



Amarangamutima asanzwe

Birasanzwe ko ushobora kumva ubabaye igihe hari ikintu kigenze nabi cyangwa umuntu w'incuti yawe ya hafi yitabye Imana. Rimwe na rimwe ushobora no kumva ubabaye igihe umunsi wakugendekeye nabi cyangwa utasinziriye bihagije.

Aya marangamutima arasanzwe kandi akenshi agenda ashira uko iminsi igenda ishira.

Igihe aya marangamutima agize ingaruka ku buzima bwawe bwa buri munsi cyangwa akamara igihe kirenze ibyumweru 2, ashobora kukuviramo kwiheba.

Ukwiheba

Iyo ufite agahinda kandi wumva ushaka kurira igihe cyose byitwa “kwiheba.”

Ibindi bimenyetso byo kwiheba bishobora kubamo *

- kwanga ibintu wakundaga
- kudatuza
- gusinzira cyane cyangwa kunanirwa gusinzira
- kwiyongera cyangwa kugabanyuka kw’ibiro
- kubabara umutwe, kurwara igifu, ibibazo by’amara cyangwa uburibwe bidakizwa n’imiti



Inzobere mu by'indwara zo mu mutwe

Niba wihebye, ganira na muganga wawe akugire inama.

Abahanga mu by'ubuvuzi bashobora kugufasha mu gihe wihebye ni *

- abafasha
- inzobere mu by'ubuzima bwo mu mutwe
- abaganga b'indwara zo mu mutwe

