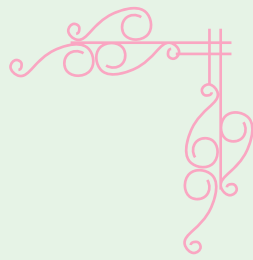


NZAKUBIKIRA IBANGA



BY DR. CHASTE UWIHOREYE

FIRST EDITION

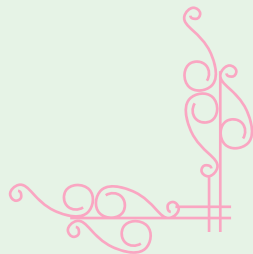


***Ikibazo cyose wagira mu buzima ibuka ko
kiza kandi kikaba gishobora no gusubira iyo
cyaturutse.***

Gihawe:



Gitanzwe:



*Burya nta Buzima Buzima butagira ubuzima
buzima bwo mu mutwe*

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Bateguye igitabo ku murongo no gushyira imikino iri muri iki gitabo mu rurimi rw'Ikinyarwanda

Uburenganzira bw'umuhanzi bugomba kubahirizwa, nta gice cy'iki gitabo kigomba gutuburwa, kubikwa cyangwa guhererekanywa ku buryo ubwo ari bwo bwose nta ruhushya rwanditse rwa nyiracyo.

Printed by : One Eleven Ltd, Kigali-Rwanda

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NZAKUBIKIRA IBANGA

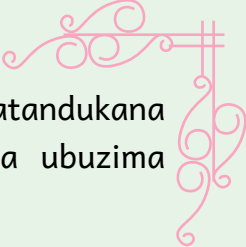
GUSHIMIRA

Mbere na mbere ndashimira IMANA yo igena byose. Ndashimira cyane abantu batugiriye ikizere, bakadusangiza ubuzima bwabo ndetse n'imibabaro yabo ntacyo bahishe, bakemera ko dufatanyarugendo rwo kwitandukanya n'ingorane, umubabaro n'uburibwe bwari bwarinjiye mu buzima bwabo. Imbaraga bakoresheje, ubutwari batweretse n'ubuzima badusangije byatwigishije byinshi. Ndashimira umuryango **UYISENGA NI IMANZI**, abafatanyabikorwa bawo, abakozi bawo n'abayobozi bawo bemeye kwagura amarembo ugaha ikaze abantu batandukanye cyane cyane abana, urubyiruko n'ababyeyi baremerewe bakeneye kwitabwaho.

Nsoze nshimira: **ZIVUGUKURI Jean Marie Vianney** na **MUKESHIMANA Verena** batuganyije kandi bagashyira mu Kinyarwanda imyitozo imwe igaragara muri iki gitabo.

1. IRIBURIRO

Iki gitabo gikubiyemo ubuhamya bw'abantu bahuye n'ububabare butandukanye butagaragarira amaso y'abantu ndetse budashobora no kubonwa n'ibyuma by'ikoranabuhanga bitandukanye bipima indwara n'ibindi bibazo by'ubuzima. Kirerekana kandi uko ubwo bubabare buteye, n'ahantu buherereye mu bice bigize umubiri w'umuntu. Gikomeza kigaragaza inzira nyayo

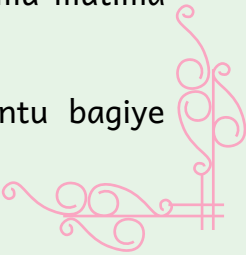


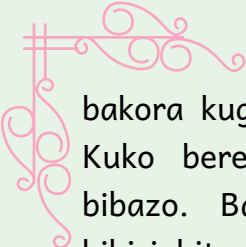
n'ibikoresho abantu bagiye bakoresha bagatandukana n'ubwo bubabare. Hanyuma bagakomeza ubuzima busanzwe.

Kigaragaza amazina menshi atandukanye abantu bise ibibazo byabo bitewe n'uko biyumva, n'uko babibona, kuko ntawundi uba ubibona uretse bo. Hari n'abagerageza gushushanya amashusho atandukanye asa n'ibibazo byabo.

Banagaragaza aho biherereye mu mubiri wabo. Hari abavuga ko biherereye mu mitima yabo n'uburyo biteye n'uburyo bibabaza cyane. Hari abagaragaza ko biherereye mu mutwe nabo bakerekana ko bibabaza cyane. Hari abagaragaza ko bibari hejuru, babyikoreye cyangwa bibatsikamiye. Yewe hari n'abagaragaza ko biri mu bindi bice bitandukanye by'umubiri cyangwa umubiri wose kandi bibabaza cyane. Hari ababiha amashusho y'ibindi bintu bishobora kugirira umuntu nabi nk'inyamaswa z'inkazi, ibikoresho bikomeretsa nk'urwembe n'amacumu kandi bakerekana ko bibajomba mu gice runaka cy'umubiri cyane cyane mu mutima no mu mutwe. Hari ababyita amazina y'ibintu bitagaragara ariko bibi nk'umuruho, urupfu, uburure, ikuzimu, agahomamunwa n'andi menshi. Hari ababisanisha n'ubundi burwayi bubabaza, bavuga bati: "Ni umusonga, igisebe gihora kiva mu mutima n'ibindi."

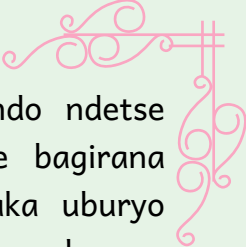
Iki gitabo kirerekana urugendo abo bantu bagiye





bakora kugira ngo ibibazo bive mu buzima bwabo. Kuko berekanye ko bamaze gutandukana n'ibyo bibazo. Bakagerageza kwerekana ko ari ibintu bibiri bitandukanye bifite amashusho atandukanye, imimerere itandukanye n'inkomoko itandukanye. Berekana kandi ko atari ibintu bagomba kubana na byo kuko biba bibangamiye cyane ubuzima. Muri iki gitabo kandi abantu berekana ko ibyo bibazo ari ibintu biza nyuma yo kuvuka, bakaba bashobora no kugaragaza imyaka runaka byajemo, kandi bamwe bagaragaza icyabizanye. Bakerekana ko bigenda bigasubira aho byavuye bigaha abantu amahoro.

Muri iki gitabo kandi hagaragaramo ibintu bitandukanye abantu basimbuje bya bibazo. Na byo babiha amazina n'amashusho, bakerekana aho bizaba biherereye igihe bamaze kubisimbuza bya bibazo. Berekana ko biboneka, benshi bagaragaza ko bahoze babana na byo bikaza kwirukanwa n'ibibazo. Hari ababyerekana bakoresheje ibice by'umubiri cyane cyane umutima n'umutwe, bagaragaza ko bya bibazo bitakiri kuri ibyo bice by'umubiri. Bagaragaza amazina babyita nk'umucyo, uburyohe, ineza, ibyishimo, amahoro, n'andi atandukanye.

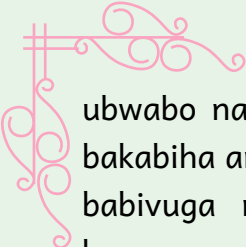


Mu gitabo kandi hagaragaramo urugendo ndetse n'ibiganiro bitandukanye abantu bagiye bagirana na **Dr Chaste UWIHOREYE** mu gushaka uburyo batandukana n'ibibazo bari bafite. Urwo rugendo ruva mu kubanza kumenyana, kumenya ikibazo no kukita izina. Abanyarwanda baca umugani bati: “Ibuye ryagaragaye ntiriba ritakishe isuka”, Bakungamo bati: “Akagabo gahimba akandi kataraza.” Bakomeza batwerekana ko kuva na kera ibibazo byahozeho kandi icyiza ari ukuba intwari ukabishakira umuti aho kubihunga, bigaragarira mu mvugo igira ati: “Nta mvura idahita, nta joro ridacya.” Ibyo byose bisobanura ko nta muntu ukwiye gucibwa intege n'ibibazo ahura na byo ahubwo gushikama ukabishakira umuti byaba ngombwa ukiyambaza inzobere muby'ubuzima bwo mu mutwe, uwo niwo muti ukwiye.

Iki gitabo kigaragaza ibibazo bitandukanye byagiye bibazwa n'imyitozo yagiye ikorwa kugira ngo urugendo rwo gutandukanya umuntu n'ikibazo rugere ku musozo.

Iki gitabo kigenewe abantu bose, abaremerewe n'abatemerewe. Baca umugani mu Kinyarwanda bati: “Ntawe umenya aho bwira ageze.” Uyu mugani werekana ko ejo nawe wakwisanga ufite ikibazo cyangwa inshuti yawe bityo ukamufasha kukivamo ukoresheje ubumenyi n'ingero ziri muri iki gitabo.

Gitanga ingero zitandukanye zishobora gutuma



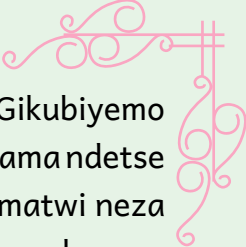
ubwabo na bo bamenya ibibazo bafite uko babyita, bakabiha amazina, bakamenya aho biherereye nk’uko babivuga mu Kinyarwanda ko agahinda k’inkoko kamenywa n’inkike yatoreyemo cyangwa ngo ijoro ribara uwariraye, bishatse kuvuga ko ntawundi muntu ushobora kumenya ikibazo kurusha nyiracyo.

Kigaragaza kandi inzira n’ingero zitandukanye wakoresha kugira ngo utandukane n’ikibazo, kuko na none baca umugani bagira bati: “Utazi aho ava ntamenya aho ajya”, bivuga ko iyo wamaze kumenya ikibazo ukakita izina, ukagiha ishusho, umenya ikizagisimbura, na cyo ukagiha izina n’ishusho bityo ukamenya n’aho wajya kuko hari imvugo igira iti “Iyo utazi aho ujya aho ugeze hose ugira ngo niho wajyaga.” Bisobanura ko iyo utazi ikizasimbura ikibazo ugira ngo ugomba kwibanira na cyo. Abantu benshi bafite ibibazo bakunda guhura n’ingorane zo kumva ko ntacyakorwa uretse kubana na byo ubuzima bwabo bwose.

Iki gitabo kigaragaza imyitozo yoroheje yakoreshejwe n’abandi nawe wakwifashisha igihe uhisemo kwikoresha urugendo rwo kwitandukanya n’ibikuboshye, bikagufasha gukira utitabaje abavuzi. Uretseko umutwe umwe rimwe na rimwe wigira inama yo gusara bivuze ngo ikiza ni ukugana abavuzi babizobere mugafatanya urwo rugendo rwo kwitandukanya n’ikibi, mukakirimbura burundu.


Iki gitabo kandi cyakwifashishwa n’abavuzi ndetse





n'abatega amatwi abafite ibibazo. Gikubiyemo inyunganirabumenyi nyinshi nk'imyitozo, inama ndetse n'ingero zitandukanye zabafasha gutega amatwi neza ababagana tutibagiwe n'imyitozo bashobora gukorana na bo bigatuma bafashwa neza kandi vuba.

Ntabwo ibibazo byose byabashije kujya muri iki gitabo, ariko ibirimo bishobora kugufasha kuvumbura ibisa na byo cyangwa se nawe ukavumbura ibyawe bitandukanye n'ibiri muri iki gitabo. Birashoboka ko inzira abagaragara muri iki gitabo bakoresheje kugira ngo batandukane n'ibibazo zishobora kugufasha, ariko hari igihe nawe wabona inzira zihariye zagufasha gutandukana n'ibibazo byawe. Yewe hari n'igihe byagusaba kwegera abavuzi bakagufasha kubona inzira zaba ziri muri iki gitabo cyangwa zitarimo.



Amagambo y' ingenzi:

Amarangamutima, Umutima, ibyiyumviro, imyitwarire, gutura umutwaro, kwita izina ikibazo, gutandukana n'ikibazo.



2. INZIRA Z'INGENZI ZAGUFASHA GUTANDUKANA N'IKIBAZO


2.1. Kumenya ko ufite ikibazo no kumva ko gishobora gukemuka



Ikintu cy'a mbere ni ukumenya ko ufite ikibazo. Abantu benshi bafite ibibazo bijyanye n'ibikomere by'umutima, ihungabana n'ubuzima bwo mu mutwe ntabwo bumva ko bafite ibibazo, cyangwa se ngo basobonukirwe n'ubwoko bw'ibibazo bafite, uburyo bikemuka ndetse ko hari abantu babihugukiye cyangwa abandi babafasha gusohoka mu ngorane baba barimo. Bakumva ko nta muntu ushobora kumva bene ubwo bubare. Abantu benshi nakira bambwira ko batumvaga ko hari umuntu ushobora kubatega amatwi, agaha agaciro ububabare bafite, ndetse abenshi bambwira ko babumaranye imyaka myinshi. Umwe mu bantu mperutse kwakira yambwiye uko abona ikibazo cye avuga ati: *“Igisebe ku mutima ndakibona, ni kibisi, kirava, kirambabaza, ariko ntawundi ushobora kukibona.”* Undi akigaragaza avuga ati: *“Ikibyimba ku mutima ni kinini kirambabaza, kiramvuna kandi nta wushobora kukibona.”*

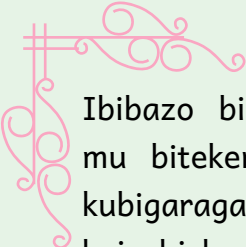
Ikindi nuko ibyo bibazo hari igihe byisanisha n'ubundi burwayi bw'umubiri cyangwa ibindi bibazo bitandukanye. Bagashakira ibisubizo ahantu hatandukanye ndetse hamwe na hamwe badashobora kuhabonera ibisubizo.

2.2. Kuvumbura ikibazo, ukamenya icyo ari cyo ukakita izina



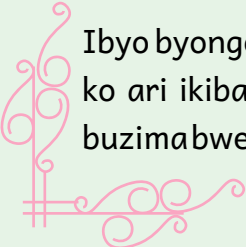
Nk'uko bikunda kuvugwa mu Kinyarwanda bagira bati: “Ibuye ryagaragaye ntiriba rikishe isuka.” Kumenya ikibazo umuntu afite ni intambwe ikomeye yo gutandukana na cyo. Abantu benshi bakunda kumva ko ari bo kibazo, bakumva ko bashobora kuba batuzuye cyangwa se baravumwe, bakumva kandi ko ibibazo babana na byo ari karande. Nyuma yo kumenyana, kwibwirana, guhumurizanya, kugira ngo nubake ikizere hagati y’abantu duhura, mbanza kubatega amatwi, nkumva uburyo baremerewe. Nyuma yo kubumva mbaha umwitozo woroshye.

Mbaha urupapuro n’ikaramu nkababaza ikintu bumva kinjiye mu buzima bwabo, nkababaza kandi ikintu bumva cyaremwe muri bo nyuma yo guca mu ngorane zitandukanye cyangwa bumva cyaje mu buzima bwabo batazi iyo cyaturutse kuko nabyo bibaho. Nkababwira nti: ***“Ngiye kubaha umwitozo, urafata uru rupapuro unshushanyirizeho ikintu wumva cyaje mu buzima bwawe.”*** Icyangombwa si ugushushanya neza ahubwo niyo shusho turi bugihe, tukabona niba gifite ishusho, tucyumve niba kigira amajwi, tukihumurize niba kigira impumuro/ umunuko, tukibihirwe niba kigira ububihe n’ibindi. Ntabwo biba byoroshye kukibona tukagiha ishusho ndetse tukacyita n’izina. Akenshi twifashisha ingero z’abandi baba barabikoze mbere.

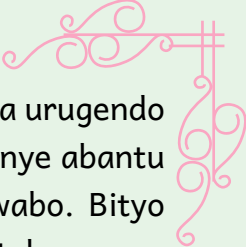


Ibibazo bigaragarira ahantu hatandukanye; haba mu bitekerezo, mu mubiri cyane cyane bakunda kubigaragaza biri mu mutima, mu mutwe ndetse hari byinshi bagaragaza bakabisanisha n'ibintu byo mu buzima bwa buri muni ariko bibababaza nk'amahwa, umuriro n'ibindi . Hari ababigaragaza nko kubana n'ibintu byakugirira nabi nk'inyamaswa z'inkazi n'ibindi. Ibi byose iyo wumvise ibimenyetso ibyo bibazo biba byarabazaniye usanga byagereranywa n'ibimenyetso bya bimwe mu bibazo by'uburwayi bwo mu mutwe. Ibyinshi birimo: kudasinzira, kwiyanganga, kugira ubwoba no guhangayika cyane, gukoresha ibiyobyabwenge, kwitakariza ikizere no kugitakariza abandi, kumva ntacyo bashoboye, n'ibindi byinshi ntabasha kurondorera hano.

Uyu mwitoto ni umwitoto ufasha cyane umuntu kumva ko atari ikibazo. Akumva ko ikibazo ari ikintu cyaje mu buzima bwe kandi gishobora no gusubira iyo cyaturutse. Ni umwitoto ufasha umuntu kumenya uwo ariwe ndetse n'ikibazo icyo ari cyo. Iyo bamaze kunyereka icyo kintu cyaje mu buzima bwabo, nkunda kubabwira nti: ***“Biranshimishije cyane ko nsanze mutandukanye n' ikibazo.”*** Ikibazo ni ikibazo nawe uri wowe, ni ibintu bibiri bitandukanye kandi ni ibintu bibiri bishobora gutandukanywa.

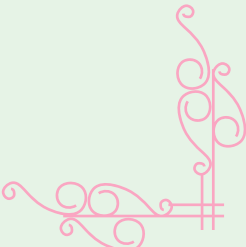


Ibyo byongera kurema ikizere mu muntu watekerezaga ko ari ikibazo. Akumva ko ikibazo ari ikintu cyaje mu buzimabwe kandi gishoborana no gusubira iyo cyaturutse.



Ni umwitozo uganisha ku nzira yo gutangira urugendo rukubiyemo ibikorwa n'imyitozo bitandukanye abantu bakora kugira ngo bahindure ubuzima bwabo. Bityo batandukane n'ingorane ziyanye n'imitekerereze, imyitwarire cyangwa se ububabare bujyanye n'ibikomere by'umutima n' ibibazo bijyanye n'ubuzima bwo mu mutwe.

Nawe musomyi w' iki gitabo uramutse wumva utamerewe neza muri wowe gerageza, urebe neza, ufate umwanya wawe utekereze. Urebe ikintu cyaba cyarakwigaruriye, ugihe ishusho, yaba igaragara cyangwa itagaragara. Gishobora kuba kimwe cyangwa byinshi. Ugihe izina, rishobora kuba rimwe cyangwa menshi. Urebe igihe cyaziye mu buzima bwawe, ese wari ufite imyaka ingahe? Ese ni iki cyakizanye mu buzima bwawe? Akenshi urasanga atari wowe wakizanye, urasanga kitisanisha nawe ubwawe, urasanga utarakivukanye, urasanga utaragize uruhare ngo kize mu buzima bwawe. Reba ibyo cyazanye mu buzima bwawe, mu bitekerezo, mu marangamutima, mu mubiri, mu mibanire n'abandi, reba n'uburyo kikugiraho ingaruka mu kazi kawe ka buri muni. Numara kubikora byose urasanga gishobora gusubira aho cyavuye.

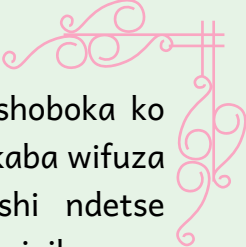


2.3. Kwiyemeza no Gutangira urugendo rwo gutandukana n'ikibazo

Nyuma yo kumenya ikibazo no kukita izina, haba hasigaye urugendo rwo gutandukana na cyo cyangwa se rwo kwiga guturana na cyo kitatubujije amahoro, ndetse no gukomeza ubuzima busanzwe. Hejuru hari umugani ugira uti: "Ibuye ryagaragaye ntiriba rikishe isuka.", reka nongere mvuge nti: "Abishyize hamwe ntakibananira kandi ngo akagabo gahimba akandi kataraza kandi burya ngo wirukankana umugabo kera ukamumara ubwoba." Iyi ni imigani ya Kinyarwanda igaragaza ko iyo utangiyeye urwo rugendo, ruba rushoboka gusozwa umuntu atandukanye n'ikibazo yari afite.

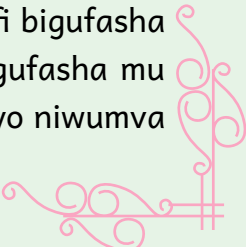
Hari imyitozo itandukanye dukorana n'abantu batandukanye, yadufashije kongera kugira imbaraga no kuzibyutsa muri bo, gutinyuka kurema andi mateka muri bo, kubona uburyo bwo guhangana n'ibibazo cyangwa se guturana nabyo.

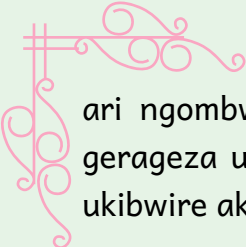
Imyitozo itandukanyeyo kwandika ibaruwa, twandikira ibibazo, tubyigisha gutandukana natwe, tubyereka imbaraga dufite n'ibindi bikoresho dufite tuzivashisha byadufashije kongera kugira impagarike n'ubugingo. Inyandiko zitandukanye zirimo; amabaruwa, ibishushanyo/ amashusho, nk'igiti cy'ubuzima, ikipe y'ubuzima, inzu y'ubuzima, impamyabushobozi, indirimbo, imigani ya Kinyarwanda n'ibindi, ni ibikoresho byifashishijwe n'abantu batandukanye, bagakora urugendo rwo kwitandukanya n'ibibazo byo



mu mutwe. Nawe usoma iki gitabo, birashoboka ko hari igikomere cyaje mu buzima bwawe, ukaba wifuza gutandukana na cyo. Wagerageje kenshi ndetse witabaza n'abantu batandukanye ariko igikomere kikomeza kukuzengereza, kikubuza amahoro, kikubuza ibitotsi, kikuzanira ububare butandukanye butagaragarira abantu (bubonwa nawe wenyine), kiguteza ibibazo mu kazi, mu rugo cyangwa n'ahandi hatandukanye.

Fata akanya wongere ukirebe niba wakoze umwitozo wa mbere, niba kandi utawukoze, gihe ishusho, reba uko kimeze niba ushobora kugishyira ku rupapuro gishushanye, kite izina, itegereze uko gisa, reba ibikigize byose. Gerageza ucyandikire, hari byinshi ushobora kukibwira, birashoboka ko cyaje mu buzima bwawe utabishaka kandi utanagitumiye, niba wumva wabikibwira bikore, birashoboka ko ukimaranye imyaka myinshi kikubuza amahoro kigutera uburwayi/ububabare, kiguteranya n'inshuti, abavandimwe, umuryango n'abandi, niba ari ngombwa ubikibwire. Hari igihe wumva urambiwe kubana n'ikibazo, kibwire ko urushye kandi ko kigomba kuguha amahoro kigasubira aho cyaturutse nawe ugasubirana umunezero, impagarike n'ubuzima wahoranye. Hari igihe wumva ufite imbaraga, intwaro zitandukanye, abantu se cyangwa ibindi bintu bikuba hafi bigufasha guhangana ni ikibazo kandi byiteguye kugufasha mu rugendo rwo gutandukana n'ikibazo, na byo niwumva

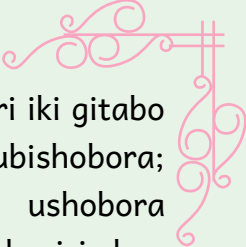




ari ngombwa urabikibwira. Hari byinshi wakibwira, gerageza ufate umwanya wawe uhagije ucyandikire, ukibwire akari ku mutima wawe kose.

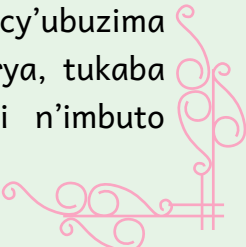
Numara kucyandikira, usubiza amaso inyuma urebe igihe cyaziye mu buzima bwawe, akenshi urasanga utaravukanye na cyo, urasanga kandi ibibazo byaraje mu rugendo rw'ubuzima bwawe mu bwana bwawe, mu gihe cy'ubugimbi n'ubwangavu, mu gihe cy'urushako rwawen'ahandi n'ahandi. Ibibirakomezakuduhamiriza ko ikibazo ari ikintu gitandukanye n'ubuzima bwacu bitume dukataza kandi dukaza ingamba n'imbaraga dukoresha mu rugendo rwo gutandukana n'ibyo bibazo.

