisanzwe bya buri muni, NTAKINTU kijyanye nimpanuka cyangwa imiterere yanjye.

Nahoraga nsobanutse kandi niyemeje uko bizagenda.

Byatinze cyane, ngira ngo hari nko mu gicuku, ubwo najyanwaga mu gice cyita ku barwayi bakomeye, kuri iki cyiciro ndatekereza ko nakiriye morphine kuko ntibuka ububabare.

Umwe mu nshuti zanjye mushiki wanjye yari umuforomokazi mu gice cyita ku barwayi bakomeye muri ibi bitaro maze abwira mushiki wanjye nyuma y'ibyumweru byinshi ko umuganga wabaga yabwiye umuforomokazi unyitayeho kugira ngo anyorohereze gusa kuko ngiye gupfa rimwe na rimwe nijoro...

Banzamuye ku buriri bworoshye maze Muganga ampa inshinge ya morphine hejuru yinyuma. Ati: "Ibi bizagufasha gusinzira".

Namubwiye nti: "Sinzasinzira, mfite akazi kenshi cyane". Yanyitegereje bidasanze, ambaza ati "urashaka kuvuga iki?" Namushubije nti "Mfite umubiri wo kwiyubaka !!!"

Nahoraga nkoresha imbaraga mumubiri wanjye mubice byose byari bikeneye gukira. Nibanze kandi ntekereza ingingo zimbere ziyubaka kandi "nibisanze". Nabikoze ubudahwema, ijoro ryose. Ntabwo nigeze nsinzira ijisho... ndahuze cyane.

Lynette, Amber, Mata, Helen na Michael bese binjiye ukundi kuvuga ijoro ryiza. Natanze igitekerezo cyo kuvuga ko nzababona mugitondo, nakomeje ikiganiro kuri bo n'aho bacumbitse. Biyandikishije muri motel kandi bari bamaze kurya ifunguro rya nimugoroba. Navuze ijoro ryiza maze mvuga ingingo yo kubabwira ko mbakunda kandi ko nzaba meze neza. Nashakaga kubizeza kugirango batagira impungenge nkuko nari nzi ko nzabikora.

Naganiriye numuforomo arangije uburiri, sinshobora kwibuka ibiganiro. (arashobora kwibuka). Igihe kimwe navuze ko nkeneye rwose kwihagarika. Yampaye icupa kandi uko nagerageje kose sinashoboraga kubyinamo ndyanye. Ati niba ntashobora kubicinga noneho bazashyiramo catheter. Navuze NTA NZIRA yari icyo kuba!

Nagerageje isaha irenga kugira ngo ndebe mu icupa ariko sinabishobora. Sinari narigeze kwihagarika kuva saa sita ku cyumweru, amasaha arenga 15 mbere.

Nahise mbona igitekerezo cyo guhaguruka kandi wee. Nabajije umuforomo nti: "Wamfasha kuva mu buriri?" abaza ati "kubera iki?" Navuze nti: "Ngiye guhaguruka ndumiwe" ati "nta kuntu ndakwemerera guhaguruka!"

Navuze nti: "Ndahagurutse, ushobora kumfasha kuva mu buriri cyangwa nkabikora nnyenyine!"

Yahise amfasha kandi byatwaye iminota 5 kugirango gusa mpararare.

Ngaho, nari mpararare mu mwijima w'icuraburindi mfashe ku gitonyanga gitonyanga ukuboko kw'ibumoso no kwihagarika mu icupa umuforomo yari amfashe.

Nujuje kandi itangira kurengerwa hasi. Ati "tegereza nzabona ikindi gacupa" Navuze nti "ntakuntu mpararika, sinzi igihe nzongera kubikora". Sinifuzaga guhagarika urujya n'uruza. Icupa ryakomeje kurengerwa hasi.

Umuforomokazi yatangiye guseka ati: "Sinigeze mbona umuntu wuzuzanya kimwe muri ibyo! Nduze ko ngomba kubikuramo gusa!"

Ndashyamba ubwanjye kuko guseka kuriyi ngingo ntabwo byari amahitamo. Ibyo guseka nagize imbere byari bifite akamaro kuri nje.

Byatwaye indi minota 5 kugirango nsubire mu buriri. Umuforomokazi natangiye kuganira byinshi kandi ndamwibuka ambaza icyo nakoraga nkeneye kuba maso. Nasobanuye impamvu ntasinziye nakazi nakoraga.

By'umwihariko nanyuzanya ingufu mu mubiri wanjye, nkabona umubiri wanjye urabagirana n'umucyo mwishyamba kandi nkuzuzanya ahantu hose habuze urumuri cyangwa rutamurika nk'izindi.

Uku niko nabikoze.

Narebye mu isanzure maze ntekereza ko amaboko yanjye arambuye mu isanzure nk'aho ndimo ndazunguruka isanzure ndamuhobera. Gukora ibi byashushanyaga ingufu, ku buryo byahoraga byuzura amaboko ku buryo buri suku natekerezaga ubwinshi bw'izo mbaraga kuburyo nari nzi ko hari BYINSHI birenze ibyo nari nkeneye ubwanjye. Natekereje ko biza hejuru yumutwe wanjye kuri gine ya pinusi (ku ikamba) nkayizenguruka mu mubiri wanjye aho numvaga ikenewe. Nabonye nkoreshye ibirundo by'intungamubiri, umubiri wanjye wabitse ahantu hatandukanye mu mubiri wanjye, uhereye ku nyongera nziza nari mfashe. Mu myaka mike abantu bakundaga kumbwira bati "Kuki ufata inyongera nyinshi?" kandi nakundaga kumwenyura mvuga nti "Kuberako ndabishoboye". Igihe cyose nabazwaga nizeraga gusa kandi nkomeza kubifata. Nyuma yimpanuka nibwo nasanze ari ngombwa gufata inyongera zo gukumira no mugihe habaye impanuka. Abantu benshi babura intungamubiri bityo rero mugihe cyihutirwa mugihe imibiri yabo ikeneye ibikoresho bibisi ako kanya kugirango imirimo yo gusana noneho umubiri ukenera kwikuramo ahandi hantu ubona ko atari ngombwa. Nizera ko iki ari kimwe mu bigize ubuzima bwanjye .

Rimwe na rimwe nijoro nashizeho umuyoboro munini nsaba abamarayika banjye kunyohereza izo mbaraga no kohereza muni ya ruhurura. Buryo nashoboraga kumara umwanya wiyongereye biyumvira umubiri wanjye kubaka no gukora byose bikorwa mu wanjye kazoza Natekereje ngo ushaka gukora.

Nagiye mu rugendo nyura muri Himalaya muri Nepal hagati ya mirongo inani kandi ndabikunda cyane kandi buri gihe nashakaga gusubira inyuma. Kuva Amber yavuka nagiye kumwereka amashusho y'urugendo kandi mvuga uburyo bizaba byiza iyo tujya kubikora hamwe afite imyaka nka 20 kandi mfite imyaka mirongo itandatu. Buri gihe nari nzi ko nkeneye kuba muto kumutima kugirango nkore ibi kandi mfite umubiri muzima. Mubuzima bwanjye bwose nararwaye cyangwa ndababara mfite umugongo mubi cyane cyangwa kubabara umutwe nibindi nabonye ibi nkamahirwe yanjye yo kongera kubaka umubiri wanjye CYIZA kuruta uko byari bimeze. (Ntabwo nigeze mvuga "mbere *yimpanuka* " kare mubuzima bwanjye ..)

Muri iryo joro mubuvuzi bukomeye nicyo cyibanze cyane nigeze kuba kandi nigihe kirekire cyane nakomeje kwibandaho.

Bukeye bwaho mu gitondo, umuganga ubaga thoracic yageze mu ruziga rwe, afite abantu benshi (Abaganga) , hafi 12 . Ndakeka ko batangajwe nkiri muzima.

Yahagaze ku mpera yigitanda cyanjye yitegereza imbonerahamwe yanjye. Yaranyitegereje arambwira ati "ufite ibikomere bikomeye cyane" .

Nashubije amaso inyuma ndamubwira nti "Nibyo...." Nari nzi neza ko ntemera ishingiro ry'amagambo ye.