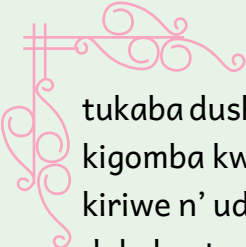
Ushobora gutekereza, ugashaka ikintu cyasimbura ibyo bibazo byawe. Bimwe urasanga warabihoranye mbere y'uko ibyo bibazo biza, bimwe na bimwe urasanga bigihari n'ubwo biganzwa n' ibibazo. Gerageza wongere ufate ikaramu n'urupapuro ubishushanye, ubyite izina, urebe uko bisa. Henshi muri iki gitabo urabonamo ingero zitandukanye abandi babyise, nk'umucyo/ urumuri, umunezero, n'ibindi. Niba bishoboka ongera ufate ikaramu ubyandikire ibaruwa, ubibwire icyo ushaka kubibwira cyose. Bibwire ko ubikumbuye, ko wifuza ko bitura mu mutima wawe nk'uko abenshi bakunda kubimbwira, birashoboka ko wifuza kongera kubitumira, ukabihamagara, ukabiha ikaze, kandi ko wifuza kubibwira ko witeguye kubana na byo. Byandikire ubibwire akari ku mutima wawe



kose. Hari imyitozo myinshi igaragara muri iki gitabo ushobora gukomeza gukora, ariko n'ubishobora; niba hari uturirimbo tugufasha, wowe ushobora kwirimbira cyangwa utwabandi baririmbye udukoreshe, uturirimbo, hari udushobora kugufasha muri cya gihe uvumbura ibibazo, tukwereka ko abantu baremererwa, bakababara, hari utukwereka ko kugera kure atariko gupfa nk'uko umugani wa Kinyarwanda ubivuga, tukakubwira ko nta mvura idahita, utwifashishe. Urasanga muri iki gitabo utwo bamwe bifashishije, hari utundi nawe wakwifashisha tugafasha n'abandi.

Muri iki gitabo kandi urasangamo indi myitozo nk'igiti cy'ubuzima; uyu na wo ni umwitozo ushobora kugufasha, burya igiti kigira imizi, igihimba, amashami, ibibabi n'imbutu. Buri gice hari icyo kimarira igiti. Gerageza ushushanye icyo giti gifite ibyo bice byose. Nurangiza tekereza ko icyo giti ari wowe. Ese wumva imizi yawe ari iyihe? Ni iki gituma ubona ibigutunga ukaba ukiriho, ugashinga ugakomera ukaba ukigenda? Ni iki uhagazeho nk'uko igiti kiba gihagaze kugihimba cyacyo kigakomera? Uhagaze kuki? Amashami yawe yo ni ayahe atuma imiyaga iza ntikugushe? Ese imbuto zawe umaze kwera ni izihe? Birashoboka ko zaba zitaranaza ariko zizaza, izo mbuto zizaza ni izihe? Hari igihe igiti kiribwa n' udukoko, igiti cy'ubuzima bwawe ni utuhe dukoko dushobora kukirya, tukaba twakwangiza imizi, igihimba, amashami n'imbutu

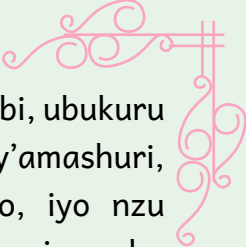




tukaba dushobora kubuza icyo giti cyawe kwera imbuto kigomba kwera. Utwo dukoko ni utuhe? Igiti kandi iyo kiriwe n' udukoko nyira cyo agitera imiti. Umunsi utwo dukoko twaje uzagitera iyihe miti kugira ngo imizi ikomeze ifate, amashami akomeze amere neza kandi cyere imbuto nziza. Muri iki gitabo murasangamo abantu bifashishije uyu mwitoto mu rugendo rwabo rwo gutandukana n'ibibazo.

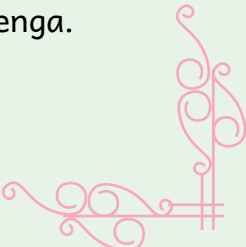
Undi mwitoto musanga muri iki gitabo ni umwitoto w'ikipe y'ubuzima. Abenshi bazi ikibuga cy'umupira w'amaguru. Kigira ibice bibiri biba bigenewe amakipe abiri. Reka nongere ngusabe ugishushanye hanyuma igice kimwe cy'ikibuga kibe icy' ikipe yawe, ikindi kibe igice icy'ikipe y'ibibazo. Gerageza ushyiremo abakinnyi bawe bose ushobora kwifashisha uhangana n'ikipe y'ibibazo, gerageza kandi ushyiremo abakinnyi ikipe y'ibibazo yifashisha. Ikiye y'ubuzima bwawe ntabwo ikinisha abantu gusa, hari n'ibindi ikinisha kandi n' ikipe y'ibibazo ni uko. Ntabwo ari ngombwa ko habamo abakinnyi 11. Reba ikipe ikomeye hari igihe usanga iyawe ariyo ikomeye urakomeza gukora imyitoto ituma irushaho gukomera kurushaho, ariko nunasanga ikipe y'ibibazo ikomeye urakora imyitoto myinshi kugirango ikipe yawe irushaho gukomera.

Undi mwitoto ni ujyanye n'inzu y'ubuzima. Burya inzu igira ibyumba byinshi kandi bigira imiryango n'imfunguzo zitandukanye. Shushanya inzu y'ubuzima bwawe. Sinzi umubare w'ibyumba ifite. Ishobora kuba



ifite icyumba cy'imikurire (ubwana, ubugimbi, ubukuru n'ibindi), ishobora kuba ifite icyumba cy'amashuri, ishobora kuba ifite icyumba cy'urushako, iyo nzu ishobora kuba ifite icyumba cy'urubyaro, icyumba cy'imirimu ukora/ akazi n'ibindi. Itegereze inzu yawe, ushobora gusanga hari ibyumba bifunze kandi nta mfunguzo ufite, cyangwa hari ibyumba byasenyutse. Gerageza urebe uko wacurisha imfunguzo ku byumba bifunze, gerageza urebe uko wasana ibyumba byasenyutse aho bishobora gusanwa. Gerageza abantu cyangwa ibintu byose byagufasha mu kubona imfunguzo cyangwa gusana ibyumba bigomba gusanwa.

Imyitozo ni myinshi kandi nawe washobora kubona indi ishobora kugufaha muri uru rugendo rwo gutanduka n'ikibazo ariko reka dusoreze ku mwitozo w'impamyabushobozi y'ubuzima. Reba urugendo rwose wakoze, urebe imyitozo yose wakoze hanyuma ufate ikaramu n' urupapuro wihe impamyabushobozi. Abantu bakunda kumva ko impamyabushobozi y'amashuri kuva ku mato kugeza kuy' ikirenga ifite agaciro, ariko impamyabushobozi y'ubuzima irakomera cyane. Reba imbaraga wungutse cyangwa wari unasanganywe zo kuba mu buzima bwawe, reba uburyo wahanganye ni ibibazo mu buzima bwawe urasanga ukwiye impamyabushobozi y'ikirenga.



2.4. Gukora Ibirori byo gutandukana n'ibibazo



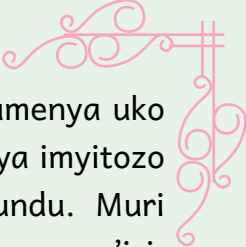
Mu Rwanda umuntu wabonye impamyabushobozi, umuntu wageze ku rwego runaka, umuntu wageze ku kintu runaka aracyishimira. Uburyo bwo kucyishimira buratandukana bitewe n'icyo kintu, bitewe n'abo bari kumwe, abo babana, aho baherereye ndetse n'ubushobozi, umuntu cyangwa umuryango ufite.

Muri icyi gitabo murasangamo uburyo abantu batandukanye bateguye ibirori byo kwishimira urwego bari bagezeho rwo gutandukana n'ibibazo.

Nyuma yo kwandika impamyabushobozi, tegura ibirori byo kwishimira intera/urwego ugezeho. Niba utegura ibirori, tegura abo utumira, indirimbo, imbyino, imivugo byakoreshwa icyo gihe. Niba hari abazafata umwanya bakagira icyo bavuga n'ibindi.

3. INGERO Z'ABAKOZE URUGENDO RWO GUTANDUKANA NI IBIBAZO

Muri iki gice hakubiyemo ingero za bamwe babashije gutandukana n' ibibazo byababuzaga amahoro, umutekano, bikabatera kugira amarangamutima mabi. Byatumaga bagirana amakimbirane n'abo bashakanye, abo babana mu kazi, bikababuza gukora imirimo yabo neza, kwiga, ndetse bikababuza kubaho neza nk'abandi. Urasangamo ingero zuko imyitozo yavuzwe



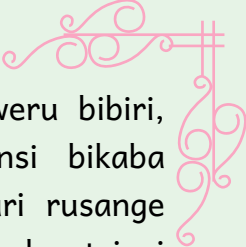
hejuru yagiye ikorwa byagufasha nawe kumenya uko wakora urwo urugendo n'uko wakurikiranya imyitoto yagufasha kwitandukanya n'ikibazo burundu. Muri iki gihe abantu batuye impande zitandukanye z'isi, ariko aho waba utuye hose ntibyakubuza kuba wakora urugendo rwo gutandukana n'ibibazo kuko warukora hifashishijwe ikoranabuhanga kandi rukanatanga umusaruro bitagusabye kuva aho uri. Harimo kandi ingero za bamwe bakoze urugendo rwo kwitandukanya n'ibibazo hifashishijwe ikoranabuhanga; kuvugana na muganga kuri telephone, ndetse na bakoresheje ubutumwa bugufi bwo kuri watsapu, tutibagiwe nabahuye na muganga imbonankubone.

3.1. KUBURA UMUCYO UKABANA N'UMWIJIMA: ***Urugendo rwo gutumira urumuri rwa Pacy***

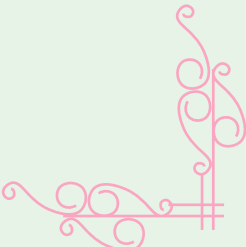
Pacy n'umubyeyi w'abana babiri afite imyaka 39. Ikibazo cye kirimo: kubabara umutwe, kubura ibitotsi ndetse no kumva ubuzima ntacyo bumaze. Ubuzima bwe abugereranya no kubura umucyo cyangwa kubura urumuri, ukibera mu mwijima ukabije ubuzima bw'igihe kirekire. Nyuma yo kwegera abantu batandukanye barimo abakozi b'Imana (pastors), kujya ku bavuzi (doctors) batandukanye agahabwa imiti igabanya ububabare bw'umubiri n'indi ifasha gusinzira, ni bwo yakurikiye bimwe mu biganiro natangaga mu gihe cyo kwibuka Genocide yakorewe Abatutsi muwi

1994, bijyanye no guhangana n'ihungabana no gukira ibikomere. Hanyuma yiyemeje kunyohereza ubutumwa bwanditse kuri telephone turaganira. Nafashije Pacy gukora urugendo rwo gutandukana n'umwijima tugatumira urumuri. Ibi byamufashije kongera kubona ibitotsi no guhagarika uburibwe bw'umutwe dukoresheje umuyoboro wa wahtsapp.





N'urugendo twakoze mu gihe cy'ibyumweru bibiri, tunganira byibuze isaha imwe ku munsu bikaba kabiri mu cyumweru. N'ukuvuga ko muri rusange twagiranye ibiganiro bine byatugejeje ku tsinzi twishimiye cyane. Mu biganiro twagiranye nyuma yo kumenyana, twabashije kumenya igikomere/ikibazo Pacy yari afite (umwijima), amaze kugisha izina yaragishushanyije turakireba ari na byo byadufashije kubona ko atandukanye na cyo. Twifashishije imyitozo itandukanye harimo gushushanya, kwandika ubutumwa twageneye ikibazo ndetse n'urumuri rwagombaga gusimbura umwijima byatugejeje ku rwego rw'imatekerereze ijyanye n'amarangamutima yo gutandukana n'umwijima. Uturirimbo Pacy yifashishije twamufashije kugenga no kurema indi myumvire n'imatekerereze yo kubana n'urumuri mu buzima bwe ndetse no kuruzanira abandi babana n'umwijima. Twashoje dukora ibirori byo kwizihiza impamyabushobozi Pacy yari amaze kubona mu kugenga ubuzima bwe. Ikiganiro kirambuye gikurikira kirerekana ibice bitandukanye n'urugendo twakoze ruva mu kumenyana, kumenya ikibazo no kucyita izina, guhangana n' ikibazo, kikavurwa kigakira, nyuma tugasoza urugendo rwacu.



Kumenyana na Pacy:

P: Muraho neza! Nitwa Pacy, nacicse kw'icumu rya Génocide yakorewe Abatutsi narokokeye muri Saint Paul i Kigali. Nagize amahirwe yo gukurikirana ibiganiro mwatanze yaba kuri (Radio Rwanda na RTV), byatumye ntekereza ko mwamfasha kuko mfite ikibazo giteye gutya **“Kuva twatangira icyumweru cyo Kwibuka Abacu bazize Jenoside yakorewe Abatutsi narwaye umutwe udakira ndetse no gusinzira byarananiye, sinshobora gusinzira mbere ya 2h00 za mugitondo rimwe na rimwe nkumva ubuzima kuri njye nta cyanga bufite”** umbabarire iyi guma mu rugo (Confinement) nirangira tuzabashe guhura. Nyagasani abane na mwe, ijoro ryiza.

C: Mwiriwe neza? Muraremerewe pe!! Ubu ndahuze, wanyihanganira tukazaganira ejo? Ese ukoresha Whatsapp?

P: Nta kibazo. Yego ndayikoresha ariko yari ku muriro ejo nzaba nyifite.

P: Mwiriwe! Ubu se twavugana?

C: Nta kibazo.

C: Wiriwe umeze ute? Harya nyibutsa amazina yawe, aho utuye kugeza ku mudugudu. Harya ufite imyaka ingahe?

P: Nitwa Pacy, ndi umubyeyi w'abana 2 (umukuru afite

imyaka 15, umuto afite 10) ndi umukristu.

C: Urakoze peee!! Njye wamenye ko nitwa Chaste nkaba nkora akazi k'isanamitima no kuvura uburwayi bwo mu mutwe hifashishijwe ibiganiro (Psychotherapy)?

P: Yego, nakurikiye kenshi ibiganiro mwatanze mu gihe cyo Kwibuka.

C: Yego, ubu rero ubufasha turi gutanga online dutanga rapport muri minisante haricyo byagutwara?

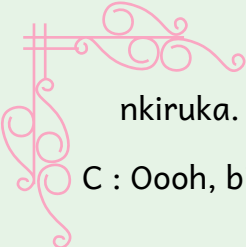
P: Nta kibazo ni ukuri.

C: Murakoze! None se Pacy kugira ngo unyohereze ubutumwa bugufi unsaba ko twazabonana umenya utorohewe? Urumva umeze ute?

P: Nafashe icyemezo cyo gusaba numéro yawe kuko numvaga mfite ubwoba bwo kuzagira ibibazo bikomeye byo mu mutwe kuko kuva twatangira Icyumweru cyo Kwibuka abacu bazize Génocide yakorewe Abatutsi mu Rwanda, sinsinzira mbere ya saa munani za mu gitondo. Kandi umutwe urandya cyane inshuro nyinshi, nkumva ubuzima nta gisobanuro bufite kuri njye!

C: Biravuna kandi birababaza mu mutwe, mu mutima no mu bitekerezo. Uri kuvunika peeee!

P: Nageraho nkumva ngiye guturika umutima wanjye. Yego, hari igihe ntekereza abanjye bishwe nkumva icyanyorohereza ari nko kuvuza induru nyinshi



nkiruka.

C : Oooh, birakuvuna Pacy!

Icyiciro cya 1 :

Kumenya ikibazo kikabonerwa izina (umwijima)

C: Pacy ngiye kuguha akitozo?

P: Yego, ndagakora.

C: Fata agapapuro n' ikaramu.

P: Nagafashe.

C: Gerageza utekereze ibyo bintu biba biri ku kubaho, ubirebe mu mutwe, mu mutima, mu marangamutima urebe icyo kintu kirimo, urebe icyo kintu amateka cyaremye muri wowe ukinshushanyirize. Urugero hari uwambwiye ko ari inyundo ku mutima, undi ambwira ngo ni ikibyimba undi ngo ni amahwa. Wowe wumva ari igiki koko?

P: Mbona ari umwijima mwinshi w'icuraburindi.

C: Oooh! Umwijima n'icuraburindi biravukana. Binshushanyirize ndebe uko bisa.

P: Nkabona ibyo nabonye ari ejo hashize. Nkibaza impamvu Imana yabyemeye, nkatekereza ko ubu iyo baticwa baba babayeho neza. Ntago byoroshye reka ngerageze mbishushanye.

C: Ni ukuri n'ejo, kandi icyo batabica baba babayeho neza.

P: Yego.

C: Gerageza kiriya kintu tugihe ishusho.

P: Yego

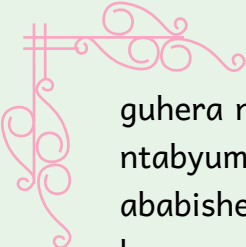


C: Iki kintu ni umwijima n' icuraburindi pe riraremereye!!Ariko ikinshimishije n'uko ari ikintu gitandukanye na Pacy.

P: Yego.

C : None se Pacy, uyu mwijima waje mu buzima bwawe ryari? Wari ufite imyaka ingahe?

P: Ubundi Génocide ikirangira ntago nabyumvaga neza, ngo mbyumve ko abanjye bapfuye najyaga nkunda kujya kuri Saint Charles Lwanga mu misa nkatekereza ko dushobora guhurira mu misa cyangwa mu nzira. Abenshi twari tutaramenya aho bajugunywe. Tumaze gushyingura mu Cyubahiro



guhera nka 2008 kuzamuka noneho nkajya numva ntabyumva neza ukuntu bishwe, nkibaza inyungu ababishe bakuyemo?! Uko imyaka ishira nkarushaho kumva ndi kuremererwa, n'ibibazo nibaza birushaho kuba byinshi kandi nta bisubizo mfite!

Iyo ntangiye gutekereza cyane umutwe urandya ku buryo budasanzwe, mba numva ari nkaho ari umuriro hejuru mu mutwe, ubundi nkumva ari utuntu tujagata mu bwonko bwanjye. Ari uguhinda gukabije.

C: Ikinshimishije n'uko utavukanye na byo. Umwijima waje ukuze?

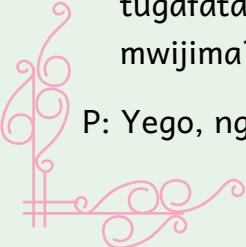
P: Yego.

C: Ni ukuvuga rero ko atari karande si ibyo wavukanye kandi bishora gusubira aho byaturutse?

P: Yego, buriya imyaka ni mike ishize mbasha kumva radiyo cyangwa kureba tv mu cyunamo, iyo nabyumvaga nahitaga mpungabana nkumva Interahamwe zigarutse!

C: Umaze iminsi uremerewe peeee!!! None se Pacy ko ibuye ryagaragaye riba ritakishye isuka wanyemerera tugafatanya mu rugendo rwo gutandukana n'uwo mwijima?

P: Yego, ngize amahirwe byashira kuko nsigaye ngira



ubwoba ko nshobora kuzasara ni ukuri ntabashije kwirerera abana.

C: Ntabwo uzasara kuko abagomba gusara ni abatwiciye ababyeyi, abana, abavandimwe n'inshuti.

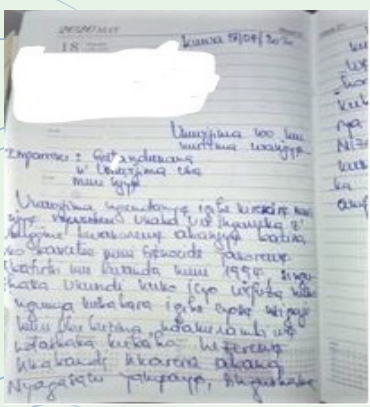
P: Amen!

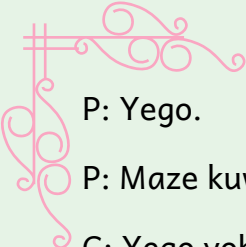
2. *Kuvura ikibazo, kigatandukana na Pacy, umwijima ugasimburwa n'urumuri.*

C: Ngiye kuguha akandi kitozo?

P: Yego.

C: Fata urupapuro wandikire akabaruwa uriya mwijima, uwubwire icyo ushaka kuwubwira cyose, niba uwubwira ko atari igice cy'ubuzima bwawe simbizi, niba uwubwira ibibi wagukoreye simbizi, niba uwubwira ko ugomba gutandukana nawo, niba uwereka imbaraga n'ibindi ufite bigomba kuwirukana. Uwubwire icyo ushaka cyose.





P: Yego.

P: Maze kuwandikira, reka nyifotore nyohereze.

C: Yego yohereze.

P: Ni ibice bibiri; icyambere nicyo nabanje icyakabiri n' icyo gitambitse.

C: Nyuriramo muri macye uko wawubwiye.

P: Impamvu: Gutandukana n'umwijima uba muri nje.

Nawubwiye ko ari ingaruka z'ubugome bwakorewe abanjye muri Génocide yakorewe Abatutsi mu Rwanda , nawubwira ko ndambiwe kuwugendana muri nje, nywurambiwe kandi ko nshaka kubaho neza, nezerewe mfite Amahoro y'Umutima ko ndambiwe kuba imbata yawo. Nawibukije ko kuba narabashije kurokoka ari Nyagasani wanshoboje kandi ko amfiteho umugambi mwiza, maze ndasoza.

C: Pacy uri umugore ukomeye kandi w' igitangaza. Uriya mwijima ugomba kubyumva.

Reka nkwibarize, ujya ukunda kuririmba?

P: Amen amen !! Uwiteka abimfashemo. Nkunda kuririmba cyane cyane!!

C: Tugiye gutandukana tuzongere ejo nubona akanya. Shaka akaririmbo kajya kagufasha kajyanye n'ako kabaruwa twandikiye umwijima tukaririmbe,

dusezeraneho.

Lyrics

Uri Imana ikomeye! Ihambaye!

Naba ndwaye, ndi muzima uri Imana

Naba ntunze cyangwa nkennye

Uri Imana.

C: Urakoze cyane Pacy!

Lyrics

Nakuvaho isi yose ikabimenya

Mu by'isi ntacyagusimbura

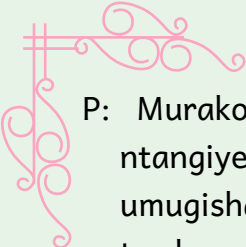
Uzahora uri Imana.

P: Ni agace gato ndirimbye, ni imwe mu ndirimbo zinezeza.

C: Ndemeranya nawe ko ari Imana ikomeye ntacyayisimbura kandi uburwayi, umwijima icuraburindi byose biri muni y'ibirenge byayo.

P: Amen amen. Ntacyo mbuze pe, ariko najyaga nshakisha amahoro n'umunezero nkabibura.

C: Nanjye yanejeje kandi ufite n' ijwi ryiza cyane! Ndagirango rero ugire icyo wongeraho kuriki cyiciro (session) tugize, urabona twazasubukura ryari?



P: Murakoze cyane (ko ndirimba neza) ndumva ntangiye gusa nuhembuka buhoro Imana ibahe umugisha, ejo muramutse mubonetse nkaya masaha twakongera tukaganira.

C: Yego nawe wakoze ubwo ni ahejo kuri aya masaha, ugire umugoroba mwiza.


P: Mwiriwe! Mumbabarire kuko ntabashije kubavugisha ku masaha twari kuganiraho, nari nagiyeye gushaka udupfuka munwa badusabye kutwambara, ikibabaje ni uko ntabashije no kutubona. Iri joro ntago nagize ikibazo (crise) ariko nasinziriye saa munani. Ariko ubu nkwandikiye ngira ngo nkubwire ko uyu muni wabaye udasanzwe numvaga meze neza ngereranije n' iminsi myinshi ishize kandi ubu ndimo mbandikira ndumva mfite ibitotsi birashoboka ko mu kanya nshobora gusinzira nk'abandi .!! mwakoze ni ukuri .Ndizera ko ejo saa cyenda tuzongera kuganira.

Icyiciro cya 2:

C: Mwaramutse, nta kibazo rwose.

C: Mwiriwe neza! Umuze ute Pacy? Imana ishimwe ko waruhutse umutwe ukoroha.

P: Mwaramfashije kuko igihe cyari gishize hafi ibyumweru bitatu ntasinzira mbere ya saa munani z'igitondo.



C: Yoooh biranshimishije cyane!!

P: Ndimu ndabasha gusinzira mwamfashije cyane !
Guma mu rugo nirangira nzaza kubareba.

C: Kandi iyo umwijima utangiye kurashya imigeri niho haza uwo mutwe .Nguhe akandi ka kitozo se ufite umwanya?

P: Nta kibazo kampe.

C: Pacy buriya uriya mwijima, ririya curaburindi niriva muri wowe rizasimburwa ni iki?

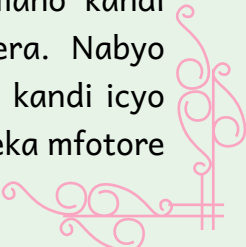
P: Ukwiye gusimburwa n'umucyo wuje umunezero wo kubaho.

C: Rwose ngiye kongera kugusaba gufata agapapuru unshushanyirizeho umucyo wuje umunezero wo kubaho. Turebe uko usa n'amaso yacu.

P: Umwijima w'icuraburindi ukwiye gusimburwa n'umucyo wuje umunezero wo kubaho. Yego reka ngerageze nshushanye.

C: Reka tuwushushanye, tugerageze dushyireho ibiwugize byose.

P: Ndatekereza ngasanga Umucyo ushushanya igiti kinini cy' inganzamarumbo cyera imbuto nziza z'umunezero buri wese yasoromaho kandi kikanatangira kubyara ibindi biti bizera. Nabyo byera imbuto zanzezeza uzisoromye ho, kandi icyo giti kikaba ubwugamo bwa buri wese. Reka mfotore



nkoherereze ifoto.