Arabasubiza ati "ugomba gufata umwe n'igice y'ibihaha s na urwagashya yawe. Ninkora nzashobora gusuzuma niba hari ikindi nkeneye gukora. "

Narebye ndamwereka noneho nti "uri umuganga wa thoracic sibyo?"

Arabasubiza ati "Yego"

Nongeye kumutunga urutoki nahise mubwira nti: "erega, akazi kawe ni ukumbwira icyo nkeneye gukora kugirango ntazigera kibaho". Iyo mvuga nti nanjye nari yavuze ngo wanjye kwigirira hanyuma inyuma we ibindi igihano.

Abantu bari kumwe bose bateye intambwe basubira inyuma.

Yanyitegereje iminota mike, acecetse, nasabye abamarayika banjye kureba niba yarabonye amakuru akeneye, hanyuma ambwira atuje kandi atuje, ati: "shaka abafomomo bakwereke uko wakora inkorora ishyigikiwe kandi ndashaka wowe gukorora amaraso uko ushoboye. Ndashaka kandi ko uzenguruka uhumeke cyane kandi ukorora amaraso uko ushoboye."

Navuze nti "ok".

Yagiye kandi umufomomo nanjye ndareba gusa.

Nari mvunitse imitsi n'imbavu zavunitse...

Igitekerezo cyo gukorora no guhumeke cyane... ..

Naryamyeyo isaha imwe nkusanya ubutwari bwo guhaguruka no kuzenguruka.

Nahise mbwira umufomomo ko nkeneye ubufasha bwe kugira ngo mve mu buriri arambwira ati: "Sinkwemerera kubyuka."

Navuze nti "Doc yavuze ko nkeneye guhaguruka nkagenda hirya no hino mpumeka cyane kandi nibyo ngiye gukora".

Yavuze ashimitse ati "ntabwo yashakaga kuvuga ubu"

Namwishuye nti: "Ndiko ndabikora ubu urashobora kumfasha guhaguruka canke ndahaguruka jenyene."

Yari afite akantu gato mu maso maze atangira kumfasha. Byatwaye iminota igera kuri 5 kumfasha kuva muburiri no guhagarara. Numvaga ari ibyagezweho rwose guhagarara hano. Nahagurukiye CYANE. Intambwe imwe buri masegonda 5. Nahumeke cyane kandi nkorora amaraso nkuko nabikoze inshuro nke nkiri mu buriri. Igihe cyose nakorora amaraso narahagarara. Hanyuma arongera arahaguruka. Nari maze kugera nko ku ntambwe 15 uvuye ku buriri kandi narahanaguwe rwose. Nta mbaraga nari nsigaranye ndahindukira sinashobora kwizera aho uburiri busa. Nakemuye intambwe 15 nsubira ku buriri nkuko nari narabikemuye ijoro ryakeye. Shyira amaso yanjye kuriyo kandi ushushanya umubiri wanjye witabira. Nasubiye mu buriri ndaryama ngakira.

Umubiri wanjye wari ufite intege nke bidasanze. Nakoresheje marato nyinshi mubuzima bwanjye kandi izo ntambwe cumi nagatanu zirandambiye kurenza marato yose.

Mu mpanuka imitsi yose yo mumubiri wanjye yari yatakaje imbaraga kandi byari nkumwana ugomba kongera kubaka imbaraga za buri mitsi.

Nakomeje gukora nkoresha imbaraga mumubiri wanjye kandi ntekereza umubiri wanjye wiyubaka.

Umufomomokazi yari yicaye ku mpera yigitanda cyanjye arandeba nkuko undi yabikoze ijoro ryose.

Nyuma y'isaha navuze ko niteguye kongera kubikora byose. Yaramfashije ndahaguruka. Ndagije nkora lap yuzuye hafi yubuvuzi bukomeye.

Nongeye gusubira mu buriri bwanjye namaze.

Nkirambitse aho umufomomo yarambajije ati: "menya ko ufite amahirwe?"

Namushubije nti: "Ndukeka ko atari byo, birashoboka ko ari yo mpamvu umbajije ikibazo"

Yagize ati: “Hariho ikintu twita umuvuduko w'urupfu ku mpanuka zimwe na zimwe z'imodoka, bivuze ko kuri uwo muvuduko kandi hejuru ya buri wese mu modoka apfa. Kumutwe kugongana mubantu bihagaze (nka pole) umuvuduko wurupfu ni km mirongo itandatu / hr. Muri iki cyumweru twagize abantu babiri batandukanye hano bahuye nimpanuka imwe nawe, umutwe wagonganye uhita ugera kuri pole. Bombi bakoraga ibirometero mirongo itandatu mu isaha kandi bombi barapfuye, nyamara wakoraga km 85 / hr ukabaho. Urahiriwe.”

Nari nzi ko atari amahirwe ariko nanone numva ko adashaka kumenya uko nabikoze. Naryamye aho, mbaza abamarayika banjye nti: "Nigute narokotse kandi ntibabayeho?"

Igisubizo cyaturutse kuri bo cyari gisobanutse kandi cyari "wasabye ubufasha"

Nababajije inyuma, “abandi bakoze iki?”

Bati "s ee pole izamuka bati 'Oya oya !! Ngiye gupfa! ' barapfa.”

Naryamye aho ntekereza igihe gito.

Natekereje kubikorwa byose byiterambere byumuntu nakoze ubwanjye mummyaka mirongo ndetse nuburyo nashakaga kumenya imipaka yanjye (cyangwa kutagira umupaka wanjye) nuburyo nize kwiyizera ndetse nicyo numvaga. Natekereje igihe nakuraga uko nahangayikishijwe cyane nibyo abandi bose banyitekerezaho, kandi niba nkora ikintu "cyiza". Natekereje kubintu byinshi. Nari nzi ko atari amahirwe ...

Ndebye inyuma ku buzima bwanjye no kubona amahitamwo ngira yari igihe wese kumbwira atari gukora ikintu **baba** batari nka, ariko nari nzi ibyiza kuko **nanjye**.

Nyuma yimyaka 5 nyuma yimpanuka nakoraga imyitozo mubucuruzi bwanjye kubantu bagera ku 100 ntangira kuvuga amateka yigihe nagiye kwibira mu kirere, noneho hagati mumahugurwa nahise mbona ko niba ntagiye mu kirere ndoga I birashoboka ko yaba yarapfuye azize impanuka. Nahagaze imbere yicyumba ndimuka bigaragara kandi numva nshimira imbaraga zanjye nubushake bwo gukurikiza ibyo nzi mumutima wanjye kugirango bibe byiza. Reka mbabwire inkuru...

Kera hagati ya mirongo inani (hagati yimyaka 20) Nabaga mumujyi munini mugihugu cya Victoria kandi ijoro rimwe narimo ndeba kimwe mubyerekanwe mubuzima kandi hari igice cyerekeranye na Tandem sky diving aho wihambiriye kumuntu wabikoze. ibihumbi bibiri bisimbuka kugirango bamenye icyo bakora hanyuma usimbukire mu ndege nziza rwose hanyuma ugwa hasi kugwa kubusa. Nari nifuzaga gukora diving yo mu kirere imyaka myinshi ariko nari nzi ko nayikoze nnyenyine nzapfa. Nagize imyumvire mibi yumugozi udakora na chute idafungura. Hamwe rero na tandem sky diving ntabwo nagomba guhangayikishwa nuko umuntu ufite uburambe yashoboraga gukemura ikibazo icyo aricyo cyose.

Bukeye bwaho, nahamagaye kuri televiziyo nsanga aho bakoreye tandem. Hari hanze ya Sydney. Nibyiza ko byari byiza nkuko papa yabaga i Sydney nashoboraga kuzamuka nkagumana na we nguza imodoka. Nabitse indege, ndamuhamagara mubwira ko ndaje, (nari umunyabwenge bihagije kuburyo ntamubwiye impamvu naje).

Nageze i Sydney nyuma yiminsi ine mbonye iki gitaramo nguriza imodoka maze ntwara amasaha abiri njya ku kibuga cyindege bakoreramo.