C: Yego rwose fitora unyereke uko kimeze.



P: Ntago nzi gushushanya, nagerageje!

C: Nta kibazo, icyangombwa si igishushanyo.

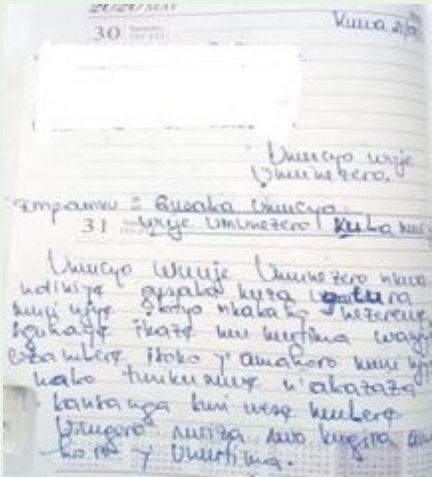
P: Yego.

C: Ngiye kuguha akandi kitozo?

P: Yego!

C: Fata agapapuro wandikire urumuri nuwo munezero. Urubwire icyo ushaka. Niba ushaka kurutumira ukaruha ubutumire, urutumire, niba ushaka kuruha ikaze, niba ushaka kurubwira ko arirwo rugomba gusimbura umwijima, ubirubwire. Rubwire icyo ushaka kurubwira cyose.

P: Yego!



C: Ndayibonye ariko ntigaragara neza wanyuriramo muri make uko wabwiye umucyo?

P: Nandikiye Umucyo wuje umunezero nwusaba kuza kuba muri nje. Ugatura muri nje bityo nkabaho nezerewe, nawuhaye ikaze mu mutima wanjye. Nwubwira ko nuzabura muri nje uzaba Isoko y'amahoro muri nje nabo turikumwe n'abazaza bansanga.


C: Pacy umucyo urumva kandi uradusubiza vuba.

P: Amen amen! Buri wese nkamubera urugero rwiza rwo kugira Umunezero n'amahoro. Nyagasani abyumve.

C: Ni ukuri arabyumva. Niba wabishobora, nagusaba ugahimba akandi karirimbo hanyuma tukarimbane?

P: Yego, reka ngashake tukaririmbe.

C: Gashake rwose.



Lyrics

Ihorere kibondo cyanjye nzakurata aho ndi hose

***Yoooo! Uhumure kibondo cyanjye, ihorere igiti
kitakwica***

Nkagitema nkagicana cyangwa ishyari rikakumva

Nkarivuma kutabyara, ihorere kibondo cyanjye

C: Ihorere kandi humura.

Igiti cy' inganzamarumbo cyere imbuto.

Umwijima ntushobora kwica igiti.

Ihorere humura.

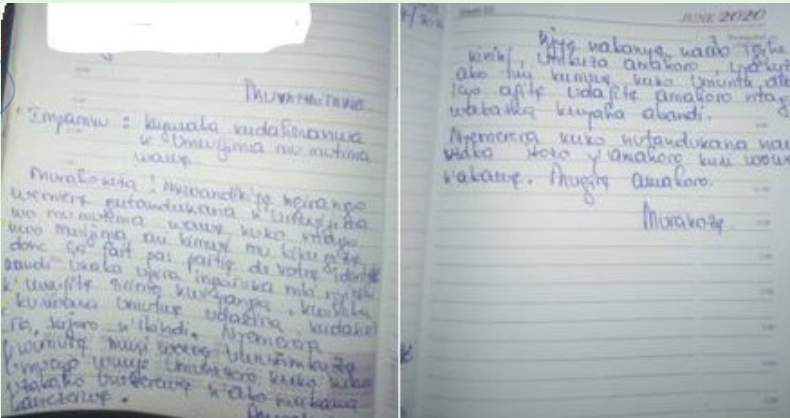
Ese Pacy utekereza ko haba hari undi muntu ubana
n'umwijima ukeneye umucyo?

P: Yego birashoboka ko haba hari undi muntu ubana
nawo kandi akeneye umucyo.

C: Ngiye kugusaba tumwite izina, nurangiza
umwandikire akabaruwa. Niba umubwira uburyo
umwijima ubababaza simbizi. Niba umubwira
uburyo umwijima wangiza umuntu. Niba umuha
urugero rw'uburyo umwijima wakwangije mugihe
wabanye nawo simbizi. Niba uwubwira uburyo
umucyo usimbura umwijima, niba umubwira ko
bishoboka kubona umucyo, umubwire icyo ushaka.

P: Yego, reka mwandikire. Reka tumwite Muvandimwe.

C: Yego nta kibazo.

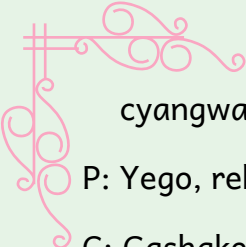


P: Namwandikiye musaba gutandukana n'umwijiya uri mu mutima we. Kuko atari kimwe mu bigize uwo ariwe kuko waje akuze. Mugaragariza ingaruka mbi utera; harimo agahinda gakabije, kwiyanga, kwiheba, kurwara umutwe udakira no kudasinzira. Mubwira ko ubwo buzima nabunyuzemo. Izo ngaruka zikantera kutagira amahoro no kutayaha abandi kuko umuntu atanga icyo afite. Musaba kwakira umucyo kugirango abashe kugira amahoro no kuba isoko y'amahoro ku bandi.

C: Pacy, ni ukuri uri umudamu w'intwari. Muvandimwe uramufashije peee!!!!

P: Murakoze cyane kubwiryio shimwe no kubw'ubufasha bwanyu!

C: Hari akaririmbo se wamuririmbya mbere yuko dutandukana tukazongera wabonye akanya nk'ejo



cyangwa undi mumsi?

P: Yego, rekanze nkaririmbe.

C: Gashake ukamurimbire ndakamwoherereza kandi karamufasha.

P: Ohhh!! Reka nze nkaririmbe.

Lyrics

Ihorere kibondo cyanjye nzakurata aho ndi hose

Yoooo! Uhumure kibondo cyanjye, ihorere igiti kitakwica

Nkagitema nkagicana cyangwa ishyari rikakumva

Nkarivuma kutabyara, ihorere kibondo cyanjye.


P: Ni inyikirizo nshyizeho gusa.

C: Ni ukuri umucyo ugombakuzakawuzanira n'abandi.
Imana ni urukundo, reka nkureke, ikinshimishije n'uko duhoza n'abandi baririra kandi bagahora.

P: Murakoze cyane kandi iminsi mike tumaranye waramfashije cyane! Nyagasani abahe umugisha.

Ni ahejo, ijoro ryiza, ubuntu bw'Imana bubane namwe.

C: Urakoze cyane ni ahejo.



Icyiciro cya 3:

C: Mwaramutse, umeze ute?

P: Ndaho ubu ndimo kubasha gusinzira. Natangiye kumva ntekanye (merewe neza), ariko umutwe ntago ukindya ahubwo ugira gutya nkumva imisonga ikubita mu mutwe ikongera ikarekeraho. Ntago ngitentebutse nka mbere yuko nganira namwe. Mwaramfashije cyane! Nyagasani abahe umugisha.

C: Ndishimye cyane kumva ubutwari wagaragaje muguhangana n'umwijima muri ibi bihe ukaba uri gutsindwa. Wowe ntubibona?

P: Ni ukuri umwijima ndikubona maze kugenda nywusohokamo ntago nkigunga nka mbere numva hari impinduka muri njye kandi nziza.

C: Biranshimishije cyane pee, uburyo ufite imbaraga zidasanzwe!

3. Kwitandukanya ni Ikibazo: Itsinzi ihabwa impamyabushobozi;

C: Ngiye kugusaba dukore akandi kitozo, fata agapapuro n'agakaramu.

P: Yego.

C: Nkorera impamyabushobozi twaha Pacy nk'umuntu

wanyuze muri uru rugendo rutari rworoshye. Tugasanga umwijima atari igice cy'ubuzima bwacu, niba tuvuga uburyo Pacy yaremerewe igihe kirekire simbizi, niba tuvuga ko Pacy yagaragaje imbaraga zidasanzwe simbizi, niba tuvuga ko Pacy yabashije kumenya umwijima simbizi, niba tuvuga ko Pacy yatumiye urumuri mu mutima we simbizi, nyandikira iyo mpamyabushobozi twaguha.

P: Mana wee!!! Iki kizamini nticyoroshye ariko ngiye kugerageza.

P: Maze kukandika reka ngafotore nkoherenze.


C: Yego kanyohereze.

Kuwa 24/04/20


Icyemero cy'Ishimwe

bushingiye ku kuba [redacted] Umucyo (Urumuli) amaze kuganza Umwijima mu mutima w' umuhamya y' Umugendo rworoshye ko igihe kirekire agendana n' Umwijima wamugabaye ingana zikomaye zirimo kwiyubira, kudatanzira, kuvwara umuturukura amakoro, ariko kuri ubu akaba amaze kumushya Umwijima ku Umucyo watahaye muri icyo akabashye gusinzira ndetse akaba afite ikizere cyo kubaho heza no kumva afite Umuzero mu mutima w'.

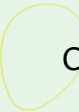
Tumuhaye icyemero cy'Ishimwe ryo kumushya Umwijima, Umucyo w' umuhamya w' umuhamya.



C: Ndimu kuyifungura ariko se muri make icyemezo kiravuga iki?



P: Muri macye icyemezo cy'Ishimwe nagihawe hashingiwe ku kuba umucyo wanesheje umwijima ngendanye igihe kinini, ukaba warangiragaho ingaruka zikomeye kuri ubu zikaba zimaze gukendera.



C: Mugihe turimo kwishimira iyo ntsinzi ba ushaka akaririmbo k'ibirori tukaririmbe unamfashe nubwo tutabonana imbonankubone dutegure umunsi mukuru, umbwire uburyo twawukora. Niba tuwukorana n'umuryango, niba tuwukora twenyine, niba hari abandi twatumira muri ibyo birori kandi twubahiriza amabwiriza. Numara kuririmba akaririmbo noneho dutegure umunsi mukuru.

P: Yego.



Lyrics

Ibiriho ubu n'ibizaza hanyuma

ntakizankura k'umwami

Niwe wenyine wanguze

amarasoye ntakiguzi namba ntanze.



Lyrics

Yasanze naniwe araza aranduhura!

Nari mumwijima araza aramurikira!

Naba ndi muzima cyangwa ntakiriho

Niwe byiringiro nzamanukanayo

Nzabimanukana mbisorezeye.

C: Ni ukuri ntacyankura ku rumuri arirwo mwami. Umwijima uko waba umeze kose ntuzankura ku mwami. Yarakuruhuye rwose kandi guma uruhuke umutima, uhorane umucyo ubuzima bwawe bwose.

P: Amen Amen!!!!

C: Ubu rero tegura umunsi mukuru, umbwire uburyo twawukora.

P: Ohhhh, Nyagasani wee! Ndabanza gutumira abanjye bazize Génocide yakorewe Abatutsi mu Rwanda muwi 1994, nziko nyuma y'ubuzima bariho kandi baratwumva, ndababwira ko tubaho ku bwabo no ku bwacu kandi ko numva noneho nejejwe no kubaho nkasoza ikivi batabashije kwusa kuko bambuwe ubuzima. Ndatumira kandi abandi bakiriho babaswe n'umwijima, bihebye, batakaje ibyiringiro kugirango bazumve ubuhamya bwanjye baboneko bishoboka gutandukana n'umwijima. Hanyuma mbashimire cyane Muganga wanjye (Chaste) wamfashije ngeze kure.

C: Birashimishije cyane Pacy ndumva tugeze igihe cyo gusezeranaho bitavuga ko dutandukanye ahubwo tukaba twasubukura ibiganiro igihe bibaye ngombwa. Urabyumva ute?

P: Yego ni ukuri, birakwiye kugirango ubashe no gufasha abandi, ndizera ko Nyagasani azamfasha sinzigere nsubirwa (rechute). Mwarakoze cyane, ndabashimiye mbikuye ku ndiba y'umutima wanjye.

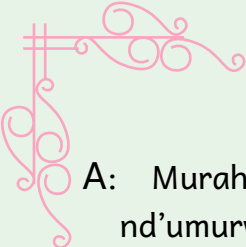
C: Umugoroba mwiza.

P: Imana ibahe umugisha muri byose.

3.2. **GUHARIRWA INSHINGANO, UBUSINZI, GUCIBWA INYUMA: IMITWARO AMINA YAHUYE NAYO MU RUSHAKO**



Amina ni umubyeyi wabana batatu, arubatse akaba atuye mu Rwanda. Twamenyanye mbere ya gahunda ya guma mu rugo ubwo yazaga muri gahunda za psychotherapy kukazi aho nkorera bisanzwe. Kubera icyorezo cya covid 19, mu Rwanda hagiye gahunda ya guma mu rugo bituma gahunda yo gukurikirana ubuvuzi imbonankubone idashoboka. Twari tumaze guhura inshuro imwe gusa. Byabaye ngombwa rero ko ubufasha bukomereza kuri Whatsapp hifashishijwe ubutumwa bugufi. Ibiganiro n'urugendo twakoze rwose murabisanga hasi.



A: Muraho neza, Amakuru ki? Nitwa Amina nd'umurwayi wawe ubuse noneho nzababona nte ko mbakeneye? Ndaho gahoro.

C: Amina humura ndahari. Nzajya mboneka kuri telefone, twavugana kuri whatsapp cyangwa tukanavugana kuri telefone. Nzajya kandi ntanga ibiganiro kuwa mbere, kuwa gatatu no kuwa gatanu kuri Radio na telefone. Ntugire ubwoba ndahari.

A: Naragiye ndabura ubanza nabyo biri mu ndwara ndwaye yo kutiyibuka, nkiyibuka maze kuremba. Amakuru yange yo numva agenda aba mabi kurushaho, biba byambanye byinshi ubwonko bwange nkumva bwananiwe kubisobanura.

A: Uzajya ubitangira hehe?


C: Kuri radio na tv 10 ndetse na RBA.

A: Ubu ntahantu murimo gukorera atari kuri radio? Ooooooh, numvaga nshaka kubabona.

Muratangira uyu muni se? Sangaha?

C: Ndatangira uyu muni, unkurikire mu kanya saa mbiri. Ariko nzanakuvugisha ejo tuvugane birambuye.

A: Murakoze cyane! Muramuke kandi murakoze!




Icyiciro cya 1:



A: Mwaramutse! Gusinzira byo bisa nkaho ari ntabwo ubwonko bwange ni uruhurirane rwa byinshi; umunezero uba ukiza gato ibinsonga bikaba byinshi ariko uko nabikubwiye iyo bingereye kubana bikansonga kuruta byose, umutima wange wo numva warabaye nk'igisebe, sinabona uko mbikubwira bimaze kundenga singifite ubushobozi bwo ku bibika. Burya naje kubona ishuli rya wa muhungu wange i Burayi. Ariga neza uretse ibi bibazo biriyo ariko ikimbabaje ubu kurutaho ni uburyo yamaze kumenya uko se yitwara. Ubu yirarira mu kabari nk'ibisanzwe, akaza mu rucyerera. Abana barihebye, ntibasinzira. Iyo babonye ukuntu corona itwara abantu umunota ku wundi, birangoye cyane kubibamo. Kandi sinjye njyenyine abakeneye ubuvuzi iwange ni benshi. Hari abazi gushiriramo, mbese ntibyoroshye. Ukurikira wa musore we aba mu masengesho adashira mba ndeba inzara nayo izayamutsindamo.

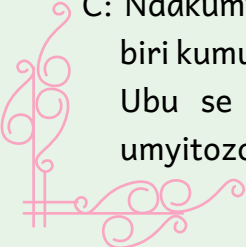
Wenda mbibashije babyungukiramo. Urumva kwa kuba muri enterna ngerageza kubakinga none yararangije ayisumbuye araza none byose birimo kumuca mu maso. Mba nabuze aho mpera naho ndeka, ibyange birimo uruvange. Ibyange keretse mbaye undi nkabyandika naho kubivuga mba numva ntazi ahompera naho ndeka.



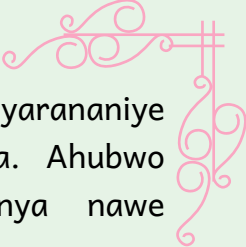
Umuhungu arambwira ngo nshake aho njanya abana igihe gito, ati “ashobora kuzisubiraho”. Namubwira ko bitoroshye, ati “nshake abamuganiriza, amafuti ya papa bamufunga noneho bikaba ibibazo”, mbese simfite icyo nkora nicyo ndeka kandi mbona turi muri risk y’uko aba bana bakura ari ibisenzegeri byazabaviramo kurwara.

Ubuse uwo twaganira sibariya bakuru? Gusa ntekereza ko uwi imyaka 13 nuwi 7 bakiri bato? Twaraburanye natekereje ko uri muri izi gahunda zo kwibuka nanga gukomeza kukurushya.

Mba nabuze ibitotsi nkabibona mu gitondo, ndabona ibyange bimaze kundenga ubushobozi ubu niyemeje kujya mu mategeko. Niyemeje kujya muri RIB kuwa mbere, maze igihe ndwana n’umutima ariko ndabona aribyo byamfasha. Umugabo arandembeje rwose!! Ese ugirango ngewe ndacyanibuka uko natangiye!! Mumbabarire kubagora.



C: Ndakumva Amina, kandi byose nabikurikiye rwose biri kumurongo nubwo ari byinshi kandi biremereye. Ubu se ushobora kuba wakwandika ngo nguhe umyitozo ukorera mu rugo wiherereye?



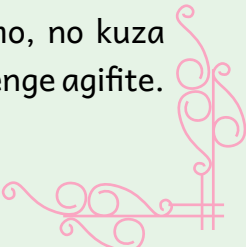
A: Yewe simbizi ko nabibasha, bisanzwe byarananiye ubu noneho simpama ko nabibasha. Ahubwo uwabanza akavuzza umugabo umenya nawe aremerewe.

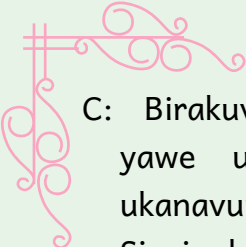
C: Ese wamubajije tukamushakira umuganga cyangwa tukamufasha?

A: Muntu wange nihanganiye byinshi ariko ubu bwo numva naniwe. Ubu ubwo twese tutava mu nzu we ari mu buzima nkubwo yari asanzwemo arajya mu nzoga akaza mu rucyerera, aherutse no kuza ntazi ibyo yanyweye ashaka gukubita abana.

Ntabwo akiri ufashe niyo muganirije arambwira ngo nge mvuga ninduha nsheceke. Mu rugo hari mushiki we usa naho arinawe wamureze iyo amuganirije amubwira ko atakiri umwana babwiriza uko yitwara. Uwo ushakira umuganga ko ari nuwo mwaganiriyeye naheraye koko, ko tumeze nka bantu baturanye. Numva wenda amenye ko byagiye mu mategeko wenda yatuza. Nta muntu yumva, bene wabo baragerageje kumuganiriza byarananiranye.

Iyo umubwiye ibya corona akubwira ko nta ndwara irimo mbese sinzi uburyo nabikubwiramo, no kuza ntabwo tuzi ukuntu aza kuko aza nta bwenge agifite.





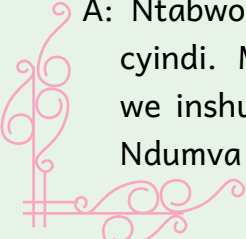
C: Birakuvuna peee!! Kwikorera imitwaro yawe ukikorera n'uyu umuryango, hanyuma ukanavunishwa bigeze aho umenya bitoroshye? Sinzi ahubwo aho ukura imbaraga uri umugore w'igitangaza. Nta muntu se baziranye, yubaha mu muryango ngo abe ari we umuvugisha, urabitekerezaho iki Ami?

A: Ntacyo ntagerageje, ahava aberetse ko yisubiyeho ariko apfa kuvaho ntumenye uko bigenze. Yewe narumiwe!!!

C: Wabasaba ko bamuganiriza, mu gushaka undi muntu ubifitemo ubumenyi, bishobora kumufasha. Urabitekerezaho iki?

A: Kugeza ubu nta numuntu muzima mbona akigira, itsinda afite abenshi batanye n'abagore, ni ukuri kugeza ubu mbona nta muntu muzima babana. Hari mubyara we wajyaga agerageza kumufasha nawe yarambwiye ati *“uretse kugusengera ntakindi twakora, twaragerageje byarananiranye”*. Mbese no kujya mu mategeko nukuba ndembye nabyo sinzi ko nzabibasha kuko ntinya guhangana.


C: Erega ukuri guca muziko ntigushye kandi ufite ukuri. Urumva se hari aho udafite ukuri?



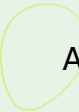
A: Ntabwo ngiye kubihitamo mbikunze ni amabura cyindi. Maze gushaka abantu bo mu muryango we inshuro zigera muri enye ariko ntacyo bifata. Ndumva nareba ko naramira abana ngeweho numva




nsa nuwafuye mpagaze.



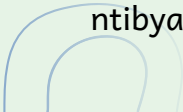
C: Reka nigarukire kuri wowe. Ubu muri aka kanya urumva umeze ute? Uremerewe ute? Umenya tubanje kwiyubakamo imbaraga aribwo twabasha kureba ibindi bidutsikamiye, tukabirebera hirya, tukishakamo n' imbaraga zo guturana nabyo cyangwa kubijya kure. Urabyumva ute Amina?



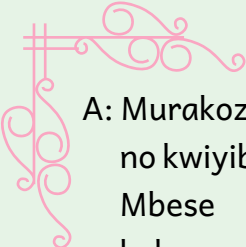
A: Nanjye n'uko bimbana byinshi, ntabwo nakubwiye burya umuhungu twaraganiriye amubwira ko hari ikiganiro twumvise ku bantu bafasha abantu asa naho amwemereye. Yagerageje kumubwira ko yabonye umuntu kuri tv ati “*nafashe na tel*”, avuga iyawe yabaye nkaho yemeye yamaze no kumubwira aho mukorera mu minsi nkibiri yahise abivamo ati “*ntakibazo mfite*”.



Ngewe ndaho, ariko sinsinzira mfite ibintu bihinda mu matwi mbese ubwonko sinzi niba bukiba ku murongo. Mu minsi ishize nabaye nkutaye ubwenge banjyana kwa muganga bancisha mu cyuma basanga ngo umwuka utagera neza ku bwonko, mara ibyumweru bibiri barantegetse kuryama ariko ntangiye kumera neza corona yaje nari naratangiye kujya mukazi.



C: Ohhh!! Kuki utambwiye koko? Komera turi kumwe. Byarakuvunnye cyane bikugeza aho hose ariko ntibyaguherana kuko wabirushije ingufu.



A: Murakoze cyane, nanjye ngirango ni uburwayi mfite no kwiyibuka ntibipfa kuza, niyibuka maze kuremba. Mbese ni ugupfunda imitwe. Nibi mbigiyemo kubera abana, uriya mwana uri hanze bashiki be barabimubwiye nge numvaga yarabihunze najyaga mubeshya ko yatunganye, kuva yabimenya, yabona n' ibibera iwabo, abantu bapfa umunota ku wundi byatumye ahangayika. Ubu arambwirango nshake aho njyana bashiki be kugeza corona irangiye, nkamubwira ko bitakoroha. Wumva byaramutesheje umutwe, aba ambwira ko nashaka umukozi wasigarana na se. Ibyo byose rero yumva, anabona ntagirire n' impuhwe umwana we uri mukaga ahubwo akavuga ko aringe ubangiza. Ibyange nange mba numva narabiburiye izina. Maze imyaka myinshi ndwana ngo ndebe ko nakuza abana bange batureba twese ariko ndabona ntazi!

C: Birumvikana ko abana nabo bakomerewe peee! Birabavuna nabo.

A: Kuba Bakomerewe nange ndabibona pe! Mba ndeba ahari aritwe atari bo. Ubuse nkore iki? Iyo mbuze icyo nkora nicyo ndeka byose mbyumvira mu mu mutwe ubwo isereri igatangira mbese ampinduye umurwayi burundu.

(Audio)

A: Ako ka odio naguhaye hejuru naka wa muhungu.

C: Yego nabyumvise. Uyu mwana aravunika cyane.

A: Ngaho mbwira icyo nakora ubwange ubwonko ntibukibasha no gushyira ku murongo ibyo nkwiye gukora. Umbabarire mba nakugoye ariko ntamahitamo mba mfite nibura mba mbisohoye nkumva hari uko nduhutse.

C: Ntabwo ungora rwose humura abishyize hamwe ntakibananira kandi twishyize hamwe. Ndukeka ko bitazatunanira, siko ubyumva? Ubu turacyari gutekereza inzira twanyura kugira ngo dusohoke muri ibi bibazo tutarabonera izina nkuko wabimbwiye.

A: Murakoze cyane. Ndumva inzira zombi twazikurikirana; inzira z'ubuyobozi n'inzira zo kwa muganga. Mba numva mbagora kuko nange nyirabyo biba byaramvanze mba ntifuzaga no kuvanga abandi ariko birangira mbikoze.