Nshobora kongeraho ko muriki gihe nagize ibibazo byinshi mubucuti. Nakunze uyu mukobwa ariko ntibyakoraga. Nasomaga kandi igitabo cya Richard Bach cyitwa Bridge Across Forever. Iki gitabo cyerekeranye nigitekerezo cyabashakanye nubugingo niba koko twagenewe umuntu runaka. Igice cy'igitabo naje gusoma mugihe nageraga i Sydney ni igihe Richard

atashoboraga gukemura umubano na mugenzi we bakundana maze azamuka mu ndege nto ya moteri . Yaraguye kandi chute ntiyakora. Ibintu byari bimeze nkibyo nashakaga. Nibajije niba Umwuka yashakaga kumbwira ngo ntagomba gukurikiza nkuko nzapfa mbere yigihe cyanjye. Mu mutima wanjye nari nzi ko ari ngombwa gukurikiza. Nari nzi ko nshaka gutsinda ubwoba bw'urupfu. Nari nzi ko ari ngombwa. Byatwaye indi myaka 20 kugirango nsobanukirwe neza akamaro. Nzi kandi ko iyo minsi ibiri i Sydney yanshizeho imbaraga mubuzima bwanjye kugirango nsunike ubwoba kandi ntayoborwa nabatazwi.

Ngeze ku kibuga cy'indege cyari gihugiye mu ndege zigenda kandi abantu bazenguruka ahantu hose. Wari umunsi mwiza cyane igicu gito kandi izuba ryaka.

Niyandikishije kandi nishyura amafaranga yanjye. Basobanuye ko amafaranga atasubijwe. Banyujije mu mahugurwa barankwira. Umuyaga wafashe hanyuma bambwira ko hejuru yumuvuduko runaka wumuyaga badashobora kugendagenda nubwo kuguruka kwikirere bisanzwe byari bikibaho. Ku manywa mugihe ntegereje ko umuyaga upfa nasomye igitabo cyanjye ndeba ikindi kirere kiroha kandi nsura umusarani inshuro nyinshi kuburyo ntakintu nakimwe muri njye...

Nategereje umunsi wose guhera saa kumi kugeza nimugoroba . Basabye imbabazi cyane bati ndamutse ngarutse saa kumi n'imwe za mugitondo umuyaga wahoraga ari muke muricyo gihe cya mugitondo kandi nzashobora gusimbuka. Navuze nti sawa ndahaguruka.

Nageze murugo ndasangira, nsoma igitabo cyanjye ijoro ryose, nashakaga kumenya niba Richard yarapfuye. Nagerageje kumenya niba hari ubutumwa kuri njye muri kiriya gitabo. Iyi nkuru yabaye mbere yuko menya uburyo bwo kuvugana neza , nkuko nkora ubu , hamwe nabamarayika banjye / abafasha mu mwuka.

Nasohotse mu buriri kare maze mfata ifunguro rya mu gitondo nzi ko ikintu cyose cyinjijye muri iki gihe cyanyuzemo...

Nageze ku kibuga cy'indege saa kumi n'imwe za mu gitondo kandi umwuka wari utuje. Abasore batangajwe nuko nerekanye. Bavuze ko nta muntu n'umwe **wigeze** agaruka bukeye. Banjyanye mu ndege maze hejuru bambwira ngo nsohoke ku isahani ntoya y'icyuma hejuru y'uruziga. Isahani yari nini gusa bihagije kumurongo umwe nigice. Nari nimanitse ku cyuma mfite **ubwoba rwose** . Mu byukuri numvaga nsimbuka gupfa.

Ntabwo nagiyeye gukuramo kandi niba nashakaga gupfa hano none rero bibe. Umusore akenyeye arangurura ijwi ati "Simbuka" ndagenda. icyo gihe nashize mumutwe. Amaso yanjye yari afunguye ariko byose byari umukara. Ntabwo nari nzi neza ibidukikije, cyangwa aho nari ndi cyangwa ibibera. Ariko numvaga ijwi rivuye kure. Ijwi ryaranguruye induru ngo mfate amaguru mugihe twari mu gihirahiro. Umunwa we wari hafi yugutwi kwanjye ariko byasaga nkaho ari kilometero imwe. Nyuma yigihe gito mfashe amaguru, sinzi neza ibyabaye cyangwa impamvu. Numvaga ari inzozo kandi ko nunamye mu mwanya w'inda kandi sinari nzi ibibera cyangwa aho ndi. Nkimara gukuramo amaguru, twavuye muri spin arambwira ati "isegonda imwe kandi ngiye gukuramo umuguzi".