C: Reka nkubwize ukuri, ntabwo ungora, nemeye gufatanya nawe kandi tuzatsinda kuko abishyize hamwe ntakibananira. Wowe se siko ubyumva?

A: Murakoze cyane, nzagenda ngishe inama umudamu ushinze kurwanya ihohoterwa nagejejeho ikibazo, nzamusaba ko mubyo bamuganiriza no kwivuzako byazamo kuko ibyo akora ubona atari ibyumuho.

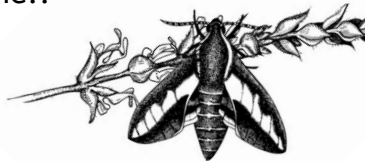
ufite ubuzima. Ahubwo se ko mutagikora ku mufasha kuri phone yabyemera?

C: Yemeye twashaka uburyo tumufasha, hari n'abandi dufasha bigakunda.

A: Imana iguhe umugisha kumubwira najyaga mbyuka nshaka kukubwira nageraho nkabona ari ukwikunda, nirengagije ko uba ufite benshi bo gufasha. Mukanya naganiraga na mubyara we wamumfashaga (umugabo) akamuganiriza, ariko arambwira ati *“naragerageje numva ahasigaye ari ugusenga gusa”*.

C: Humura iyo mfite umwanya ndagusubiza humura. Kandi komera tuzakomeza dufatanye ntuzigere wumva ko unkorera imitwaro.

A: Murakoze cyane!!

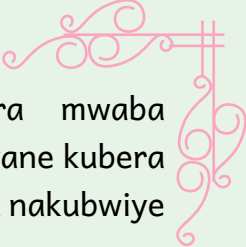


Icyiciro cya 2:

C: Mwaramutse! Waraye usinziriye se?

A: Mwaramutse neza! Yewe ibitotsi byo byarayoyotse aribwo butunzi nagiraga noneho sinzi uko nzabaho. Ariko mu gitondo nasinziriye ho gato.

C: Komera kandi ukomeze utwaze. Naraye ngize igitekerezo ntiwampuza na wa mwana uri i Burayi nawe tukaganira?



A: Murakoze cyane! Nukuri nabikora mwaba mumfashije ninawe umpangayikishije cyane kubera na cya cyibazo agira cy'uburwayi. Harya nakubwiye ko agira ikibazo mu mutwe?

C: Hoya ntabwo wambwiye. Bimeze gute se?

A: Basanze afite igikomere hafi y'ubwonko ajya agwa nkufite igicuri, aho yakuriye iyo agize ikimubabaza nibwo afatwa. Byagaragaye afite imyaka icumi, afata imiti kuva icyo gihe nanubu.

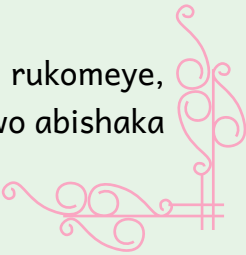
C: Ohh!!Nawe araremewe, wamubwira ko ndibumuvugishe.

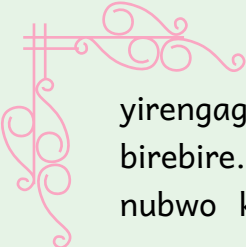
A: Nukuri nabyo biba bimpangayikishije.

C: Birumvikana pe, uraremerewe hakwiyongeraho umugabo, nibi bihe bya corona bikakuremerera cyane kurushaho.

A: Yego ngiye kumubwira, nukumukwibutsa twari twarabiganiriye ko nzamukuzanira ntarakumenya yigeze kumbwira ati *“ariko mama buriya sinkeneye umuntu umfasha ko ibishimisha abandi nge bimbabaza simfite ikibazo?”* Byampuriyeho byose. Aho mariye kukumenya mubwira ko uzatuganiriza turikumwe ubona abyishimiye nuko yahise agenda.

Nabyo mukugenda byabaye urugamba rukomeye, se amubwira ko yajya mu gisirikare, ubwo abishaka





yirengagije ikibazo afite, mbese nabyo byabaye birebire. Imana inkorera igitangaza aragenda nubwo ku murihira bitanyoroheye ariko numva nzarwana nabyo wenda Imana yamumpera n’umuganga bakazamuvura, numvaga mu kiruhuko yazivuzza.

C: Waragowe peee! Ariko ufite imbaraga zidasanzwe, uzivoma he?

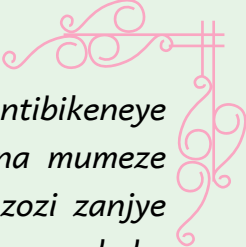
A: Ntabwo mbizi niba arijye ubibasha, najye mbitekerezaho simbishyikire ukuntu umutima wanjye ungana. Mba numva icyashoboka cyose nagikora abana bajye ntibakure uko nakuze. Nabuze amahirwe yo kwiga ntabuze ubwenge, kubera urushako rubi mbanumva Imana impaye ubuzima nanambara ubusa ariko amahirwe nabuze nkazayabonera kubana bajye.

C: Kandi biragaragara ko ubigeze kure. Ibyo wakoze nibyo byinshi kandi mu bihe bikomeye binyereka ko n’ibisigaye bitazatunanira. Wowe siko ubibona?

A: Yewe mba mbona ntaho mbigeze abana baracyari batoarikombamfite icyizereko Imana izabinshoboza hamwe namwe mumfanshiriza umutima.

C: Yego rwose kandi tuzabigeraho kuko abishyize hamwe ntakibananira.

A: Urakoze, Reka nguhe ubutumwa bugufi (messages) umwana anyoherereza nabwo bukantera ikibazo:



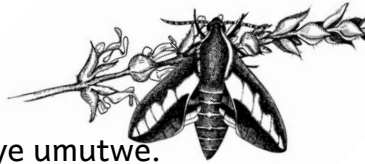
“Mama ntakubeshye njye ibibazo nifitiye ntibikeneye umuganga. Njye ibyo nkeneye nukubona mumeze neza kandi nanjye nukuba nagera kunzozzi zanjye kuko ngiye kuvugana n’umuntu byagorana kuba namubwira ibyanjye kuko ntacyo yamfasha. Ndikuvunika cyane ariko ntamusaruro muzima ndageraho kuko ndikwiga ibintu ntakunze ariko ndikurwana ngo ntangire nshake aho najya kwiga nashatse Kaminuza ya gisirikare nsanga binsaba kuba narasabye icyangombwa ko u Rwanda rwemeye ko na kwiga. Ariko na S turi gufatanya mu gushaka ishuri twakwigamo kuko kuri njye nsa nk’umuntu utazi iyo ajya. Impamvu nuko nize ibintu ntakundaga akenshi nanga kubivuga kugirango ntabongerera undi mujagararo byo nkabyirwanirira ariko binkundiye nazagenda ndigushaka ishuri”. Noneho reba ibyo mpuye nabyo. Ubu twari twarasezeranye ko agiye kugenda akiga akazajya mu gisirikare arangije kwiga. Ndumva mbuze icyo mvuga noneho biranyobeye.

C: Mubwire ko nta mpamvu y’isanamutima (counseling) ariko kugira undi bajya inama byamufasha. Wowe siko ubyumva?

A: Ndumva nabuze icyo musubiza ndumva umutwe undembeje ngiye kuryama numve ko nasubira ku murongo ndabimwandikiye ibindi atekereza byo ntagisubizo cyabyo mfite.

C: Ntakibazo, banza uruhuke wenda ubwo tuzasubira ejo. Muramuke!

Icyiciro cya 3:



A: Mwaramutse! Neguye umutwe.

C: Waramutse neza. Umeze ute?

A: Ndumva ndaho, umutwe wakize.

C: Ni byiza cyane na wa mwana nanze kumuvugisha atabyemeye.

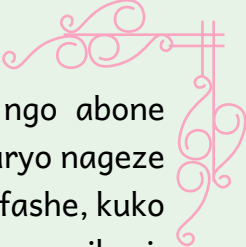
A: Ahubwo se nturambwira? Noneho ndi bubikemure ko wumvise amagambo akakaye afite? Ngo yiga ibyo adashaka, ngo agiye gushaka ishuri, byanyobeye ariya magambo yose yahurutuye atajyaga ambwira amagambo arenze abiri nabyo ko byanyobeye.

C: Ntacyo mureke avuge. Buriya araza kukubwira niba hari undi muntu akeneye ngo baganire.

A: Kugukenera byo ahubwo ndabona aribwo agukeneye ariko ndabona ntazi ibirimo kumbaho nukuri. Ukuntu mbere yabyumvaga anifuzza kubona umufasha none akaba ambanye undi biranyobeye, sinzi ikiri mu muryango, ndumva navangiwe.

C: Nzamwandikira ejo. Ariko iyo urugamba rujya kurangira rurashyuha. Ni urwacu ubu tururimo kandi rwashyushye, siko ubibona?

A: Kuva yanyandikira kuriya numvise agahinda



kanyishe nkuruye inzira zose nakoze ngo abone ishuri, abone impapuro z'urugendo kuburyo nageze naho mwohereza i Bugande ureba uko hifashe, kuko mu Rwanda nta ambasade y'igihugu yigamo ihari. Ndumva ntazi icyo kuvuga. Nibwiraga ko nshaka ubuzima bw'umwana. Wa mubyeyi we namaze gusaba randevu ya wa mudamu nubwo ntazi niba nzabasha kumubwira ibyanjye, nzajyayo kuwa kabiri saa mbiri.

C: Humura uzabibasha. Uri umudamu w'intwari.

A: Nukuri wihangane kukuvuna waba umfashije, azakwakira keretse niba shitani nawe yaramugezeho. Imana Nintabare Irurangize kuko ngeze kure. Uwo nashakaga kwisunga nasanze nawe baragiranye ikibazo nabyo ubwo biraho.

C: Humura iyo ugeze aho rukomeye uba wenda kurutsinda. Ikibi ni ukumanika amaboko. Siko ubibona se?

A: Ntabwo nayamanika ntabonye umunezero w'umuryango wanjye kandi nzawubona.

C: Reka dusubikire hano ariko niba hari uturirimbo ugira tujya tugufasha tunsangize tuturirimbe.

A: Imana iguhe umugisha.

Nkunda iyi (Nzakubitsa ibanga ya Aline Gahongayire).

Icyiciro cya 4:

C: Mwaramutse! Wabashije gusinzira? Rwose ibanga ryawe ntiyaryumvira ubusa. Utwo turirirumbo ni twiza.

A: Mwaramutse neza! Iyo bitancanze ndaririmba ariko iyo byanze mba numva nta nakimwe nshaka. Natinze kubinona ariko nasinziriye. Mu gitondo nibwo nsinzira nkanguwe n'umukobwa wanjye ansezera, aba agiye muri ya gahunda ya leta yo gutanga ibyo kurya.

Noneho mfite ikibazo, kuva kuva gatanu mfite ukuntu ntumva ikintu ko gihumura kandi ntafite ibicurane niba narwaye iki? Ndegamye ku gitanda gusa ndimo kwibaza iherezo ry' umwana wanjye ntangiye kugira ubwoba ko atarimo kwiga yitekerereza ibindi.

C: Umuhungu namwoherereje ubutumwa bugufi ariko ntaransubiza.

A: Reka dutegereze turebe wenda arasubiza ubundi agira ikinyabupfura, ntekereza ko atakwihorera.

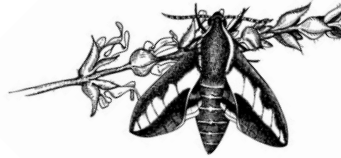
C: Yego rwose! Aransubije turi kuganira.

A: Ndishimye. Erega nawe maze kukurembya. Wambwira se umusore ari kwandika?

C: Yego rwose twari turi kuvugana. Ubu ngiye gutanga ikiganiro kuri tv, turongera nyuma ya sakumi n'imwe

nabimusabye.

A: Ndumva ari byiza, reka dutegereze turebe ko hari ikizavamo kandi murakoze cyane, mumfasha byinshi.



Icyiciro cya 5:

A: Mwaramutse neza! Mwakongera mukampa umwanya tukaganira?

C: Mwaramutse. Yego nta kibazo, nguhe utwitozo?

A: Yego.

C: Reba uko urinkwiyumva, amarangamutima ufite. Maze ufate agapapuro unshushanyirize icyo kintu wumva kicurimo. Hari abambwira bati ni nk'amahwa ku mutima, n' inkikibuye kiremereye, hari nabambwiye ko ari nk'umusonga, wowe wumva ari iki?

A: Mba numva ndemerewe ku mutima, mfite akajagari mu ntekerezo ntabasha guhama kucyo ntekereje. Ubuse nabishushanya nte?

C: Gerageza ubihe isura n'izina?

A: Ibitekerezo byanjye bihora bihindagurika, muri make sintekereza ngo ngire icyo nanzura kuko nsa nkufite impande ebyiri zihanganye, rumwe ruti kora iki urundi ruti oya!!



Byanyobeye uko nabyita mba narabuze nanjye ubusobanuro bwabyo pe!!

C: Oooh, birakuremereye peee!!!! Ariko icyiza n'uko tubasha kubibona tukabyita izina tugasanga bitandukanye natwe.

A: Yewe ubanza binatandukanye nange, hari ubwo mba numva imitsi yashyushye nkagirango ntibucya, nkabona buracyeye ngatungurwa.

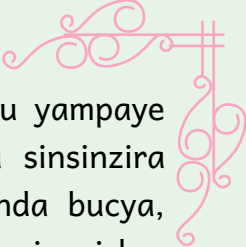
C: Muratandukanye, ntabwo bigize igice cy'ubuzima bwawe.

A: Ahubwo nuko ntamuntu wo mu muryango mfite niwe wambwira ubu uwo ndiwe kuko bajyaga bifuza kuzambona ndi mukuru, bumvaga ntacyo nashobora.

C: None wabaye umudamu mwiza ufite abana beza kandi ubasha kubabeshaho nubwo wahuye ni ikigeragezo mu rushako. Uri intwari pe!

A: Yewe mba numva narashize wese; umutima, ubwonko noneho niba ari ugusaza nsigaye mbyuka nafashwe n'umutsi wo mu kaguru kugera mu itako no kuryama bikanga bikongera bikijyana. Nukuri baje batungurwa bagirango hari undi ubinkorera.

C: Biranshimishije ko umwijima urimo akajagari utajya ugutsinda. Nawo ugomba kuzatungurwa niwisanga dufata ibyemezo.

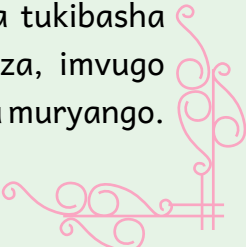


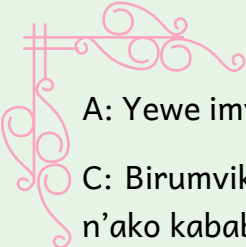
A: Ni ukuri nzishima. Nkubu wa mudamu yampaye randevu y'ejo ariko kuva yabimbwira sinsinzira mba ntekereza aho nzabihera bukarinda bucya, nkabisubiramo nshobora no kuba nivugisha. Umwana wanjye muto turararana mu gitondo kare yambajije ngo *“mama uraryamyeye cyangwa urakanuye”* ndamubwira nti *“ndyamyeye nkanuye”*, ati *“se ko umuntu aryama aryamyeye, niba utaryamyeye jya muri salon urebe amakuru”*, numvise nigaye!

C: Ni ikigaragaza ubumuntu bwinshi bukuranga. Ntekereza ko uba wibaza niba wafashe icyemezo gikwiye kitazabangamira umugabo n'urugo rwawe.

A: Ni uko rero mera mu bwonko nkumva byabaye byinshi nkaba nanabyuka, nkumva sinshaka kujyayo. Mbese mba numva nanjye gusobanura ibyanjye byaranyobeye. Ubundi no gutonganya umukozi biramvuna mba nivugisha mu ndorerwamo ngasa nufite imitima ibiri. Ngatekereza ku cyo ngiye kumubwira, undi mutima ukambwira ko gikakaye bidakwiye, nubwo buzima bwanjye. Ndibaza rero uko nzaba mvuga, iby' urugo rwanjye nkumva ntazi aho nzahera naho nzareka undi mutima ukanyereka wenda navuze menshi ngatandukira wenda bakanangaya, mbese umuruho si ikintu!

C: Umuruho si ikintu peee!! Ariko numva tukibasha gushyira ku munzane tugategereza ikiza, imvugo nziza n'imbi ndetse n'ingaruka byagira ku muryango.





A: Yewe imvugo nziza yo sinumva n' igihe nyiherukira.

C: Birumvikana ntiwapfa kuvuga neza n'uwo muruhu n'ako kababaro.

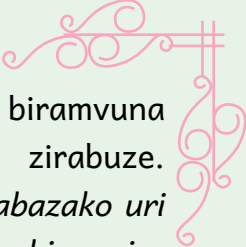
A: Ingaruka ku muryango zo mba ntekereza abana banjye kutabana neza n'ababyeyi babafite nkibaza tutabana bagahura nawe wenda yaraye nzira mbese byose ni ihurizo kurijye.

C: Ni ihurizo peee!! Ariko nkagukundira ko uribona kandi ibuye ryagaragaye ntiriba ricyishe isuka, ngatekereza ko wibaza ko kubana na Papa wabana aribyo byiza. Nicyo washatse kuvuga?

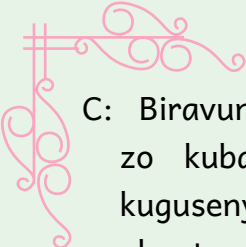
A: Kuvuga neza ndabigerageza gusa kubana n'umuntu mukaba mwamara ukwezi mugafata ukundi mutavuganye!

C: Biravuna, ninaho ntekereza ko uba utekereza ko yakira mu kavugana ariko nanone kubana n'umusonga biravuna, biranashoboka ko umuntu yabanza kuwujya kure. Byombi urabyumva ute?

A: Ahindutse byamfasha kurushaho. Ibye bibi bimaze gusa naho bipfuka ibyiza nibyo bintera ubwoba. Nkubu aherutse kwicaza umwana ukurikira uriya muhungu amubwira ibibi byanjye amubwira ko yankuye kure, iyo atangirira imbabazi mba ntakiriho. Iyo amaze iminsi asinda cyangwa wenda bahuye nko mu rucyerera ataha ashaka uburyo bwose yababwira ikintu cyiza ubwo



kubwe akumva yabafashije. Ibyo bintu biramvuna n'imbaraga nari niteyemo nkumva zirabuze. Mperutse kumubwira nti *"ko umwana abazako uri amahoro nkamubeshya ko uri muri rwinshi wagiye umuvugisha"*. Ndibuka ko twarebaga ba Nyampinga aribwo yanyutse inabi ati *"ariko unshakaho iki, niba uba wamuvugishije ntibihagije"*, nti *"nawe uruhare rwawe aba arukeneye nka mugenzi we ukamutera imbaraga"*, aransubiza ati *"nta marushanwa ndiho kandi kuva ubu uzajya uvuga nkwihorere"*, mubajije icyaba cyarabaye kigahungabanya umuco mwiza twahoranye wo kuganira, tukajya inama, aransubiza ati *"izo nama uzajye uzigira"*. Ayo magambo hamwe n'iyi myitwarire bica intege, rimwe nkumva iyaba byashobokaga ko nabijya kure ariko ndikumwe n'abana banjye. Njye mbona guhinduka kwe biri kure nina yo mpamvu mba numva kumuhunga aribyo byakoroha gusa hari n'ibindi bitapfa kunyorohera. Hari ibintu byinshi bigaragaza ko guhinduka kwe biri kure, nkubu iyaba yari umuntu utekereza akageza kure yagakwiye guhera kuri byinshi bibi yankoreye nkabyihanganira bikamufasha kubona urumuri natwe akadukura mu iri curabundi yadushyizemo. Wibaze ubana n'umuntu akagira umuntu hanze (inshoreke) kandi wowe akwereka indi shusho, ukabyirengagiza, akabyarana n'umuyaya uhari ntaho wagiye bikamujoyana no mu buyobozi akaguhindura igicucu ibyo ukabyirengagiza ariko ntagire na agatekerezo ko guhinduka.



C: Biravuna iyo wowe ushaka imbaraga nyinshi zo kubaka umuntu we agashaka nyinshi zo kugusenywa, bikababaza kurushaho iyo akoresha abantu. Bikababaza kurushaho iyo aguca inyuma akabyarana n'umuntu udashobotse, umukozi wo murugo kandi uhari nkuko ubivuga.


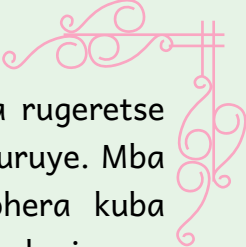
A: Yewe ibye ni byinshi ubibaruye watora amashashi!!

C: Birumvikana hashize igihe kirekire bibaye ariko kubera imbaraga n'ubutwari gutora amashashi ntibyabaye kandi umenya bitazanabaho.

A: Uzi kumva umuntu mubyaranye abana bane ababakikije babubaha yagiye kuregana mubunzi n'umukozi avuga ko umugabo ubyaye kane yamugize umugore imyaka ibiri, bigasakara aho mutuye?! Umva ibyanjye ni agahomamunwa! Ubwo uwo ni ukurikira wa muyaya. Ibyo byose n'ibindi byinshi bituma ntekereza ko guhinduka kwe biri kure cyane.

C: Ibyawe ni byinshi rwose biranakomeye. Iyo bitaza guhura n'umudamu utari intwari aba yarirutse peee!

A: Nukuri hari nubwo mbitekereza nkageraho nkumva ibitekerezo bibuze. Hari ubwo mbitekereza nkabura icyo nkora nkaba nakwicara mu kazi bukira nkabura n'ubwenge bwo gutaha nkaba nanataha saa yine z'ijoro ntakintu nakimwe nkoze. Ibyo byose iyo mbihuje nkareba igihe mbyitwararitse ntabibone ngo mubiganireho akakwereka ko ibyo byose nta

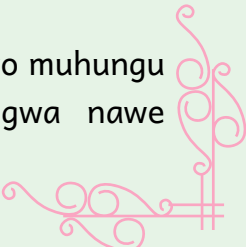


gitangaza kiba cyabaye no kubihakana rugeretse kandi byabaye ku mugaragaro n'isi yahuruye. Mba numva ntazi ko byakongera kunyorohera kuba twaba umugore n'umugabo nyuma yimyaka irenga umunani, igishoboka ni ukuba inshuti tukarera abo twabyaye. Kuko byose ntacyabaye kinturutseho, byagiye ahagaragara nyuma y'igihe kitari gito ambeshya, agataha anyereka ko arushye ku mpamvu z'akazi kenshi nkabimaramo igihe nibwira ko ari akazi nkuko yabivugaga iherezo bikaza kuba burundu ko umubiri we ntacyo ukibashije nyuma y'igihe gito hakagaragara umwana w'umuyaya n'ibindi bibi bigendanye nibyo bigakomeza imyaka irenga umunani akaba atarigeze yibaza kuri icyo kintu mu byukuri umuntu nk'uwo uretse kwanga kwibabariza abana waba ukibana nawe?

A: Ese ubu sinkwiye kuguha akaruhuko ko mba nakubwiye byinshi koko? Nubwo mvuga ngo simbashije kubivuga ahubwo mbona narabaye nk'umuntu uvuye mu kinya, numvise ngo baravuga ntibaruhuke, sinzakubuze amahoro n'ubu burondogozi bwanjye.

C: Humura sinananirwa mfite umwanya. Ntabwo urondogora kuko ntacyo usubiramo, ahubwo ni amateka yawe.

A: Nonese reka ibyanjye mbe mbiretse. Uwo muhungu se wumvise haricyo yiyungura cyangwa nawe

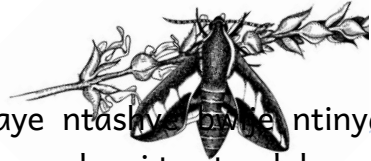


yabuze icyo afata nka nyina? Njya ngira ubwoba ko azahuza amasomo n'iby' iwabo, niby' akunda rukabura gica? Ariko natangiye kugira icyizere ubwo byakunze mukavugana.

C: Humura nzaguha amakuru ejo tumaze kuvugana.

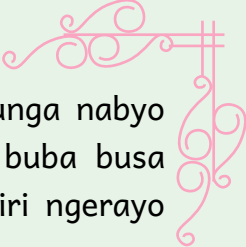
A: Murakoze cyane!! Murote Imana, Imana izanshoboze.

Icyiciro cya 6:



A: Mwaramutse neza naraye ntashye bwashyushye ntinya kubandikira. Twabonanye saa kumi twatandukanye hafi saa moya urumva ko natashye bwashyushye. Ariko yumiwe yibaza impamvu nagumanye ibintu bisa bityo ariko icyamukuye umutima kurusha ibindi ni ukugenda muri corona. Inama yangiriye niyo kugana ubutabera ati *“wakabaye kuba wihangana wenda mubyaha runaka harimo bimwe yirinda ariko ndumva ntagisigaye ahubwo mwishe abana, abakuru bo barashize byararangiyeye, uw’ imyaka irindwi mukwiye gushaka umuntu umwitaho kuko iyo myaka ni mibi cyane”* Nguwo umunsi wanjye w’ejo. Ngo nandikire RIB ibibazo mfite bingoye. Yongeye ati *“umwana nk’uwo nubwo aba atarasobanukirwa biba bishoboka ko apfira imbere”*.

Navugishije umu mama wajyaga aburanira abantu b’ahantu nkorera ambwira ko RIB nanditse



urwandiko mvuga biriya byose bamufunga nabyo numva nta mahoro bimpaye. Njyewe buba busa n'ubucyeye mba ntifuza kujya mu buriri ngerayo ibitotsi bikayoyoka.

C: Birumvikana peee! Nta buryo wasinzira niyo mitima irenze ibiri.

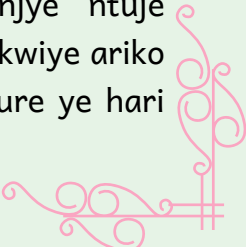
A: Mwebwe mwiriwe mute? Erega nawe ngeraho nkumva nkubabariye n'iyi mitwaro tugushyiraho? Ariko ntabwo wambwiye amakuru y'umuhungu niba hari icyizere?

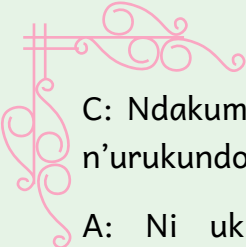
C: Ni ukuri humura tuzajya dufatanya kuyikorera. Umusore turi gufatanya kubaka ambition no kureba uburyo yakwiga.

A: Oh! Nonese ibya gisirikare yakubwiye ko abishaka cyane?

C: Yarabimbwiye ndetse ambwira ko yari yabonye umwanya mukamwangira.

A: Murakoze cyane kunyihanganira. Ndumva aho kugirango njye mubyatuma bamufunga najya mubya gatanya nkamenya ko bitarimo gereza tugatana neza akisanzura mu byo akora ntarwikekwe nanjye nkamenya uko ngomba kwita kubanjye ntuje nubwo numva kubijyamo byose bitari bikwiye ariko ndabona nta mahitamo wenda ngiye kure ye hari icyahinduka.






C: Ndakumva uri mu mayira abiri. Ariko ukarangwa n'urukundo, n'ubumuntu butangaje.


A: Ni ukuri twaramwangiye atari ukumwanga, yabanje gushaka cadet y'imyaka itatu amanota aramutsinda aza gutsindira icy' abasirikare bato musaba imbabazi ko atajyayo, ejo bundi ashaka kujya muri cadet ya police y' imyaka ine, ngira impungenge z'uko yazagira ikibazo batarakora ikosi dore ko barikora mu mwaka wa nyuma yabura byose; igihe yatakaje, nta dipolome yabona ndetse nta na rank yabona, maze kugira izo mpungenge musabakoyajya mu ishuri risanzwe akigayarangiza akazajya mu gisirikare yakora kose y'umwaka aramutse agize n' ikibazo cyatuma adasoza yaba afite ubundi buzima. Ngicyo icyatumye nshaka ishuri rye.

C: Humura ntiwigeze umushakira ikibi. Ariko turi kubikoraho nzakubwira. Ntabwo ameze nabi banza wiyiteho uve mu mayira abiri.

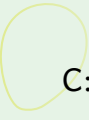
A: Ayo mayira nayo azamuvanga niyo yayo, kumva iwanyu batana mu myaka 22 ntibyoroshye ariko nta mahitamo yandi mfite. Ese buriya ko bambwiye ngo uriya mwana muto yaganirizwa wabimubwiraho iki ko aba atazi byinshi?



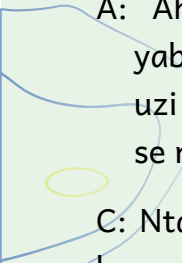
C: Harya afite imyaka ingaha?




A: Sinzi ukuntu namubwiye ko umunsi yaje yariye ibisazi azakubita mukuru we, uwo munsi nasanze yararanye inkoni ya rido, namubajije impamvu yayiraranye ati “*nagirango umujura naza mukubite*”, azuzuza imyaka umunani mukwa karindwi.



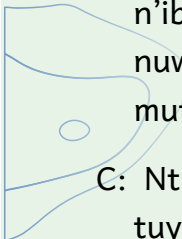
C: Corona nivamo uzamunzanire tunganire, birumvikana ko byamuvuna ariko bishobora no kumufasha.



A: Ahubwo ngirango bose barabikeneye uwa 13 yabaye nkuriya muhungu, ni umurakare. Uwo mfite uzi gushiriramo ntumenye ko bimubabajije imbere ya se ni ukurikira wa musore wa 19.



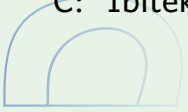
C: Nta kibazo na we twamuganiriza ndetse n’abandi bose nituva muri ibi bihe tuzavugana.



A: Murakoze cyane. Uwo mu nyamategeko yambwiye ko naba nshaka ibyemezo by’amavuko by’abana n’ibimenyetso byibyo bibi byose, mbese ndasa nuwiyemeje kubijyamo nubwo bitanyoroheye mu mutwe.

C: Nta kundi, Komeza ubitekerezeho amayira abiri tuyashakireho iherezo.

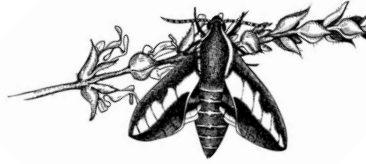
A: Wowe se siyo nama wangira kuruta ibyo gutuma hazamo ibyo gufunga?



C: Ibitekerezo byawe ni ibyagaciro. Reka dusubikire

aha kuko burya ijoro rishobora no kudufasha gutekereza, siko ubyumva se?

A: Murakoze cyane, Murare neza. Imana ibahe umugisha!



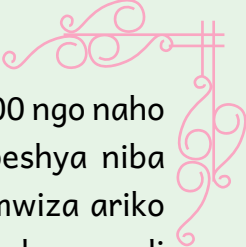
Icyiciro cya 7:

C: Mwaramutse!

A: Mwaramutse mute? Umuryango umeze neza? Ukuntu ibyanjye rero bitoroshye nijoro navugishije umubyeyi ujya ampahira Nyabugogo yumva arimo kumbwira umumotari uri bubizana ahita avuga ati *“umumotari mureke ndajya kubizana”* ndumiwe nti *‘wabona yahindutse nanjye ntangiye ibindi’*. Nabyo naraye mbyibaza ukuntu yabitekereje kandi ubwo no kujyana umwana kwa muganga byasabaga ikiguzi. Mbese ibyanjye aba ari nka firime!!

C: Tugize amahirwe byahinduka, mukongera mukavugana, mukaganira mukajya inama. Sibyo byaba byiza?

A: Cyakora mwaramutse cyangwa mwiriwe turayihana. Kubera ukuntu mba nkurura ukuntu nimubwira ari bunyuke inabi nsigaye mbigumana, aherutse kumbwira ngo nzajya mvuga ninduha nceceke. Yewe biri kure nk’ukwezi. Nkubu uyu muni nuwa gatanu ariko mba numva avugana n’abantu, akunda kuvuga mu kigande, nkumva bavugana ukuntu basigaye



babafunga bakabaca n' amande ya 200000 ngo naho ubabwiye bakagukurikira bareba ko ubeshya niba ari byo bituma atagenda simbizi. Sindi mwiza ariko mba numva naragerageje ngo ahinduke abaye undi yaba yarahindutse kera. Ariko ka nizere wa mugani wawe ntakitagira iherezo.

C: Ntamvura idahita, nabyo byashoboka peee!! Ariko ubwo anakuvugisha ni byiza biratanga icyizere.

A: Bisa na ntabyo, kubana n' umuntu munzu imwe mumeze nkabataziranye, umwaka ugashira undi ukaza mutavugana neza ngo mugirane inama, mbese mumeze nk' abaturanyi dore ko ari bo buri umwe amenya ibye. Nubwo bavugango mwaramutse iraguma yonyine ntiyatuma mukuza abo mubyaye namwe mugafashanya kurama. Nta bindi bitekerezo muhana sinzi ko byashoboka? Nibwo nyine usanga hari upfa ahagaze kubera guhangayika undi yigaramiye kuko mudasangizanya ibyo muhura nabyo mu rugendo.

C: Ni ukuri waragowe. Umubiri, ibitekerezo, byose ahubwo uzi kwihangana bidasanze arundi imyaka umunani yose yari gukora ibidakorwa.

A: Yewe ni Imana sinavuga ko ari imbaraga zanjye ni ukuri. Iyo umwaka ushize nkiri uwo ndiwe numva ari igitangaza kindi inyongereye.

C: Buriya Imana ifasha uwifashije. Biragaragara ko hari uruhare runini wabigizemo, muri make harimo



n'imbaraga zawe.

A: Yewe niba zinarimo ni nke cyane.

C: Birumvukana Imana niyo nkuru ni ukuri pee, ariko wabaye umugabo!


A: Nukuri iyaba kubwange ntacyo nashobora. Nari kwandagara. Ubu noneho igihe kirageze ngo ibisoze. Nukuri ni ibinkorere.

C: Nta mpamvu yo guseniyuka, ndetse nta n'impamvuyo kugumya kubabara.


A: Murakoze cyane pe, ndumva usa nurimo gusiba umutima umwe nzishima ninumva nsigaranye umutima umwe nubwo ntazi igihe bizabera ariko numva ntangiye kumva hazagera. Ndumva mbuze ikiruta murakoze, Imana ibyumve ko ngushimiye mbikuye ku mutima.

C: Hazagera umutima umwe tuwusigarane. Undi utatugirira akamaro tuwujugunye, dusigarane inzira imwe. Siko byumva se?

A: Ndanezerewe pe, wenda n'umutima simfite mwiza bikwiye ariko ndumva nezerewe pe! Ni ukuri bimbeho bidatinze. Ndanezerewe kumfata mu mugongo niko nabivuga kuko sinigeze mbona amahirwe yo kuvuga ibyange nahoraga numva ntekereje ibyo ngiye kujyamo abantu banyita ikivume.




A: Imana iguhe umugisha kubimfashamo, hari ubwo ntatekereza kuririmba kandi birafasha.




Wabaye nka mama yajyaga antega amatwi cyane abandi bajyaga bandambirwa, nagiraga ingeso yo kwibagirwa amazina y'abantu ngiye kuvuga inkuru zabo abandi bikabatera umujinya ariko mama agakunda kumbwira ati “nyibwirira ibyo wibuka nta kibazo”. None ukuntu nkubwira bugacya bukira n’undi muni ntuninube binkora ahantu. Hari ubwo mbyuka nibaza ko warushye n’inkuru zanjye zidashira? Buriya ubundi narimfite ukuntu ntajyaga ntinda ku bintu, utambaza n’umuntu twirirwanye uko yari yambaye ngo mbyibuke ariko sinzi uko kujya mbika mu mutima byaje.

C: Sinshobora kuruha numva inkuru zikomeye, zibabaje kandi nzibwirwa n’umuntu ufite imbaraga nkawe.



A: Yewe imbaraga zo ubanza ari ntazo. Nyuma yo kubura abange nahuye na byinshi ariko iby’urushako byarabikubye nkajya numva ntacyo bintwaye kuko numvaga mfite umugabo unshyigikiye ariko aho ambereye undi byo mba numva bisa naho byanditse ahantu ntanakimwe nakwibagirwa. Ubundi narimfite ingeso yo kwivugishiriza mu ndorerwamo nsa nuyigisha inama nkabirangirizaho nkagenda none wankuye ku ndorerwamo uransubiza yo naribeshyaga, Imana izabiguhembere.

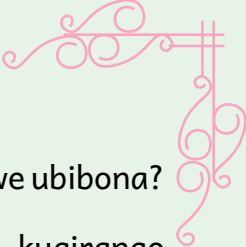


C: Zirahari, ariko wabonye umugore utarigeze abona urukundo agatunga umugabo n’abana, akubaka inzu, akarihira abana, ubu akaba ari kubohereza hanze kwiga, kurwanje ruhande uwo mugore ni intwari.

A: Yewe nange mba numva ahari hari ikindi kintu kibinkoresha atarijye na nubu simbishyikira ko ari ubwonko bwange bubikora. icyakwerekana iyo ndimo guca imirwi.

C: Kandi wenyine ntawe ugisha inama. Ukwiyeye ibikombe n’imidari pe!

A: Umunsi umwe muri 2011 nagiyeye ku ishuli ry’uriya muhungu wange nsanga yambaye imyenda idasa n’iyabandi kubera tutishyuye impuzankano nshya ikigo cyari cyashyizeho n’ iriya ndeshyamba ye iyo yambaye itamukwira ngira agahinda nibuka ko amafaranga yo kuyishyura atabuze ahubwo arimo guhabwa inkumi, nagize agahinda mara icyumweru mbibwirako IMANA nyisaba ko yampa ubushobozi bwo kunezeza abana bange niyo nta kindi nabona, niyo mpamvu n’ ibi byose nabivuyemo, kuba nkibasha kwigisha abana bange aho nshaka cyangwa bo bashakira buri mu bimpa imbaraga, nakabaye narapfuye iyo binanira. Winsetsa ariko mba numva nsa naho nywambaye nubwo ntarasoza icyo kivi ariko numva mfite kwizera ko nzacyusa.



C: Uzacyusa kandi ugeze kure pee! Siko wowe ubibona?

A: Amen, Ubu mba mu bibina nk'ijana kugirango bimfashe gukomeza ibyo niyemeje. Kubera akazi kanjye kenshi nkorera ibigo bitinda kwishyura, mpiga inzira zose zatuma abana banjye batabasohora mu ishuri.

C: Yego ufite inzira nyinshi. Imana ni urukundo. Kandi zizakomeza kwiyongera.

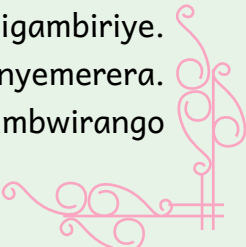
A: Ni ukuri izakomeze ibimfashemo narabiyisabye kandi irabizi ko ariho mbonera umunezero ntahandi nkifite.

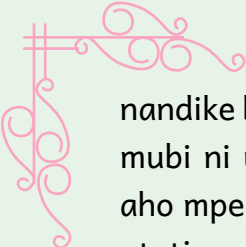
C: Reka ngusabe wongere ushake akandi karirimbo tukaririmbe.

song

C: Nagafunguye ngaho tukaririmbe. Ndakarangije kanyubatse.

A: Murakoze cyane, nanjye karanyubaka. Ni ukuri nanjye ndagushimira ukuntu wampaye igihe cyawe ukantega amatwi nturambirwe, Imana izabikwiture hamwe n'umuryango wawe ntimuzigere mubura icyo mukeneye, wanyomereye inkovu nini. Mbye hari naho nabanganye ntabwo naba narabigambiriye. Narakuvunnye ndabizi nubwo utabinyemerera. Njya nibuka umunsi wambere nza umbwirango





nandike bikabanza kunanira nabaye n' umunyeshuri mubi ni uko wabyirengagije umpa umukoro mbura aho mpera ndicecekera numva ntinye no kugaruka, ntatinyuka kuza ntarabikoze ariko ibyo byose warabyirengagije igihe nagarukaga byanyobeye uranyakira, byankoze ku mutipa pe!

C: Urakoze cyane, nanjye ndagira ngo nkubwire ko kuva ku muni wambere wambikije amabanga akomeye. Wampaye umutima wawe kuva imyaka myinshi, naguhaye imyitoto ikomeye, wangiriye ikizere kidasanzwe umbwira byose. Humura ntiwamvunnye waranyubatse, wanyigishije ko kunyura mu bikomeye bikomeza umuntu rimwe na rimwe byaragukomeje. Nakwigiyeho byinshi.

A: Ndishimye, uburyo utabyumva ukuntu wampaye igihe cyawe noneho nkakubwira ikibazo cy'umwana wange ukagifata nk'icyawe numvaga nabigusaba ariko nkatekereza ko naba nkabije kukugora, wowe ubwawe uti “mpuza n'umwana” nkanakubwira uko yambwiye ntibiguce intege, simfite icyo nakubwira gusa Imana ibyumve ko ngushimiye mbivanye ku mutima. Wambereye umujyanama w'umwana atari uko ari imfubyi, ibyo byose ntiwabyitayeho ndishimye mu mutima wange kuba umwana wange yarabonye umubyeyi baja inama, watuvanyemo kwibaza tukisubiza byarangaga umutima wacu.

Murakoze ningufi ariko wowe uyumve cyane ko

imvuye ku mutima. Umutima wanjye warababaye bihagije ariko ineza nyibika ahantu hakwiye.

C: Murakoze, hari akaririmbo wambwiye nakunze wakampaye inshuro ebyiri “*nzakubikira ibanga*”. Ese ami nguhe akandi kitozo.

A: Yego ntakibazo!

C: Twakoze urugendo rurerure kandi warunyuzemo neza. Burya iyo umunyeshuri atsinze bamuha impamanyabushobozi cyangwa impamyabumenyi kandi urayikwiye. Uriya mwijima no kujagarara ndetse no kugira imitima ibiri twarabitsinze. Nkorera impamanyabushobozi ukwiye uyinyohereze.

A: Iyo ko ikomeye, sinabishobora uretse ko ntaranatsinda, ndacyari umuswa.

C: Uri umuhanga gerageza, ni amagambo yoroshye amenshi wayambwiye mu kunshimira.

A: Uko niyumva numva maze kuruhuka mu mutima kandi cyane. Kandi nabyanditse, noneho imyitoto usigaye umpa irakomeye. Nzabikubwira nutangira kujya mu kazi, kubivuga kumunwa byo ndabishoboye.

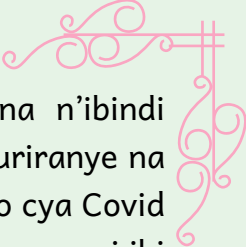
C: Nta kibazo, icyingenzi n’uko ukomeye kandi umeze neza kandi njye naguhaye ibikombe n’imidare. Reka dusezeraneho rero tuzongere tunganire igihe bizaba ngombwa, ngaho urabeho.

A: Urabeho kandi Imana izaguhe imigisha myinshi!



3.3. IKIBUYE KININI KIRI MU BITUGU IKINDI KIRI KU MUTIMA: URUGENDO RWA ANGELIQUE

Angelique ni umubyeyi w'abana babiri akaba yaracitse ku icumu rya genocide. Ni umwe mu bana basigaye barera abandi nyuma ya Genocide yakorewe Abatutsi mu w' 1994. Twamenyanye ubwo yigaga amashuri yisumbuye abarizwa mu bana bakurikiranwaga n'umuryango UYISENGA NI IMANZI nakoreragamo. Nyuma aza gushaka yubaka urugo hashira igihe kinini tutabonana ndetse tutanavugana. Yongeye kunyohereza ubutumwa bugufi kuri telephone nyuma yo kunyumva ku ma radiyo na televisiyo mu



biganiro byo gufasha abagira ihungabana n'ibindi bikomere mu gihe cyo kwibuka cyari cyahuriranye na gahunda ya guma mu rugo kubera icyorezo cya Covid 19. Urugendo n'ibiganiro birambuye twagiranye ni ibi bikurikira:

Icyiciro cya 1:

A: Muraho cyane! Nitwa Angeliqye ndi murumuna wa Yuriyana twabaga i Rwamagana mukabuga Ka musha mu mudugudu wa AVEGA.

C: Umeze ute muri ibi bihe? Ndizera ko ufite imbaraga.

A: Ni nkeya ariko ndatwaza.

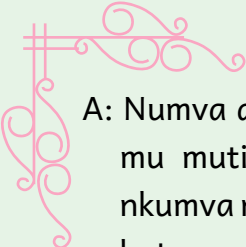
C: Nakwibutse rwose. Urumva umeze ute se?

A: Ndibaza ariko singera aho nisubiza. Sinzi ko nzagera igihe nzatera intambwe nk'abandi, mpora ndihasi rwose. Mbona ntakira kandi amateka yanjye arampungabanya.

C: Ubwo se ibyo bintu koko wumva wabyita gute? wumva ari ibiki?

A: Iki gihe turimo kirankomerera kandi kikansubiza inyuma.

C: Ubu se uriyumva gute, urumva ibi bihe byakuremye mo iki? Hari abambwira bo bumva ari nk'ibuye riremereye cyane ku mutima cyangwa mu gatuza abandi bakambwira ko ari nk'igisebe, wowe urumva ari nkiki? Mbwira uko wiyumva.



A: Numva ari nk'ibuye rinini rinshikamiye ariko cyane mu mutima wanjye mba numva agahinda kenshi nkumva narira ubundi nkumva banseka kuko abantu batumva agahinda. Rimwe numva nabiganiriza umuntu, ubundi nkumva nabireka, nkabyihorera nkigumanira ibyanjye.

C: Angeli, komera ndakumva, ndagira ngo nkubwire ko ibuye ryagaragaye riba ritacyishe isuka.

A: Ubu aka kanya ndajagaraye, ndi mu turimo ariko mubinyemereye mwampa akandi kanya nkaza gukomeza nkababwira uko niyumva?

C: Yego! Nta kibazo uze kumbwira dushake umwanya tuganire kuri icyo kibuye n'agahinda.

A: Yego! Ufite umwanya ngo noneho tuganire.

A: Nagarutse, ndumva agahinda ariko simbasha kurira kandi biraza ariko nkabisubizayo.

C: Iririre ni ukuri kandi ndakumva.

A: Ntabwo norohewe, intege nke, umunaniro, agahinda kavanze n'ikiniga.

C: Yoooh!! Uraremerewe peee!! Ngiye kuguha imyitozo urayinkorera?

A: Kandi numva mfite intimba igihe kinini. Ikindi kimbangamiye cyane ni uguhora mu nzozu mbi. Mpora ndota mpunga abicanyi, buri muni ndota intambara bari kutwica baturasa banatujomba

inkota.

C: Ooh, birababaza pee!

A: Kenshi rero iyo ntambara ndota, iyo bukeye aho bandashe cyangwa bantemye mbyuka handya cyane.

C: Ngiye kuguha umwitozo, tekereza ibyo bintu byose urebe ishusho wabiha. Ufate agapapuro n' ikaramu ubishushanye hanyuma uyinyohereze. Urugero Hari uwabyise ikibuye kiremereye ku mutima, undi abyita amahwa ku mutima wowe wabyita iki?

A: Reka ngerageze ariko kubishushanya sinzi ko ndabishobora.

C: Ugerageze ubinshushanyirize.

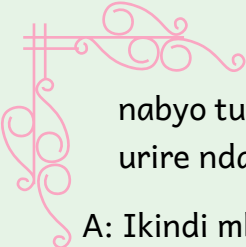
A: Reka mbikore.



C: Uraremerewe pee!! Biri kukuvuna.

A: Biramvuna cyane!

C: Ariko igishimishije n'uko ibuye ryagaragaye riba ritacyishe isuka. Ikibazo twakibonye kandi gitandukanye nawe. None se dufatanye turwane



nabyo tubikure mu buzima bwawe? Nushaka kurira, urire ndakumva rwose.

A: Ikindi mbona n'uko igihe cyo kwibuka iyo cyegereje ntangira kurwara umugongo ntajya mpfa kumva ikindi gihe. Byo ni ukubera iki? Hanyuma nkuko nabibabwiye kurota mpunga abandasa n'abicanyi bituma ndamuka mfite umunaniro, amaguru yarushye, ariko nanone aho bankomerekeje mu nzozi hakambabaza, hakanandya. Urugero niba bari bantemye akaboko uwo munsu karandya.

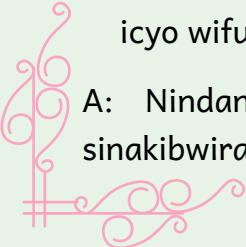
C: Ndakumva pe! Ikibuye kinini gifite intworo nyinshi; zirimo inzozi mbi, kurwara umugongo, kuruha amaguru no gutonekara inkovu, umenya ari intworo zitandukanye?

A: Yego!

C: Ese buriya, uwacyandikira akagira icyo akibwira. Wabishobora ngo ufate agapapuro n' ikaramu kiriya kibuye n' intworo zacyo ucyandikire.

A: Nkibwira gute?

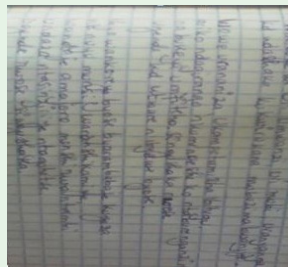
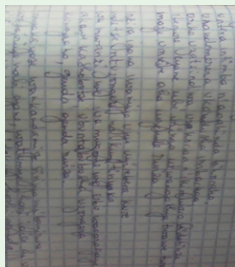
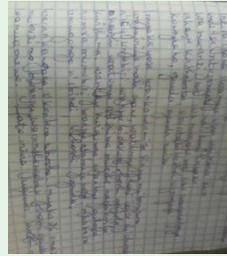
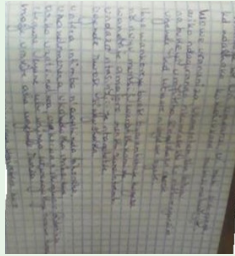
C: Ukibwire amagambo ushaka yose; wakibwira uburyo kiguhemukira, wakigisha kutivanga mu buzima bwawe, wakibwira ko witeguye kukivana mu buzima bwawe wakibwira imbaraga ufite, ukibwire, kibwire icyo wifuza cyose.