Twari free kugwa kw'isi kandi nari nzi ku rubyiniro haba **rwose** nta nashobora wokora. Niba ngiye gupfa muriki gihe sinashoboraga kubihagarika. Nahisemo rero kwishimira urugendo . **Nemeye ikibazo cyanjye.**

Narebye hirya no hino sinshobora kwizera ukuntu bidasanze gukomeza kugira ibyiyumvo byo kugwa no kwihuta.

Amaherezo yakuyemo umugozi ushishimura ndekura "ninde" !!! Yambwiye ati "Bose barabikora". Twamanutse tugwa imbere muruziga ruto. Abandi batwara ikirere bese baransanze barambaza bati "Wabikunze?"

Namwishuye nti: "Rwose!"

Baca bavuga bati: "Noneho uzongera kubikora?"

Namushubije nti "Oya"

Bose barambajije,

"Kuki?"

Namushubije nti "kuko ubu nahabaye kandi nabikoze!"

Ubunararibonye bwanshizeho kuburyo nashoboye kurekura ubwoba bwanjye bwurupfu.

Garuka mu bitaro mu gice cyita ku barwayi.

Ku manywa nari nkomeje kwibanda ku buryo budasanze.

Ku nshuro ya gatatu mbyutse kugenda no guhumeka cyane nahagurukiye hafi yubuvuzi bukomeye. Igihe cyose nagiyeye gutembera umuforomo yari iruhande rwanjye yiteguye gufasha niba bikenewe. Ntabwo yigeze amfata mugihe ngenda, ndakeka ko yumvise akamaro ko kubikora kubwanjye.

Ku nshuro ya gatatu arambwira ati: "Ubona iki hafi yawe?"

Namushubije nti "Abantu benshi batazi ubwenge"

Mugihe cyamasaha 16 cyangwa arenga nkiri mubuvuzi bukomeye iki nicyo gihe cyonyine narebaga abandi barwayi bese, ntabwo aruko nabirengagije ni uko batari mubitekerezo byanjye cyangwa kubimenya.

Aca avuga ati: "Kuki utekereza ko aribyo?"

Namufashe ukuboko ndamufata, mvuga nti: "Sinshaka kubimenya, nibanze ku gukira!"

Yambwiye ati: "Nahamagaye umuganga wawe buri minota 15 , mubwira ko utari mu ishami ryanjye ryita ku barwayi". Ndamwenyura ndamwemera.

Iki gihe murugendo rwanjye nakoze ibice bibiri byuzuye byicyumba kinini. Mugihe cya kabiri yambajije ati "Urashaka kwiyuhagira?"

Namurebye mubwira ko nzabikora kandi nzi neza ko byamfasha kumererwa neza no kumva meze neza kandi ngaruye ubuyanja.

Nsubiye kuryama, ambwira ko azaba ari muto mu gihe byose ndabiteguye kandi ko azaza akanshakira vuba. Ubu yari ansize jyeneyine. Ikimenyetso gisobanutse neza ko ashobora kumbona nkira neza (nubwo icyo gihe ntari nzi ibi).

Nyuma yisaha nigice aragaruka arantwara. Nahagurutse nkeneye ubufasha bwe turahaguruka tujya kwiyuhagira.

Yambuye ubusa maze anyicara nambaye ubusa rwose muri imwe muri izo ntebe za pulasitike zera maze ashya ubwogero bw'intoki bwazamutse mu kuboko ambwira ko azagaruka vuba. Ntacyo nashoboye kwimura, icyo nashoboraga gukora nukwicara hariya kumwanya umwe yanshyize. Ntabwo nashoboye kuzenguruka amazi na gato.

Byasaga nkaho yagiye igihe gito agarutse azunguza umutwe umuryango. Yambajije niba nkora ok ndamubwira nti yego.

Hanyuma ati "Mfite abaforomo bamwe hano biremewe niba binjiye?"

Namwenyuye cyane mu maso nabajije nti "kandi ni iki bashaka kubona?"

Yashubije aseka cyane ati "Bashaka kukubona muri douche!"

Nasetse nsubira nti "Natekereje ntyo... ubazane!"

Abandi baforomo bose bateraniye mucyumba cyo kwiyuhagiriramo nicaye nambaye ubusa mfashe ubwogero bwa roza. Umuforomo wanjye ati "uko kirekire d o utekereza iyi kwita réanimation yabayeho hano?"

Navuze nti "Sinzi, yenda imyaka 70 ndakeka. ”

Yavuze ati: “yego, kandi niwowe wambere wigeze kwiyuhagira. Ntabwo twashoboye kumenya impamvu bashira ubwogero mu gice cyita ku barwayi aho abantu bahabwa ubwogero bwa sponge! ”

Twese twarasetse.

Bakomeje basobanura uburyo ubwogero bwahoze bukoreshwa nkicyumba cyo kubikamo kuburyo bagombaga kubusiba no kubisukura.

Lynette na Amber baransuye kenshi ku manywa.

Ahagana mu ma saa yine z'ijoro, gahunda yaraje iransunika mu kigo nderabuzima, anjyana mu cyumba.

Nyuma yo kuzungurutswe njya muri salle, Lynette na Amber banshikanye kuri cafeteria y'ibitaro maze twese dusangira hamwe tunganira ku bintu bisanzwe.

Muri iryo joro ryo kuwa mbere nifuzaga kuryama ariko hari umuforomokazi uva ikuzimu kuri salle yakubise inzira zose, mope n'indobo maze azenguruka cyane ijoro ryose.

Nakubitaga mu gituzo amavuta adasanzwe yo gukiza no gufata ibyokurya bidasanzwe nkunze gufata buri muni . Lynette yari yazanye kubwanjye.

Mu gitondo cyo kuri uyu wa kabiri, gahunda yaje iraza kunjyana kuri x-ray bongera bafata x-ray nyinshi zo mu gatuza hanyuma bongera kuntwara ku buriri bwanjye.

Buri saha kandi rimwe na rimwe akenshi nagiyeho gutembera hejuru no muri koridoro ndacyahumeka cyane kandi nkomeza gukorora amaraso make. Nari nigenga kandi ngenda ku muvuduko gahoro gahoro kuruta kugenda bisanzwe.

Nari mfite telefone ebyiri nabashyitsi bake. Umwe muri abo bashyitsi yari umuforomo wita ku barwayi bari inshuti ya bashiki banjye.

Igihe nari muri salle haje umuforomokazi wakoraga ubushakashatsi ku bitera ibikomere mu mpanuka zikomeye z'imodoka kugirango abakora imodoka bashobore guhindura imiterere yimodoka kugirango bagabanye izo nkomere.

Yabajije ibibazo byinshi

Ikibazo kimwe cyari “hari ikintu cyambuza icyerekezo cyanjye?”



Igisubizo cyanjye cyari “Yego”  
Yabajije ati: “Kandi ibyo byari ibiki?”  
Namushubije nti: "Amaso yanjye!"

Yabyanditse atamenya ko nakoze urwenya hanyuma aranyitegereza mbona mbona ansuzuma. Aca aseka.

Nahise mvuga nti "umukungugu wo mu kirere wambujije kubona aho nerekeza imodoka mu mutekano"

Umuforomokazi na we yari umubikira. Yaganiriye nanjye ukuntu byari bitangaje kuba nari muzima. Mugihe yarimo ambaza injeniyeri yasuzumaga imodoka yanjye. icyumweru gishize ubwo nje ninshuti yanjye Michael twagiye kureba imodoka tugakusanya ibintu bike muri yo umugabo wabibitse yabajije ati "abantu bangahe bapfiriye?" Michael yavuze ko ntamuntu di e d, kandi ureba umugabo warokotse. Yatunguwe avuga ukuntu bidasanzwe nari muzima (cyangwa amagambo asa)

Mu gitondo cyo ku wa gatatu, umuganga ubaga thoracic yaje kundeba, ankuramo umwenda, maze azunguza umutwe uruhande rumwe avuga ati: “Sinigeze mbona ibintu nk'ibyo...”  
Aha natekereje mubyukuri, "birashoboka ko ibi ari bibi kurenza ibyo nemereye kumenya... .."