A: Nindangiza? Ariko ko mfite byinshi cyane, sinakibwira ngo numve niniguye neza.

C: Gerageza ukibwire nushaka wandike impapuro nyinshi nurangiza ubinyoherereze.

A: Yego!



C: Wacyandikiye peee!! Nubwo hari byo ntabasha gusoma ariko wanyuriramo iby' ingenzi wakibwiye.

A: Nakibwiye ko ari umwanzi kuri njye. Ntagishaka mu buzima bwanjye, ko cyambujije ibyishimo mu buzima, kikambuzza ubwinyagambure, kimbuza amahirwe, kimbuza kwisanzura kubera ubwigunge n'agahinda, kimbuza byinshi cyane mummyaka 36 maze ku isi.

C: Wigeze ukibwira se imbaraga ufite zo kugikura mu buzima bwawe?

A: Yego nakibwiye ko akacyo kagaragaye, ko gitsinzwe kuko niteguye kukirusha amaboko kandi ngiye

kukigaranzura akaba ariyo mpamvu kigomba gufata utwacyo twose kikagenda, kikamvira mu buzima kuko ibya cyo byagaragaye.

C: Uri intwari pee! Wahuye ni ibikomeye ariko ndikwibaza izi mbaraga uzikura he koko?

A: Izindi mbaraga ububabare mfite nibwo buntera kumva nakwigizayo cyangwa njyewe ngahunga. Ubuzima mbayemo simbwifuzza nagato ndashaka kubuhunga cyangwa nkabwigizayo, nkabukura iruhande rwanjye, nkajya mu buzima bushya, nkabona urumuri.

C: Yego ni ukuri. Ese buriya kiriya kibuye tuzagisimbuza iki?

Hari abambwira ko bagisimbuza urumuri.

A: Nubwo nabivuze nabi hejuru ariko ubuzima mbayemo nifuzza kubwigizayo ngatangira ubuzima bushya, nkabona urumuri.

C: Ngiye kuguha undi mwitozo, kiriya kibuye wagishushanyije kiri mu bitugu no ku mutwe. Noneho nshushanyiriza urumuri ruzagisimbura.

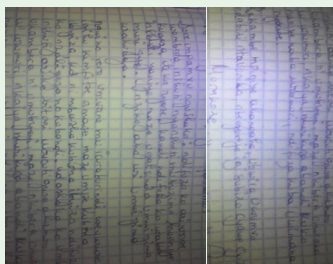
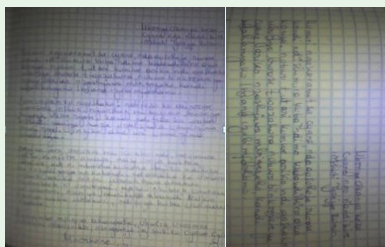


A: Ndagerageza.

C: Ni byiza cyane, Birashimishije peee, uyu ni umucyo peeee!! Reka nawo tuwandikire akabaruwa. Sinzi icyo tuwubwira, niba tuwubwira ko tuwukeneye, niba tuwutumira, niba tuwubwira ko uri hafi kutugeraho, uwandikire akaburuwa karambuye.

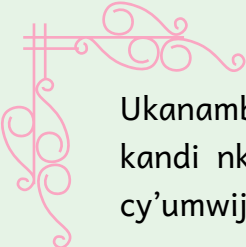
A: Sinzi gushushanya ariko ndabikora uko mbyiyumvamo kuko nizeye ko hari icyiza biri bumpe cyangwa bizampa. Nanjye ndikubyumva, sindabimenya ariko reka nkomeze ngerageze kuko haricyo nizeye.

C: Yego, gerageza.



C: Ni byiza peee! Nubwo ntabibona neza, wanyuriramo muri make ibyo wandikiye umucyo?

A: Nawubwiye ko nywushakashaka, nawuhamagaye, nawusabye kumbera inshuti y'ibihe byose.



Ukanambera umubyeyi nkaba umwana w'urumuri kandi nkawukwiza no ku bandi bakiri mu gicucu cy'umwijima.

C: Byiza cyane!! Ufite akanya nguhe akandi kitozo?

A: Yego, ndagashaka.

C: Gerageza wishyire mu mwanya w'urumuri maze wandike akabaruwa urumuri rwagusubiza.

A: Yego.

C: Nanone wanyuriramo, urumuri rwakubwiye ngo iki?

A: Ko runyemereye kuza, rukamfasha, rukambera inshuti n'umubyeyi.

C: Byiza cyane! Reka dutandukane umbwira akaririmbo kaja kagufasha tukarimbane, maze tuzongere ejo.

A: Nkunda indirimbo yitwa: tu es la joie de mon Coeur Seigneur tu es l'allegresse de mon âme seigneur tu es le lot de ma seigneur mon Dieu. (Uri ibyishimo byanjye Nyagasani, umunezero wa roho yanjye Nyagasani Mana yanjye).

Song

Losing mind, Loosing soul, losing future, Goal.

Ikibyimba kumutima. Kwibohora iminyururu.

Gusimbuza urukuta ahazaza hawe. Kuva muri Gereza ukabona ubwingenge.

3.3. **UMUHOZA, INZU YE Y'AMATEKA YAFUNZWE IBYUMBA BITANDUKANYE**

Umuhoza ni umugore w'imyaka 30. Afite umugabo babana muri kimwe mu bihugu by'iburayi aho yagiye kwiga. Umuhoza twamenyaniye i Kigali muri aka kazi ko kwita kubabaye mbere y'uko ajya gukomeza amashuri ye. Ni umugore ukomeye wahuye ni ingorane zitandukanye kuko muri Genocide yakorewe Abatutsi yo muwi 1994, umuryango we wose wazimye agasigara ku isi wenyine mu gihe yari afite imyaka ine gusa. Umuhoza mu gihe cya guma mu rugo aho yari ari ku ishuri yisanze memoire ye yarasibamye ndetse yumva kwiga atakibishoboye. Yanyohereje ubutumwa bugufi kuri telephone dutangira gushaka ubusobanuro bwo gusibama kwa memoire ye, icyo yise ko inzu y'amateka ye ibyumba byinshi byari bifunze atabasha kubyinjiramo. Hasi murahabona urugendo twakoranye.



Umunsi wa 1:

U: Mwiriwe neza!

C: Mwiriwe neza!

U: Yego!

U: Nanze kukuvangira muri izi mpera z'icyumweru.

U: Nari mbandikiye ngo mbabaze igihe mubona cyaborohera, tukazakomeza gukorana, byaba byiza mumbwiye n'uburyo twakoranamo kuko ikiganiro ubushize twagiranye cyaramfashije.

U: Mwambwira amasaha n'umunsi.

U: Ariko ndifuzaga no kujya nishyura ibyiciro by'ubuvuzi (sessions) tuzakorana, wambwira uburyo twabikoramo nkareba inzira nakoresha.

U: Murakoze cyane!

C: Biranshimishije ko cyakubatse kandi burya erega umutwe umwe wifasha gusara ntiwifasha kwigira inama kandi abagiye inama IMANA Irabasanga.

C: Wowe wumva wabona umwanya ryari? Uburyo twakoresha, twajya dukoresha WhatsApp rimwe na rimwe tugakoresha zoom cyangwa WebEx for a video sessions.

U: Yego rwose, umutwe umwe wifasha gusara!

U: Yego ni sawa, kuri njyewe twafata nkuwa gatatu

sa kumi.

C: Yego.

C: Nta kibazo, ariko ngiye kugusaba tuzatangire mu cyumweru gitaha kuko ubu ndahuze gato?

U: Ntakibazo rwose.

U: Urakoze

U: Umunsi mwiza!

C: Urakoze Umuhuza naho kuwa gatatu utaha sa kumi gusa wumve wisanzuye kumvugisha igihe cyose waba wumva unkeneye.

Icyiciro cya 1:

U: Mwaramutse Chaste!

C: Umuhuza, waramutse neza, umeze ute?

U: Ndaho ndakomeye!

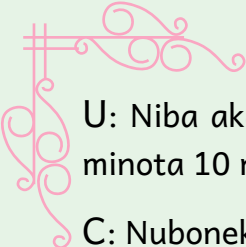
U: Mwari, mwambwiye kuwa gatatu ariko nta saha twafashe.

U: Amasaha aboroheye ni ayahe?

C: Ubu se ufite akanya?

C: Niba ntawo twakora nyuma ya saa sita.

U: Mu minota 10 ndaba ndikuboneka, nanyuma ya saa sita naboneka.



U: Niba aka kanya aribyo bikoroheye twatangira mu minota 10 nta kibazo.

C: Nuboneka umbwire.

U: Hello, ndabonetse twavugana.

C: Umeze ute Umuhoza, covid situation yifashe ite?

U: Ndaho, ndakomeye.

U: Nubwo amashuri ataratangira ariko situation iri kugenda iba nziza.

U: Twiga kuri murandasi.

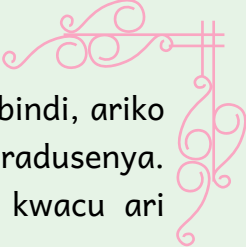
U: Bituma umuntu atava mu nzu ariko biragenda ubungubu.

C: Duherukana tunganira ku tuntu n'utundi, utubazo tw'ubuzima, umuryango ndetse dukomoza n'uburyo wasigaye wenyine kandi tugomba kurema umuryango. Yewe, niba nibuka neza dukomoza no kuri memoire, kwibagirwa n'ibindi. Sinzi niba mbivuze neza muri make iby'ingenzi twavuganyeho ubushize.

U: Yego, ni ibyo twavuganye.

U: Nkubwira ko mfite ikibazo kinkomereye cyo kwibagirwa cyane! Kandi numva hari ibintu bingize, byatumye mba uwo ndiwe nagakwiye kuba nibuka.

C: Ubundi kwibagirwa ni ubuzima, kwibagirwa bituma amateka n'ibikomere bitadusenya, kwibagirwa



bituma ubwonko bubona aho bushyira ibindi, ariko kwibagirwa bitagira kwibuka nabyo biradusenya. Umuhaza, ubona gute ko kwibagirwa kwacu ari ikibazo?

U: Aho mbonera ko kwibagirwa kwanjye ari ikibazo n'uko nta memoire nimwe ya mbere ya Genocide cyangwa muri Genocide mfite! Nkibaza nti ese birasanzwe?

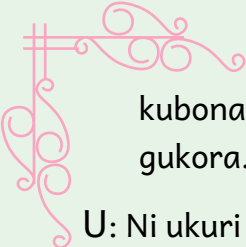
U: Kuko narimfite imyaka 3 n'amezi 9.

U: Nkatekereza ko niyo ntabyibuka byose ariko nagakwiye wenda kugira ibintu bimwe na bimwe nibuka.

U: Ikindi, no mu bwana bwanjye cyangwa se mu gihe cyashize mba numva hari urwibutso ntafite, urugero wenda nk'abantu twiganye muri kaminuza, ayisumbuye n'abanza ho sinakwirirwa nabitekereza!

U: Usibye umuntu wakoze ikintu kidasanzwe cyangwa wabaye mu buzima bwanjye ku buryo bwa hafi. Abandi bose mba numva ntabibuka, ibyo nabyo nabanje kugirango ntibisanzwe. Ariko nza gusanga bigira ingaruka cyane no mu buzima bwa buri muni.

U: Nkubu iyo ntanditse muri agenda biragoye cyane ko nakwibuka gahunda mfite, yaba ari uwo tugomba



kubonana, kuvugana cyangwa ibyo ngomba gukora.

U: Ni ukuri nkiri i Kigali ho byari bikabije cyane kubera wenda n'akazi kenshi na gahunda nyinshi.

U: Ariko maze imyaka irenga 6 nandika muri agenda gahunda zanjye z'umunsi. Nkayoborwa n'agenda, kuko ntanditse sinakwibuka.

U: Mbese kugirango nibuke ikintu binsaba kubikoraho, ntabwo ari ikintu cyizana, nkabona ko ari ikibazo.

C: Umuhoza, maze umwanya nguteze amatwi. Uribaza ibibazo bikugoye, ukibaza niba uri muzima, ukibaza kuki utabasha kwibuka gahunda zawe, ukibaza impamvu utibuka amateka yawe.

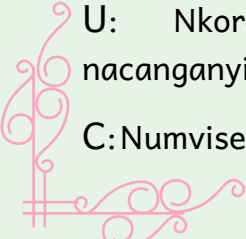
U: Yego!

C: Bigatuma utekereza uti « *uwasubira inyuma agafata umwanya akareba ko memoire ye ari nzima* ».

C: Ariko numvisemo Umuhoza uzi gukora gahunda ze ndetse akanga ko zapfa kubera kwibagirwa, agahitamo gukoresha agenda.

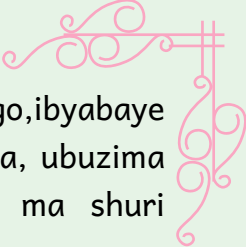
C: Nabyumvise neza?

U: Yego!



U: Nkoresha agenda kuko ntayikoresheje nacanganyikirwa.

C: Numvisemo ibintu bibiri bijyana kuri memoire. Kimwe



ni memoire y'amateka yacu, umuryango, ibyabaye mugihe cya Jenoside, mbere na nyuma, ubuzima twabayemo abo twabanye nko mu ma shuri n'ahandi n'ibindi twanyuzemo mu bwana.

C: icyakabiri ni memoire ya gahunda zacu haba ku munsu cyangwa mu cyumweru, uko ziteye, uko zikurikirana n'ibindi.

U: Yego, nibyo.

U: Mbona memoire yanjye yarangiritse.

C: Umuhaha nari ngerageje kumva icyo dushaka kwita memoire. N'uko bimeze Umuhaha?

U: Nkibaza, ese ko mfite imyaka 30, mu yindi 30 bizaba bimeze gute?

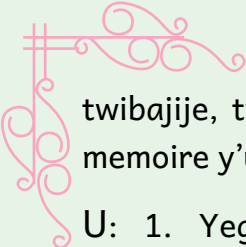
C: Ndakumva Umuhaha, uribaza ibibazo bifite ishingiro kandi byumvikana ariko dushobora no kubonera ibisubizo dufatanyije.

U: Byamfasha cyane kubibonera igisubizo.

C: Nari ngiye kwibaza ibibazo bibiri dufatanyije gusubiza:

1. Ese iyi memoire yacu hari ingaruka igira ku buzima bwacu, imitekerereze? Mu mutima? mu marangamutima? Mu mibanire n'abandi? Mu kazi? Mu rugo? N'ahandi?

2. Ese turamutse tugerageje gusubiza bya bibazo



twibajije, twahera kuri memoire y'amateka cyangwa memoire y'ubuzima bwa buri muni? Urabyumva ute?

U: 1. Yego igira ingaruka nyinshi, njye mbona ituma mera nk'ushaje, cyangwa nk'umuntu wacanganyikiwe, ku buryo n'umugabo wanjye ubona yibaza ukuntu nibagirwa cyane kandi nkiri muto ndetse hari n'igihe agirango nibyo ndi kwigira, nkagerageza kumubwira ko ndwaye.

2. Numva twahera kuri memoire y'amateka, kuko kubaho numva ntisanisha n'imizi yanjye bintera agahinda, usibye ko mfite aba bimbwira (mes tantes) ubundi njya nibaza nti se ubundi ayo mateka bambwira koko nayabayemo?

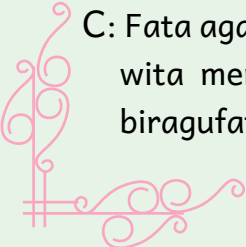
U: Ese uwo muryango narawigeze?

U: Nkumva siniyizi ndi muto pe!!

C: Muho, birakuremereye ahubwo n'uko ari Umuhiza wimbaraga uzi gushaka ibisubizo, agakora agenda n'ibindi bimufasha. Ariko nanone naringiye kwibaza niba memoire ishobora kubakwa tugahera kuya kera.

C: None se Muho nguhe akitozo?

U: Yego nta kibazo rwose.



C: Fata agapapuro n'agakaramu unshushanyirize icyo wita memoire. Ugerageze uyihe ishusho. Ndabizi biragufata umwanya wo gutekereza, urebe icyo

kintu ni igiki? Ugishyireho ibyagombye kuba bikigize byose.

U: Yego, reka mbikore.

C: Gerageza.

U: Njye uko ntekereza, nuko memoire ari nk'inzu wakwita iya amateka, igizwe nibyo nagerageje kwandika.

C: Yego rwose kandi ndabona igizwe ni ibyumba byinshi.

U: Ifite inzibutso nziza n'imbi, ifite inzibutso zibyo wize n'ibyo wahuye nabyo ndetse nabo mwabihuriyemo.

C: Rwose. Ngiye kongera nguhe akitozo.

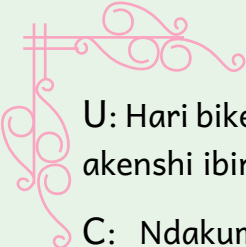
U: Nta kibazo.

C: Noneho nshushanyiriza memoire y' Umuhoza, ibice biyigize byose tubibone.

C: Nabyo umenya bidusaba gutekereza.

U: Yego, reka mbikore. Memoire yanjye numva ari nk'inzu nini, itabamo abantu cyangwa habamo umuntu umwe kandi ifite ibyumba icumi.

U: Ntago nibuka ijamba ku rindi ry'ibyo nize, kuko iyo nize byinshi mvanamo bike by'ingenzi kuko memoire yanjye ntiyabifata byose, ntago nibagirwa byose mu byo mpura nabyo, niyo mpamvu nanditse ngo inzibutso zimwe nazimwe (quelque souvenirs).



U: Hari bike nsigarana. Kandi muri ibyo bike nsigarana akenshi ibiri byiza (positif).

C: Ndakumva pee!!Kubona inzu nini yakagombye guturwamo n'abantu benshi igaturwa n' umuntu cyangwa nta numwe irangirika kandi bibabaza nyirayo cyane! Kandi hari n' igihe abagomba kuyituramo baba bahari bakaba barayitaye.

U: Yego pe!

C: Nonese Umuhu, utekereza ko inzu yawe hari abakagombye kuyituramo bayitaye bagomba kugaruka bakayituramo?

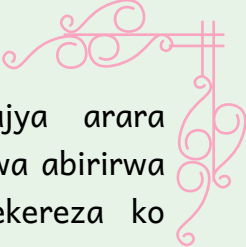
U: Yego, numva nifuzako iturwa ikuzura, ahagenewe memoire z'ubwana zikajyamo, ahagenewe inzibutso z' umuryango (souvenirs za famille) wanjye zikajyamo. Ahagenewe kubika ibibabaje bikajyamo. Mbese nkamera nk'abandi bantu bazima.

C: Yoooh, uri muzima ntabwo uri ikibazo kuko wowe inzu yawe irahari ahubwo ni abayituyemo bayitaye. Ntekereza ko aribo batari bazima kuko bagomba kugaruka bakayituramo. Urabyumva ute?

U: Nibyo, bagomba kugaruka. Gusa numva hari uruhare nabigizemo, kuko ninjye wagombaga kubigenga.

C: Wowe ubyumva ute?

U: Numva nshobora kuba ntarakoresheje ubwonko bwanjye uko bikwiye, ikageraho ikaremara.



C: Njye numva umuntu utunze inzu atazajya arara hejuru y'abantu ngo batagenda cyangwa abirirwa iruhande ngo abategeke, nkaba ntekereza ko ntaruhare wabigizemo.

U: Birumvikana, ariko numva wenda nagakwiye kuba narabikurikiranye bitaraba byinshi

U: Amazi atararenga inkombe!

C: Uko nabibonye njye, nabonye amazi atararenze inkombe kuko nabonye inzu ihari nk'uko wayishushanyije haruguru. Kandi iyo inzu ihari na abayitura bashobora kugaruka. Urabyumva ute?

U: Nibyo, gusa biransaba gukoresha imbaraga.

C: Ngiye kuguha akandi kitozo kadufata umwanya dushobora no kugakomeza twitonze.

U: Yego ntakibazo.

C: Ngiye kugusaba unshushanyirize abantu bose bari batuye mu nzu yacu umwe ku wundi. Tumwerekane uko ateye ndetse niturangiza tumuhe umwanya mu nzu yacu aho yari atuye

U: Wanyemerera nkaza kubiguha ntinzeho gato, nka saa cyenda?

C: Rwose fata umwanya ushushanye umwe kuwundi n'ibimuranga byose.

U: Murakoze.

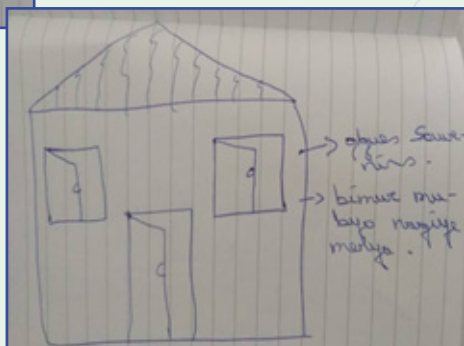


C: Hello Umuhoza, wihangane nahise mpugaho gato.

U: Ntakibazo.

C: Ngiye kongera nguhe ka kitozo urakomeza ugatekerezeho. Urabona yanzu yawe ongera uyishushanye. Noneho aba bantu bataye ubyumba bashobora kuba hari icyo bibagiriwemo. Bashyire mu byumba, reba ko hari icyo bibagiriwemo, bikore witonze neza. Ndabizi biragufata umwanya, biragusaba gutekereza, biragusaba kwibuka. Hari abantu urebe neza ibyo bajyanye urebe neza ibyo bibagiriwemo, ubinshushanyiri ze neza ubinyohereze.

U: Murakoze.



U: Sinzi niba nagerageje kubikora uko wambwiye.

C: Muho, hari ibintu mpugiyemo, wanyemerera ugakomeza ugatekerezaza neza ku mwitoto hanyuma tugakomeza ejo?

U: Yego ntakibazo.

Icyiciro cya 2

U: Mwiriwe neza! Uyu niwa mwitoto mwari mwampaye ubushize.



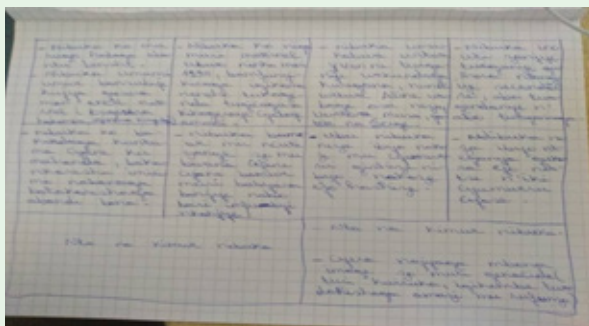
C: Mwiriwe, umeze ute?

U: Meze neza! Nizere ko namwe mumeze neza?

C: Yego tumenze neza!

C: Twaraburanye, duherukana nguha umwitoto wokongera kureba ibyumba bigize inzu, abari babituye, ibyo bibagiriwe mu byumba n' ibindi?

U: Yego, nagerageje kubikora.



U: Kandi byaramfashije cyane pe!

U: Nasanze ibyumba bitarimo ubusa nk'uko nabitekerezaga!

U: Usibye bibiri nasanze ntacyasigayemo.

U: Ariko ahandi nagiyeye mbona ko mfite inzibutso (souvenir) zihagije, nubwo ntibuka umunsi ku munsi ariko haribyo nibuka. Kandi ntekereza ko bisanzwe.

C: Ooh! Ndishimye cyane kumva ko mu byumba hari byinshi birimo kandi by'ingenzi.

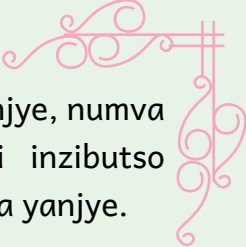
C: Ariko ukambwira ko hari n'ibindi birimo ubusa. Ese Muho, ibirimo ubusa wabasha kubivugaho?

C: Ese ni bingahe? Ese biherereyehe mu nzu yacu? Ese ni ngombwa ko biturwa?

C: Biramutse bituwe byaturwa nande? Ni iki?

U: Ibirimo ubusa ni ibyo mu bwana, numva nta kintu na kimwe kirimo, nta rwibutso narumwe mfite.

U: Ni bibiri, biherereye mu nzu kuko nubwo ntanakimwe



nibuka ariko nabyo bigize ubuzima bwanjye, numva ari ngombwa ko biturwa nubwo ari inzibutso (souvenirs) zishaririye ariko niyo mateka yanjye.

C: Birumvikana pee, kuko umwana w'imyaka itatu ubuze ababyeyi n'abavandimwe biba bibabaje cyane!

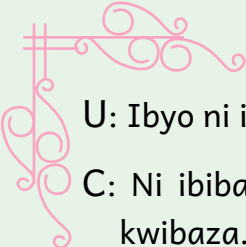
C: Kandi ndemeranya nawe ko ari kimwe mu bikomeye bigize amateka y'umuntu ndetse tukaba tugomba guturana nayo.