Yagize ati: "Ntabwo rero nizeraga x-imirasire nafashe ejo ku buryo nahamagaye umuganga wo hejuru wo kubaga thoracic wabaga i Melbourne kandi we na nje tumaze amasaha 24 dukangutse dukubita x-ray kuva ku cyumweru nimugoroba ndetse ejo mu gitondo na yemeye kwisuzumisha ryambere ryo gukuramo kimwe nigice cyibihaha byawe. Yemera kandi isuzuma ryanjye ubu, ko ubu ufite ibihaha bibiri bishya by'ingimbi utarigeze unywa itabi ”

Navuze nti "Mfite imyaka 43"  
Yavuze ati: “Ndabizi...”

Nari nishimye cyane... Nari naratsinze...

Nabajije nti “bigenda bite ubu?”  
Arabasubiza ati: “Urashobora gutaha”  
Nabajije “vuba vuba?”

Yarashubije ati “vuba bishoboka. Numva uriko urakora tekiniki akiza kandi ko y ou ni na gufata icunyunyu, na iyi neza ni gukorana kuko nawe bari kurushaho kumererwa rugo. "

Igihe lift yanjye yahageraga nyuma y'isaha imwe kugira ngo anjyane mu rugo, nasohotse mu bitaro muni yanjye.

Mu byumweru bibiri nyuma yimpanuka nashoboye gukubita igituza nka Tarzan.  
Urubavu rwanjye rwacitse hamwe na sternum yavunitse byakize neza.

Ntabwo bitangaje niba twese twiyizeye ubwacu nibitekerezo na inspirations dufata?

Ni bangahe twiyizera ubwacu?

Ndabizi mu myaka yashize kuva 1987 kwizera n'icyizere mfite muri nje nibyo nshoboye , byiyongereye cyane. Ibi ahanini biterwa nakazi kamwe ubu nsangiye binyuze

kuri [www.enjoyinnerpeace.com.au](http://www.enjoyinnerpeace.com.au) Kuri uru rubuga hari ibintu byinshi bigushoboza gukurikirana iterambere ryumwuka wawe mugihe uri murugo cyangwa binyuze mugusangira nabandi bantu bafite ibitekerezo murugendo rumwe.

Niba wifuza kwiga uburyo bwo gukorana nuyobora Umwuka wawe nka Yohana cyangwa ukaba ushaka kumenya byinshi kubyerekeye uwo uriwe, aho waturutse , aho ugiye n'impamvu uri hano , noneho jya kuri h ni urubuga [www.kwishimira.com.au](http://www.kwishimira.com.au)

Ageze hariya kurubuga rwe

Banza urebe videwo yiminota 20 kurupapuro rwinkuru

Ubwa kabiri gura eBook.

Icy a gatatu, ushobora kugura Gahunda yo Kwiga Murugo , ushobora gukora unyuze wenyine , murugo rwawe

Icy a kane, wandike umwe umwe kugisha inama umwirondoro werekeza aho ushyiraho / gutunganya uburyo bubiri bwo gutumanaho hamwe nabafasha bawe mu mwuka.

Bitewe n'ukuntu kure ushaka gukurikirana ikura ryawe ryo mu vy'impwemu hari ni 600 amasomo ku vy'impwemu n'izindi serivisi nyinshi ziboneka.

Shakisha kurubuga rwa interineti [www.enjoyinnerpeace.com.au](http://www.enjoyinnerpeace.com.au) kandi i f ufite ikibazo ubaze gusa .

Yohana azenguruka isi yigisha abantu uburyo bwo kuganira n'abayobozi babo b'Umwuka, kwiyizera, kubona intego y'ubuzima bwabo no gutinyuka kubikurikirana.

Niba wifuza ko John yaza mukarere kawe noneho hamagara cyangwa abakozi be ukoresheje urubuga rwa [www.enjoyinnerpeace.com.au](http://www.enjoyinnerpeace.com.au) .

Kandi niba nawe uri intyoza mu cyongereza hari amakosa mu translati ku kuva inyandiko y'icyongereza ngo iyi version rurimi ndakwinginze biro byanjye bazi kandi niba wishimiye recheck guhindura kuko natwe rero tuzajya bahimbawe imbere ijamba Inyandiko version for Kuri Guhindura. Urakoze mbere yo kudufasha ☺