U: Kuko naburanye n'abanjye ntagifite ubu, n' igihe naciye muri Genocide, kandi nyuma yaho natangiye ubuzima bwa nyakamwe.

C: Kuburana n'abawe ku mwana w'imyaka itatu umenya bigorana, umenya bibabaza cyane kandi utabasha kubiha ibisobanuro ku mwana w'imyaka itatu. Kandi kuba nyakamwe biravuna nkatekereza ko umuntu ashobora no kubihunga bigatuma ubwonko butabyibuka kuko biba biremereye. Ariko nkongera nkibaza niba Umuhozo afite imbaraga zo kubana n' amateka ye?

U: Yego, numva imbaraga nzifite nubwo bigoye ariko igihe kirageze ngo mbane nayo. Nabayeho kenshi nyahunga ariko se bizageza ryari?!

U: Ese abana banjye nzababwira ayahe mateka yo mu bwana? Ese nzajya nsimbuka mpere mfite imyaka 5?



U: Ibyo ni ibibazo nibaza buri muni.

C: Ni ibibazo bifite ishingiro. Ni ibibazo twatangiye kwibaza. Tuti ese buriya umwana w'imyaka itatu ubuze ababyeyi n'abamukikije abana na nde? Harya akina na bande? Harya ateta nk'abandi? Harya ninde umwitaho? Ninde umugaburira? Ninde umwuhagira? Harya ajya ku ishuri? N'ibindi bibazo bikomeye dushobora gukomeza kwibaza.

C: Umuhaza, umenya turi kwibaza ibibazo bikomeye?

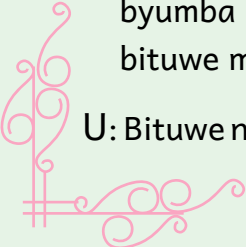
C: Nari ngiye kugusaba ko naguha akandi kitozo?

U: Ngerageje kubivuga mu magambo make, nagerageje kubaho nk'abandi ariko murinjye imbere narinzi ko ntameze nk'abandi, narinzi ko ngize ikibazo ntawampangayikira, nagize amahirwe mbisohokamo ariko icyamfashije n'uko nihagazeho nkerekana isura y'inyuma iyi imbere nkayihisha nta kindi.

U: Ntakibazo.

C: Umwana muto w'imyaka itatu ubasha kwirwanaho mwene ako kageni, uri intwari pe! Uri igihangange. Wakoze ibitangaza!

C: Ngiye kongera ngusabe unshushanyirize ibyo byumba mu gihe cy'imyaka itatu. Turebe uko byari bituwe mu myaka yawe y'ubwana.



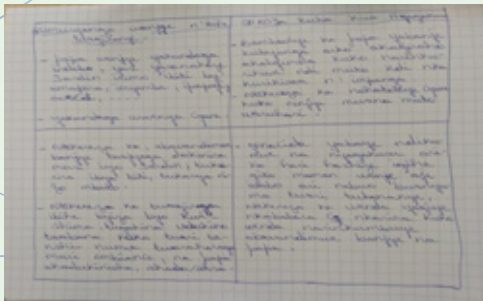
U: Bituwe n'abantu se cyangwa n'inzibutso(souvenir)?

C : Buriya inzibutso (souvenirs) zishobora kuba iza abantu, zishobora kuba izi ibintu, zishobora kuba izi ibyabaye (events) n'ibindi n'ibindi bishobora gutura mu gice runaka cy'umuntu. Nkibaza muri kiriya gihe cy' imyaka itatu cy'Umuhozo ni ibiki byatuye mu nzu ye y'ubuzima?

U: Yewe, ibyahatuye byo sinabyibuka cyakoze wenda hari byo bambwiye, nibyo ntekereza ko byahabaga ariko si memoire yanjye ibyibuka. Kuko njye iyo nshatse kubyibuka numva nta nakimwe nibuka. Mba numva ubwonko ntakintu kirimo.

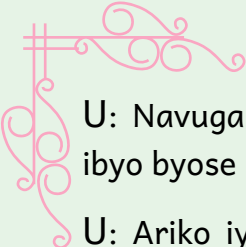
C: Yego ntacyo reka duhere kubyo dutekereza byahabaga, dusoreze kubyo batubwiye.

U: Ok!



C: Umuhozo, ni ukuri ndabona ahubwo ari byinshi cyane wibuka.

C: Kandi bikomeye kwibuka, wowe siko ubyumva?



U: Navuga ko iyi myitozo iri kumfasha, sinarinzi ko ibyo byose mbizi pe!

U: Ariko iyo yanyuma rwose nkubwiye ko mbyibuka naba nkubeshye, ni ibyo bambwiye. Ariko nabyo ni ubuzima bwanjye niyo mpamvu mu kuvuga ubuzima bwanjye nabyo bigomba kujyamo.

C: Ni ukuri pee! Ariko ntekereza ko umwana w'imyaka itatu muzima ashobora kwibagirwa ibintu bimwe na bimwe?

U: Yego byashoboka.

C: Nanjye niko ntekereza. Ahubwo nkumuntu wintwari agatekereza ko agomba kwibuka n'ibyo mu bwana?

C: Muho ko wagiye? Nakuretse umenya wagiye mubitekerezo byinshi?

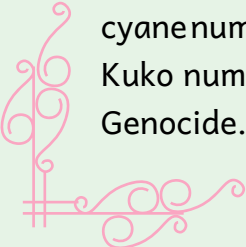
U: Yego nagiye mu bitekerezo ndanahuga gato!


U: Ariko humura ndahari.

U: Ngerageza gutekereza iyo cenario nkumva narahombye byishi pe!

U: Ariko ntabushobozi mbifiteho, ngomba kwakira kandi numva narakiriye.

U: Gusa kuba ntafite urwibutso (souvenir) birambabaza cyane numva abanjye ahobari bangaya ko nabibagiwe. Kuko numva ubuzima bwanjye butangirira nyuma ya Genocide. Nkumva atari bizima.





U: Ariko watumye ntekereza ko wenda n'abana basanzwe ibyabaye mbere yuko bagira imyaka ine baba batabyibuka.

C: Ni ukuri birashimishije ko wumvise uri muzima.

U: Ni ukuri muri iyi minsi wamfashije gushyira amagambo ku bihe ncamo. Wamfashije kubona ko kwibagirwa gahunda mfite cyangwa ibyo nakoze mu cyumweru gishize ari nta kibazo kirimo (bibaho).

C: Kandi uri muzima koko, kuko kwibuka ubuzima bwo mu myaka ibiri, itatu ntibyoro shyeye ahubwo uri intwari.

U: Nasanze memoire yanjye ibitse ibintu bitari bike nk'uko najyaga mbyibwira.

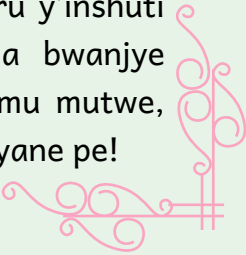
C: Ni ukuri pe!

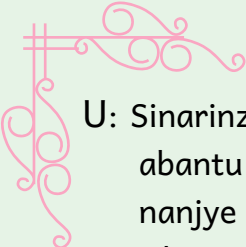
U: Nabonye ko ngomba gukomeza gukora imyitozo ituma nibuka, nkagenda, kugirango memoire yanjye ikomeze igende yiyibutsa.

U: Ntasaza imburagihe.

U: Nanasanze kwibagirwa kwanjye byari bishingiye ko nkiri i Kigali nabaga mfite akazi kenshi, ibikorwa bimpuzza n'abantu byinshi, nkananirwa kubicunga.

U: Ubu nsigaye mbasha kwibuka isabukuru y'inshuti zanjye byoroshye kuko ubu ubuzima bwanjye bufite umurongo. Ntabwo njagaraye mu mutwe, iriya myitozo wampaye yaramfashije cyane pe!





U: Sinarinzi ko nibuka ibintu bingana kuriya, kubera abantu bahora bambwira ngo ndibagirwa cyane, nanjye nagezaho numva ko nibagirwa koko ariko sibyo.

U: Nibagirwa ibimbabaza kuko nikunda cyane ntashaka kubika ibintu binyibutsa ibintu bibi. Ariko ibyiza ndabyibuka nubwo bitaba byose, ariko ntekereza ko ibisigara aribyo by'ingenzi. Birashoboka ko mfite ikibazo cya memoire wenda ikaba ari nto (physiologically) ariko irakora uko bisa kose.

U: N'uko ndi kwiyumva ni nacyo kintu nakozeho isuzuma (analysis).

C: Urakoze cyane Umuhuza, nanjye umfashije kwiga kwikunda no kwikorera isuzuma. Kumenya kwikunda, ukibagirwa ibigusenya ukibuka ibikubaka, ariko ugasubira inyuma nawe ukikorera isuzuma.

C: Ese Muho, utekereza ko haba hari undi muntu waba waranyuze mu mateka nk'ayawe? Akaza guhangayikishwa n'uko atekereza ko memoire ye idakora neza?

U: Murakoze.

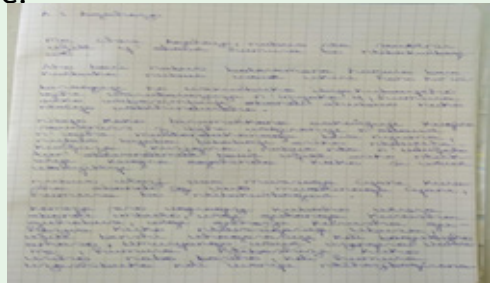
U: Yewe simbizi pe!

C: Ese Muho aramutse ahari ko numva hari icyo ngiye kugusaba ko tumufasha?

U: Yego, ntakibazo.


C: Reka ngusabe tumwite akazina nurangize ufate agakaramu n'agapapuro umwandikire akabaruwa karambuye. Niba umubwira uburyo yababaye mu bwana bwe simbizi. Niba umubwira ko nawe wabinyuzemo bikakuvuna simbizi. Niba umubwira uburyo byakuvunnye mu minsi mike ihise simbizi, niba umubwira ko ari muzima, atari ikibazo simbizi, niba umubwira ko afite memoire yibuka kandi ko ari uw' agaciro. Umubwire ikiri ku mutima cyose.

U: Yego reka mbikore.



C: Ni ibaruwa nziza. Ese Muho, iyo uri mubihe nk'ibi hari akaririmbo kajya kagufasha. Ngo tukarimbire Agahozo, nk'uko umubwiye ibyamubayeho byose ntaruhare yabigizemo ahubwo agomba kwerera imbuto abandi.

U: Yego hari indirimbo nkunda yitwa Ndibutse ya Kizito mihigo.



Lyrics

Nibutse.....

Nibutse ya mahano y'urugomo

Rwagwiriye imbaga y'abavukarwanda

Nibutse ibikomere twatewe n'iyi si,

Nibutse ko umunsi umwe nanjye nari umutesi

Maze ubundi ngahinduka imfubyi.

Nibuka ko kameremuntu itagira imbabazi.

Nibukako urukundo rutabaho,

Niba abantu tutemeye Imana,

Niyo mvano, niyo soko y'urukundo nyakuri

Niyo mwungeri w'intama,

Niyo shingiro,

Niyo dukeshya kurama no kuramuka.

Niyo soko y'urukundo

Niyo nzira nukuri.

Ishishikaza abayishaka,

isanganira abayisanga,

yanga ishema ry'abagiranabi,

yanga kwigamba kwa sekibi,



yumva abayitakira

nimuze natwe twibarize.

Mbese mana nkubaze warihe cyagihe?

Cyagihe nababaye nzira ubusa

Kandi ufite imbaraga.

Kandi uri umutabazi utarutwa

Cyagihe waruri he, Nyagasani?

Ngwino usubize imitima y'abana bawe bakwizera.

Ngwino utwumvishe twe abekwemera

Ko wowe utakwicwa n'umupanga,

ngwino utubwire iby'ubwo buzima

butari ubu bwahano ku isi.

Maze uze unadutere umwete n'umurava

Dutsinde ibigeragezo

Maze natwe tubashe kubabarira no kwihangana.

Ngwino utwumvishe twe abakwemera

Ko utakwicwa n'umupanga,

Ngwino utubwire iby'ubwo buzima

Dutsinde ibigeraragezo

Maze natwe tubashe kubabarira no kwihangana.



Igihe nari nihebye Nyagasani

Nagusezeranije

Ko uramutse undokoye

Nanjye nakubera indahemuka

Mubuzima bwanjye nzaba nsigaje.

Nzagerageza kukwitwaraho,

Nzakubera imfura

Nzaba intumwa yawe.

Ngiyi inshingano yanjye Nyagasani

Yinkomereze.

Iteka ujye uhora uyinyibutsa,

Sinzice amasezerano

Ndetse bijye bimbera n'urwibutso

Rw'abanjye bagusanze.

Njye nimara kubyuzuza

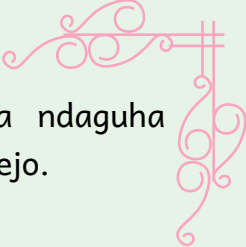
Uzankoreshe icyo ushaka

Njye nzaba mfite amahoro mu mutima wanjye.

Maze umunsi umwe koko dawe,

uzanyiyerekera ko ntibeshye.





C: Rwose reka tuyiririmbe, niturangiza ndaguha akandi kitozo uzakora tukagakomerezaho ejo.

U: Yego.

C: Twibutse peee! Twibutse ko isi itagira imbabazi. Kandi tukabaza Imana aho yariri. Ariko tukibuka gutsinda ibigeragezo, tukihangana, tukanababarira. Tukagira umwete n'umurava, tugatsinda ibigeragezo.

U: Nibyo, ni ugutsinda ibigeragezo, kuko kenshi umuntu asubira inyuma mu mateka, akumva intege ziracitse ariko kandi n'ubuzima bugomba gukomeza.

C: Ni ukuri kandi ndakubwira ko Agahozo umufashije peee!!

C: Ngiye kuguha akitozo nakubwiraga?

U: Yego, ntakibazo.

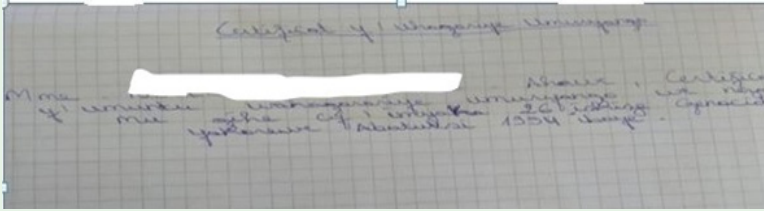
C: Twakoze urugendo rukomeye kandi rushimishije. Nabonye kandi menya inzira y'inzitane ikomeye wanyuzemo kuva ukiri muto cyane ariko cyane twakoze imyitozo kuri memoire.

C: Ndagirango ufate agapapuro unkorere impamyabushobozi ukwiriye. Hari byinshi wambwiye mbere. Ariko ukore impamyabushobozi ukwiriye. Uzayimpa ejo.

U: Yego, ntakibazo!

C: Ni ahejo!

U: Murakoze cyane!



Icyiciro cya 3:

U: Mwiriwe neza, nagerageje gukora ya mpamyabushobozi.

U: Numva ariyo butumwa mfite ku isi.

U: Guhagararira umuryango wa N V neza kuko nicyo nasigariye. Sinigeze nywusebya kandi sinzanabikora.

U: Nzaharanira gutanga icyiza kurusha guhabwa.

U: Nzaharanira guhoza kurusha guhozwa nubwo agahinda katarashira ariko nziko mfite byinshi byo gutanga murinjye.

U: Hari indi ndirimbo nkunda ya Kizito yitwa Iteme.

U: Nsaba Imana ngo sinzashake kumvwa mbere yo kumva abandi.

U: Kandi numva nzabigeraho kugirango menye ko



ntasigariye ubusa.

C: Wiriwe neza! Rwose tuzabigeraho, kuko no guhagararira umuryango twabigezeho. Iyo ndirimbo yizane tuyiririmbe.

U: Yego!

U: Impamyabushobozi yanshimishije cyane!

U: Nahise numva nishimye pe!

C: Umuhu, ubu tugeze mu kwishima, twakoze urugendo none tubonye impamyabushobozi. Twaririmbye, ariko tugomba gutegura umunsi mukuru. Ibirori, byaba na ngombwa tugatumira tukishimira iyi mpamyabushozi n'urwego tugezeho.

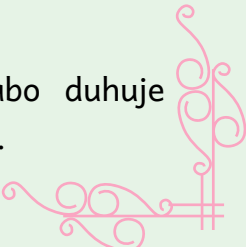
U: Yego.

C: Ni ukuri nanjye nishimye, ninayo mpamvu tugomba gukora umunsi mukuru.

C: Tegura uko uriya munsi mukuru waba umeze, abo twatumira, gahunda niba hari n'ibikorwa twakora nko kuririmba se, kubyina, gusangira, amagambo se, n' ibindi wumva twakora kuri uwo munsi mukuru twishimira impamyabushobozi.

U: Numva twatumira:

Umuryango wandeze, inshuti zanjye, abo duhuje amateka ndetse n'umuryango nashatsemo.





Aho byabera:

Muri Jardin ya Papa/iwacu kw'ivuko.

Uko umunsi mukuru wagenda:

Nabatekera neza, nkabagaburira ibiryo byiza, nkabaha ibyo kunywa bakanezerwa, ubundi nkaba nateguye aho turi bwibukire umuryango wanjye tukahashyira indabo mu rwego rwo kubaha agaciro. Ubundi ngafata ijambo, nkashimira buri wese wagize uruhare mu buzima bwanjye kuva ntandukana n'ababyeyi kugeza uyu munsi. Buri wese nkamushimira icyo yakoze ku buzima bwanjye nkamuha n'impano kandi ifatika. Uwambabaje nkamubwira aho yankomerekeje nkanamubabarira mu ruhamu. Ubundi nkabashimira ko batumye mbasha guhagarara gitwari mu mwanya w'umuryango wanjye kandi nkabasezeranya ko nzakomeza kusa ikivi abanjye bansigiye. Ubundi nkababwira tugakomeza tukishimira imyaka ishize twongeye kubona ubuzima, tugataramira abacu, tukanezerwa kugeza bukeye.

C: Oooh!! Kandi buriya twabitegura neza wazagaruka tukabishyira mu bikorwa?

U: Yego rwose, twabikora.

C: Noneho reka tube dusubikiye hano, tuzajya tuvugana, tuzategure ibi birori nugaruka. Hanyuma nujya wumva ukeneye ko tuvugana twazajya tuvugana. Urabyumva ute Muho?

U: Yego, urakoze cyane cyane cyane!!!!

U: Sinabona uko ngushimira!

C: Murakoze namwe, ndakeka ko uwo munsi mukuru



tuzawukora vuba.

U: Imana iguhe umugisha!

U: Ntacyo bitwaye rwose.

U: Yego, Imana izanshoboza tubikore iby'ishuri nibirangira.

C: Yego, ngaho urabeho, Imana iguhe umugisha!

U: Urabeho, urakoze cyane!

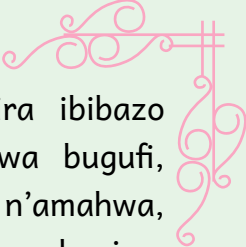
U: Kandi akazi keza!

U: Amahirwe masa!

U: Tuzaguma tuvuye mu rugo!

3.5. AMAHWA, UMWIJIMA, UMUTWARO : *Ubuzima Rose yamaze mo imyaka 26*

Rose ni umubyeyi ukiri muto kuko ubu afite imyaka 34, afite umugabo n'abana babiri na bo bakiri bato. Yabayeho igihe kirekire arwana ni ibikomere by'umutima yatangiye kubana na byo akiri muto afite imyaka umunani. Kuva icyo gihe yabayeho ariko atariho, aho yari yaraburiye icyanga cy'ubuzima. Agakora ibintu ariko mu by'ukuri abikorera abandi cyane umuryango we ariko we akumva ntacyo avuze cyangwa ntacyo amaze. Uyu Rose yigeze no kugerageza kwivutsa ubuzima ariko Imana ikinga akaboko. Muri iki gihe bigoye guhura no gukora ingendo (cya guma mu rugo) twaje kumenyana binyuze mu bandi bantu



batandukanye. Ni iki cyabateraga kugira ibibazo byo mu mutwe. Hakoreshejwe ubutumwa bugufi, twakoranye urugendo rwo gutandukana n'amahwa, umwijima n'umutwaro byari byarinjiye mu buzima bwa Rose bikamubuza kuryoherwa n'ubuzima ndetse no kwiyitaho nk'abandi nk'uko bigaragara mu kiganiro gikurikira :

Icyiciro cya 1:

R : Muraho neza!

R: Niwa mu mama mwavuganaga!

C: Mwiriwe neza!

C: Kandi buriya sinamenye amazina yawe!

R : Nitwa Rose, ndi umumama w'abana batatu.

C : Uramutse unsobanuriye uko wiyumva, wabivuga muyaha magambo?

R: Esubu navuga gute simbizi uko nabivuga?

R: Kuko sinzi aho mpagaze, sinzi uwo ndiwe, ndahantu ntazi ubu!

R: Kuko umutwe wanjye urarushye n'umubiri ndetse n'umutima!

C: Ubu se uwaguha umwitozo?

R: Wumpe ntacyo.

C:Fataagapapuro unshushanyirizeho icyokintu wumva

kikurimo. Mu mutwe, mu mubiri mu bitekerezo mu mutima, mu marangamutima n’ahandi.

R: Nkubwije ukuri ubu sinabishobora!

R: Kuko ndumva ntazi aho nahera!

C: Reka tuzabikora ejo?

R: Ahubwo ndabibyukiraho.

R: Ahubwo mfite ikintu gitsikamiye umutima.

C: icyo kintu uze kukinshushanyiriza nkirebe neza.

R: Ejo mu gitondo ndagikora.

Icyiciro cya 2:

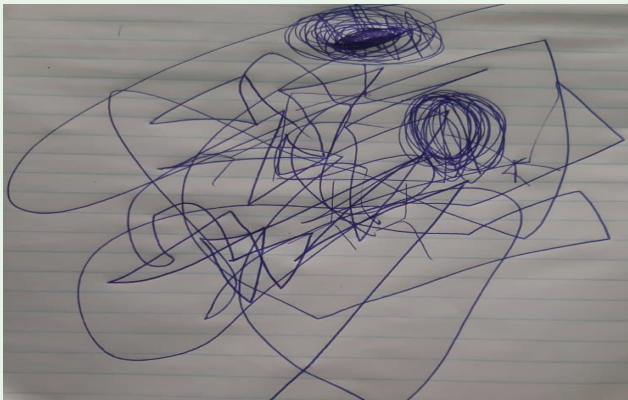
C: Mwaramutse neza n’umuryango!


R : Mwaramutse!

C: Nabyutse nakira abantu.


R: Ntakibazo.

R: Nanjye ndaho nabyutse nkora umwitozo wanjye.






C: Ese buriya kiriya kintu twacyita iki?




C: Hari ababyita umwijima, Hari ababyita imitwaro, Hari ababyita amahwa, Hari ababyita uburemere ku mutima, hari ababyita icuraburindi. Kuri wowe kiriya kintu ni igiki, twagiha irihe zina?



R: Haraho nabyita amahwa ahandi umwijima ubu mbyandika ndumva ari nk'umutwaro nikoreye ku mugongo.

C : Yoooh!! Umitwaro uri ku mugongo uherekejwe n'amahwa n'umwijima ko bibabaza cyane.


R: Birababaza cyaneeee!!



R: Nukuri twaraye mu nzu idafunze nabuze urufunguzo arinjye warubitse nibwo nkirubona!

C : Ooooh imitwaro!! Umwijima, amahwa ntibishobora gutuma twibuka aho twashyize urufunguzo.

R: Muvandimwe ndarushye pe!!

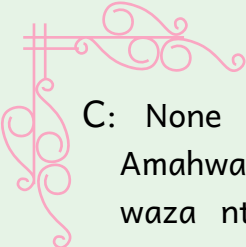


C: Ariko igishimishije n'uko utari ikibazo. Rose ni Rose, n' imitwaro ni imitwaro. Ntabwo imitwaro ari kamwe mu karemangingo ka Rose.

R: Ndabyemera.

R: Nkubu mbafite umujinya n'umunabi mba nabyukanye!

R: Mba numva meze nk'utaryamyeye!



C: None se wakwikorera imitwaro ntunanirwe? Amahwa se yakujomba ntubabare? Umwijima se waza ntusitare? Ahubwo uri muzima. Umuntu muzima ni umuntu bajomba igikwasi akababara, akava amaraso.

R: Ahwiiii!

R : Ndabizi nzaruhuka.

R: Ahubwo mfite ubwoba bw'urupfu!

R: Harigihe ndyama numva nk'inzoka iri bundye ngapfa!

C: Ese Rose wumva iyo mitwaro, ayo mahwa nuwo mwijima byaraje mu buzima bwawe ryari? Ku myaka ingahe?

R: Nibutse neza Genocide yarirangiye, narimfite imyaka 8, kuva icyo gihe kugera ubu.

C: Kumarana imitwaro n'amahwa n'umwijima imyaka 26 byarakuvunnye cyane! Ndetse uri intwari idasanzwe.

R: Nanjye numvaga ngeze aho gupfa, ndi kwiherezo pe!

C: Ariko icyongeye kunshimisha n'uko atari karande ni ikintu cyaje mu rugendo rw'ubuzima bwawe ku myaka umunani. Kandi si wowe wagitumiye. Nkunda kuvuga ko ari nk'umushyitsi mubi ushobora gusubira aho yaturutse.

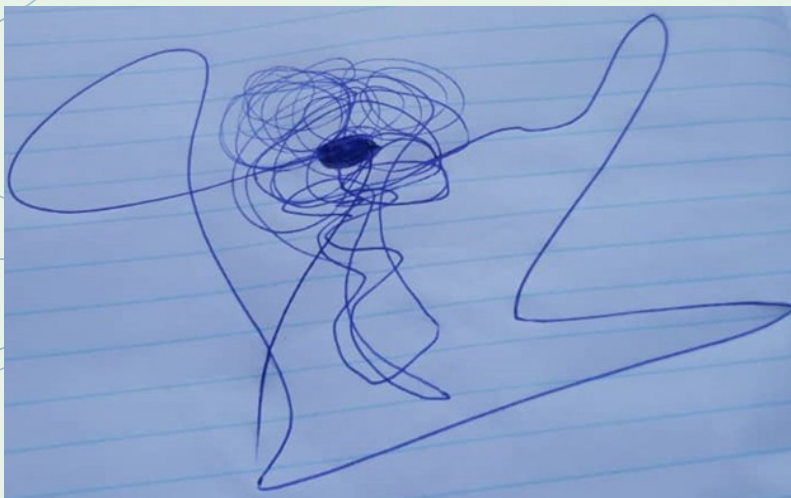
R: Ndabyemera ko agomba kugenda kuko ndabishaka.

C: Yego! Ese wakwemera ko dufatanya uru rugendo rwo kwigisha, guhangana se, gutandukanya ubuzima bwawe n'uko mushyitsi mubi ariwo mitwaro amahwa n'umwijima byaje mu mutima wawe utabitumiye?

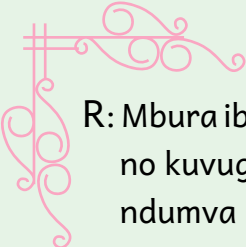
R: Ndabyemeye.

C: Reka nongere nguhe akitozo, ongera ushushanye neza iriya mitwaro, amahwa n'umwijima. Werekane ibibigize byose. Ndetse werekane n'ingorane biguteza. Wari wambwiye umujinya ariko wasanga hari n'ibindi.

R: Reka mbanze ndangize uturimo ndimo, hanyuma mbikore.



R: Mbikora numvishe amaso ashaka guhuma n'umutwe uremereye!



R: Mbura ibitotsi ikindi ngira gikomeye ni ukwivumbura no kuvuga ntomboka n'amahane no kurwana. Nubu ndumva naryama ariko ndi guteka.

C: Nibyo turimo gushakisha iyo mitwaro kandi ibuye ryagaragaye ntiriba ricyishe isuka.

R: Yego! Ubuse singiye gusara?

C: Ngiye kuguha akandi kitozo.

R: Ntakibazo.

R: Ikindi nari nibagiwe, sinkigira ikintu nkunda cyangwa umuntu nkunda yewe n'abana banjye mbabona nk'ibisanzwe.

C: Yoooh!! Imitwaro yaraguhemukiye cyane.

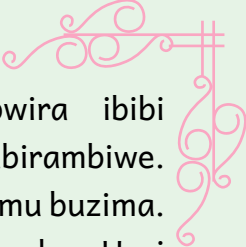
R: Nanjye ubwanjye nshobora kumara nk'amezi ntarisiga amavuta! No koga, noga kuko iyo umubiri wanjye umaze iminsi 2 utoga urandya ariko kutisiga warabimenyereye! Kandi mpora nimyoza ndetse nkanivugisha.

R: Ndi umusazi ugifite kwigenga!

C: Ntabwo uri umusazi ahubwo uri muzima kuko umuntu muzima ni uwo bajomba igikwasi akava amaraso.

R: Yego byo ni ukuri! Ndacyategereje.

C: Reka nguhe akitozo, fata urupapuro wandikire iriya mitwaro ariya mahwa uriya mwijima. Ubibwire



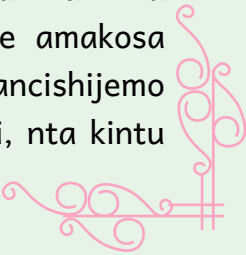
icyo ushaka cyose. Hari ababibwira ibibi byabakoreye. Hari ababibwira ko babirambiwe. Hari ababibwira ko bigomba kubavira mu buzima. Hari ababibwira ko batangiyeye urugamba. Hari ababyereka ko bafite imbaraga n'icyo bifuza kugeraho. Hari ababibwira ko bibabangamira n'imiryango yabo. Hari ababisezeraho, ubyandikire ibaruwa irambuye.

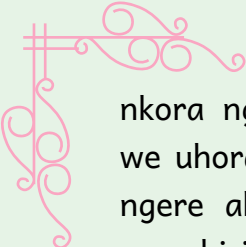
R: Yego reka nze mbikore.

R: Ku mutwaro nikoreye wampetamishije iminsi yose y'ubuzima bwanjye, nkwandikiye ngusaba kumvira mu buzima, nkabasha kuruhuka umuruho nikoreye amanywa n'injoro. Watumye ntishima nk'abandi, utuma mpora naniwe, gerageza umvire mu buzima.

Ku mahwa ampanda amanywa n'ijoro nkwandikiye ngusaba kureka kunjomba kuko naraboze, untera kubabara umubiri wose, utuma mbona ahantu hose ntagomba kuhaba kubwo kubabara umubiri wose sindyama ngo nsinzire, sindya ngo mpage, ariko simbure kubyibuha bidafite icyo bivuyeho, ndagusabye umvire mu buzima mbashe kubaho bikwiye, nkeneye kuba Rose udafite amahwa amujomba.

Nawe mwijima nkwandikiye ngusaba kumvira mu buzima, wanyobeje kenshi, nakoze amakosa menshi mu buzima, nicuza byinshi wancishijemo bikambabaza. Watumye ntiga nk'abandi, nta kintu





nkora ngo nkirangize kubera wowe wa mwijima we uhora umpfutse umutwe utuma ntagenda ngo ngere aho ngiye. Iteka umbuza kugera ku cyo ngambiriye, uhora umpfutse, mvira mu buzima nipfukure. Ni kenshi wagiye unyereka ko nyahuye naba nduhutse ariko n'inshuro nabikoze sinapfuye, untera kwitinya, mporana ubwoba, ndekura ni ukuri ndagusabye.

C: Mwiriwe neza!


Natinze kugusubiza ariko rwose amahwa, imitwaro, umwijima wabibwiye kandi birumva. Nakomeje kubona ko utari ikibazo, biriya ni ibintu byatangiyeye kuza ufite imyaka umunani, ni abashyitsi babi binjiye mu rugendo rw'ubuzima bwawe, binjira mu nzu y'ubuzima bwawe batangira kukubangamira, bakubuza amahoro, bakubuza ibyishimo, baguteza ububabare, bakubuza ibitotsi, umujinya, kwanga abantu no kwiyanga. Igihe kirageze ngo basohoke mu buzima bwawe ube Rose nya Rose.

R: Amen!

C: Nguhe akandi kitozo?

R: Kampe ntakibazo.

C: Ngiye kugusaba niba hari akaririmbo kajya kagufasha mu gihe wumva ufite imitwaro yaremereye cyane ukanyohereze. Gashobora kuba Kari kuri



YouTube cyangwa ukaririmbe ukanyohereze.

R: Ubu nta kamfasha pe!

R: Singira tv singira na radio, njyewe ikintu kimfasha ni ukwifungirana nnyenyine!

C: Natekerezaga ko imitwaro, amahwa n'umwijima bitwerekeza mu kwifungirana wenyine tukabifasha kugera ku ntego zabyo?

R: Cyane byo ni ukuri! Ariko kera nakundaga indirimbo zo muri congo.

C: Ni ukuri? Ako wakundaga cyane ni akahe? Nako twakaririmba!

R: ***Lelo makambo robi makambo nalembi eeee!!***

R: Iyo niyo nakundaga nubu iyo nyumvishe iranshimisha ikanambabaza byose.

C: Isobanura iki?

R: Uyu muni ibibazo ejo ibibazo, ndarushye!

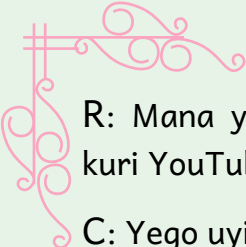
R: Numugabo uba warinjiye umugore utunzwe n'umugore!

C: Biravuna ibyo bintu! Ubu se wayishaka tukayiririmba?

R: Reka ndebe ndumva nyifite.

C: Yego nubishobora uyinsangize.

R: Nari nabyibagiwe, reka nze nyishake.



R: Mana yanjye ndayibuze reka ejo nzayigushakire kuri YouTube nyiguhe. Network ninke hano.

C: Yego uyishake tuzayiririmbe ejo.

R: Yego ni ukuri.

C: Reka nkureke uruhuke, icyiza n'uko ufite imbaraga, uri intwari kandi utari ikibazo kandi ko ibibazo bishobora gusubira iyo byaturutse.

R: Ni ukuri ndi kurwana nabyo kandi nzi neza ko nzakira, nubwo bitanyoroheye none.

R: Mfite utubyimba mu ijosi iyo mfite stress turandya.

C : Ariko uzagere no kwa muganga barebe ibyutwo tubyimba.

R: Yego, nzajyayo.

Icyiciro cya 3:

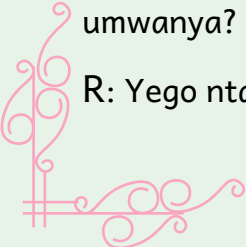
C: Mwaramutse! Umeze ute?

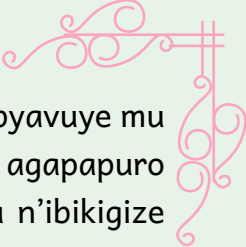
C: Amahwa, umwijima n'imitwaro tugeze he dutandukana nabyo?

R: Mwaramutse! Sinkibyukana umujinya, gusa sindasinzira neza, biracyari kwakundi.

C: Uri intwari pe!! Ngiye kuguha akandi kitozo, ufite umwanya?

R: Yego ntakibazo, ndawufite.





C: Umunsi amahwa, umwijima n'imitwaro byavuye mu buzima bwawe bizasimburwa ni iki? Fata agapapuro unshushanyirizeho ikintu kizabisimbura n'ibikigize byose.

R: Umucyo, amahoro n'urukundo hamwe n'umunezero.

C: Binshushanyirize neza turebe uko bisa, ibibigize byose.

R: Reka mbyuke mbikore.

C: Niba wari ukiruhutse wabanza ukaruhuka.

R: Murakoze!

C: Ko akitozo utagakoze?

R: Yoo!!Mbabarira umukozi wanjye akora ataha, naheranywe n'imirimu kuko mfite abana bato umwe w'imyaka 2 n'amezi 6 nundi w'umwaka 1 n'amezi 2.

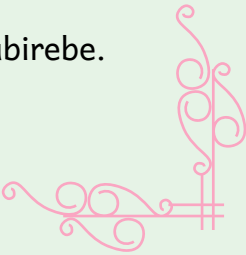
C: Ntacyo nuhuguka uragakora witonze.

R: Yego ndagakora kuko ndimo gutekereza no kwibaza uko icyo gihe ninkigeramo nzaba meze.

Ndimo kwibona nko mu nsi y'igiti hafi y'amazi n'abana bakina mu mazi nanjye nishimye nubwo ubu mbikora ariko simba mbyishimiye, mbikorera abana n'umugabo.

C: Yoooh!!Uze kubinshushanyiriza neza tubirebe.

R: Yego ndabikora.



C: Wiriwe neza!Konategereje ngaheba?

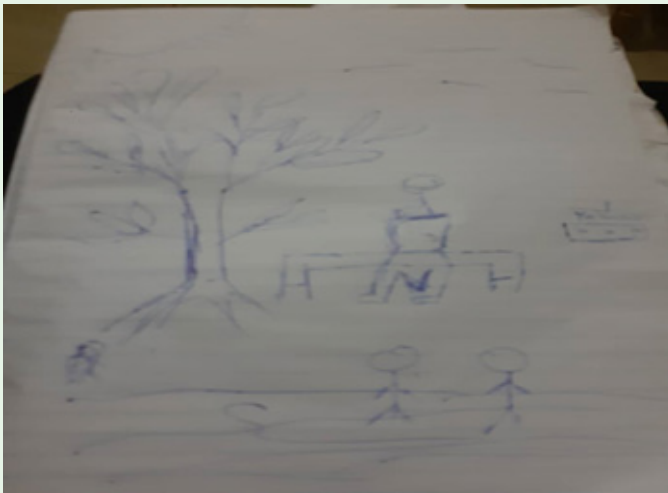
R: Yoooo! Nshuti yanjye erega navuye mu mirimo njya gushaka inzu ngo nimuke, ubukungu bumeze nabi, ndimo kurondeza nshaka iya make. Reka nze mbikore ubu.

C: Yoooh ndakumva!

R: Ariko ni ukuri Imana iguhe umugisha uyu muni nta mujinya nigeze ngira! Ndikwibaza icyabaye.


C: Yoooh!!Erega uri umugore w'intwali. Kandi imitwaro, amahwa n'umwijima birumva. Bigomba gusimburwa n'urumuri n'umunezero n'amahoro vuba. Ahubwo binshushanyirize mbibone vuba.

R: Byose nukubera Imana.




C : Iki kintu ni cyiza! Tucyite iki?

R : Umucyo.

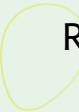


C: Nguhe akandi kitozo?


R: Yego, ntakibazo!




C: Andikira umucyo uwubwire icyo ushaka. Niba uwutumira, niba uwubwira ko wawuhoranye, niba uwubwira ko uzasimbura umwijima, amahwa n'imizigo. Uwubwire icyo ushaka cyose.



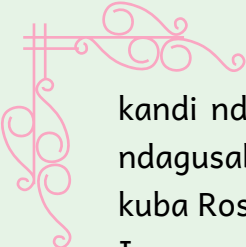
R: Ku mucyo ndakwifuzaga mu buzima bwanjye ko wakongera ukamurikira kuko nzineza ko umurikiye ntasitara kandi umurikiye sinakongera kugira ubwoba habe namba. Ndagusabye ngo ugaruke mu buzima bwanjye, umeze nk'igihe navaga munda ya mama wa mucyo wamurikishije wongere abe ariho umurikira, ndagusabye mbabarira ugaruke bundi bushya.



Sinaceceka, sinarambirwa kubwira amahwa ngo amvire mu buzima ndambiwe kubaho mbabara ntonekara, amahwa amazemo igihe kinini ahora anyibutsa n'ibyashize, wa mahwa we utuma ntatuzaga, utuma mpora nihebye, ntacyiza mbona mu buzima bwanjye, ndagusabye genda mvira mu buzima ntamwanya ugifitemo, mvira mu buzima genda.



Umuzigo nikoreye wigihe kitari gito wa magambo nabwiwe n'inshuti mbi zinjiye mu buzima bwanjye, zikankomeretsa kurushaho, zikankoreraga imitwaro undushya amanywa n'ijoro, atuma mpora mbabaye



kandi ndushye, atuma ntakizima ngira mu buzima ndagusabye wamutwarowe mvira mu buzima nshaka kuba Rose utikoreye umutwaro Rose uhora akorera Imana n'abantu kandi ugira urugwiro n'urukundo, mbabarira umvire ku buzima nongere mbe Rose utabyimbye, ufite ibiro bikwiye ndagusabye genda.

C : Rwose uri umu mama w'intwari pe! Kandi iyi wandikiye umuzigo urayumva kandi bidatinze uraza kutuvira mu buzima twongere tunezerwe, twiyiteho muri make twongere tubeho nk'abandi.

C : Buracyeye rero reka tuzakomeze ejo, siko ubyumva nawe?

R : Yego kandi murakoze cyane ku bufasha muri kumpa. Rwose buri kumfasha, Nyagasani akomeze abahe umugisha.

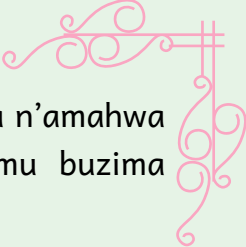
R : Muramuke!

C : Muramuke namwe, ni ahejo.

Icyiciro cya4:

R : Mwiriwe neza! Uziko maze iminsi ibiri nta mujinya mfite!

R: Maze kugura amavuta yo kwisiga, nongeye kumva ngomba kugira umwambaro ngasa neza ngakora no mu nzu.



C: Byiza cyane! Uziko imitwaro, umwijima n'amahwa bimaze kubona ko bitagomba kuba mu buzima bwawe.

C: Rose, reka nongere nkwibarize akabazo.

R: Yego nta kibazo!

C: Buriya ntawundi muntu waba ubana na biriya bibazo (umwijima, amahwa, imitwaro)? Bikamubaza amahoro, bikamubaza gusinzira, bikamubaza kwiwitaho n'ibindi.

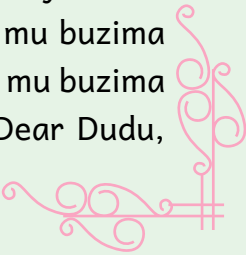
R: Barahari benshi pe!

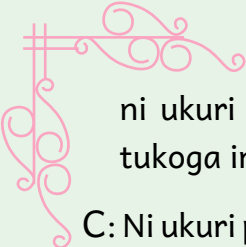
R: Banababaye kundusha.

C: Niyo waba utamuzi mushakire akazina, umwandikire akabaruwa karambuye. Niba umubwira uburyo bibabaza simbizi, niba umubwira uko wabanye nabyo simbisi, niba umubwira uti komera simbizi. Umubwire icyo ushaka cyose.

C: Nukarangiza, ukanyoherereze.

R: Nshuti yanjye Dudu, ndabizi nikenshi twafatanyije kurira kubera amahwa ahora aduhanda. Umunsi ku wundi agahinda n'intimba byaburi munsi, imitwaro idashira, umwijima wa buri munsi bihora bituma turira. Ariko nshuti yanjye Dudu namenye neza ko ntacyo dupfana nabyo, ari ibishyitsi mu buzima bwacu, igihe rero kirageze ngo bisohoke mu buzima bwacu, turuhuke, duseke, tunezerwe. Dear Dudu,





ni ukuri iyi nyanja y'agahinda tugomba kuyivamo, tukoga inyanja y'umunezero.

C: Ni ukuri pe, mugomba koga mu nyanja y'umunezero!

C: Kandi Dudu uramufashije rwose.

C: Kandi kubona umujinya ugenda, tugatangira gukaraba, tukagura amavuta yo kwisiga, buriya harin'ibindi bigenda bizahabamu marangamutima, mu mubiri se, mu myitwarire se, mu bitekerezo se, mu mibanire se n'ahandi?

R: Bizagenda biza pe, ndimo ndabyiyumvamo!

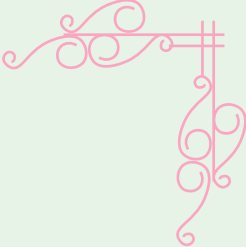
C: Ubyiyumvamo gute se, ko numva uri intwali idasanzwe?

R: Ikintu kijya kimfasha mu buzima, iyo menye aho mfite ikibazo ngerageze kuharwanya nkahashyira imbaraga.

R : Rero imyaka maze nikoreye imitwaro, amahwa, umwijima n'ibindi, nimirinshi nkeneye kuruhuka.

R: Ngaseka, ngacya nk'abandi, ni ukuri nshaka no kubera umugisha umugabo wanjye aho kumubera ihwa rimuhanda amanywa n'ijoro.

C: Ni ukuri ndumva ari urugendo rurerure wakoze. Ndumva ahubwo ukwiriye Impamyabushobozi. Ni ukuri ukwiriye impamyabushobozi kuko ni ishuli kandi wararitsinze peee!



C: Nguye kuguha undi mwitozo?

R: Amen! Kubera Imana.

R: Yego, ntakibazo!

C: Nkorera impamyabushobozi ukwiriye. Niba ushyiramo urugamba warwanye ukarutsinda, niba ushyiramo ububabare byaguteye ugahangana nabwo, niba ushyiramo uguhindura imitekerereze n'imibereho yawe. Wikorere impamyabushobozi ukwiriye kandi urayikwiye pe!

C: Uko byumva rwose.

R: Nyishushanye cyangwa nyandike?

C: Ushobora kuyishyira mu gishushanyo. Ushobora no gukoresha amagambo. Ushobora no kubikoresha byombi.

R: Ubu ndi ahantu nagiyeye kureba inzu, ningera imuhira ntujye ndagakora neza kavuye kumutima utujye kandi uri kubihumeka ako kanya.

R: Yego rwose.

Icyiciro cya 5 :

C: Mwaramutse!

R: Kuva ejo bundi narwaye umutwe, umerera nabi!

R: Mwiriwe!

C: Mwiriwe neza ! Umeze ute? Muniyihanganire nagize akazi kenshi urambura.

R: Ntakibazo meze neza!

R: Ndashima!

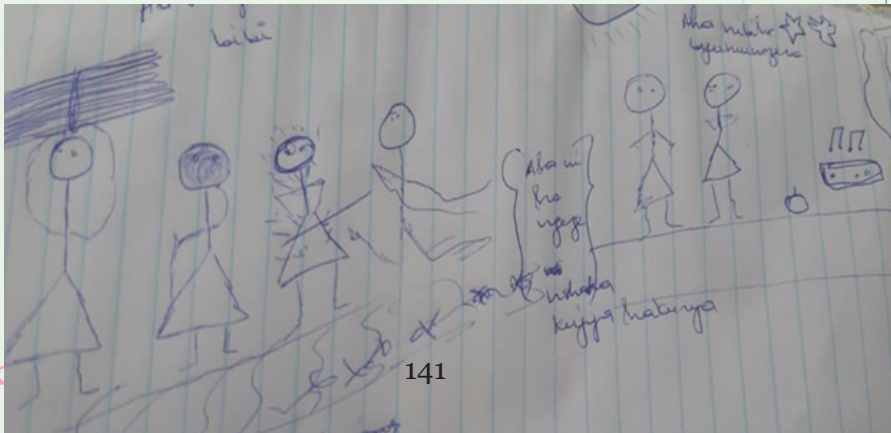
C: Amahwa, umwijima n'imitwano bigeze he biva mu buzima bwacu?

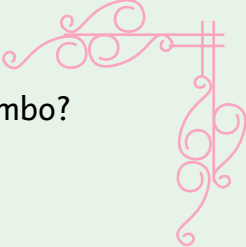
R: Ndimu kubirwanya nubwo biba bitoroshye.

R: Ariko nziko nzaneshya. Kuko byibuze mba numva hari icyerekezo.

C: Uri intwari peeee!!

R : Iyo niya mpamyabumenyi, nagerageje kuyishushanya.





C: Ese ntiwagerageza ukayishira mu magambo?

R: Yego, nagerageza.

C: Ngaho gerageza.

R: Ku ntangiriro nari nikoreye imitwaro amahwa n'umwijima ariko ndimo guca mu nzira yuzuye amahwa ampanda umubiri wose, aho hagati y'inzira harimo umwanya urimo ubusa naho ngeze ubu ndimo gusimbuka ngo nsatire urumuri umunezero n'amahoro nicare kunyanja y'umunezero, ngendere ku muhanda w'ibyishimo.

R: Uzi ukuntu numva nkumbuye guseka by'ukuri? Uzi ukuntu numva nkumbuye kugira umunezero wanyawo muri make nkumbuye Rose wanyawe.

R: Apana uyu wa pilate, ubu nje ndi pilate.

C: Gusimbuka n'ubutwari peee!!Kandi uru rwego tugezeho twagakwiye ibirori. Twakora umunsi mukuru.

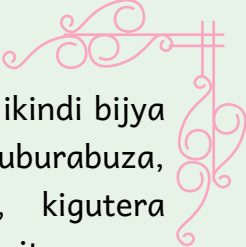
R: Ndimu gutekereza uko mbishyiramo mu magambo.

4. UMUSOZO WA MBERE

Muri iki gicye cya mbere cy'iki gitabo hakubiyemo ingendo zitandukanye z'abantu batanu muri benshi twabashije gukorana urugendo rwo kumenya ibibazo bitandukanye byabinjiriye mu buzima hifashishijwe telephone. Tubyita amazina ndetse tugakora imyitozo itandukanye kugeza dufashe icyemezo cyo kubaho uko ubuzima bwabo bwakagombye kugenda. Abenshi basanze ibibazo bitandukanye byaragiye byinjira mu buzima bwabo nyuma yo kuvuka, bigaragara ko atari karande ndetse bitari kamwe mu bigize uturemangingo twabo. Abenshi muri bo bumvaga ko bashobora kuba ari ikibazo ndetse bakumva ko ibibazo byabo byababayeho karande. Ibi hari benshi babihuriyeho mu bo duhura na bo cyangwa se tudahura bumva ko bahindutse ibibazo, ndetse bamwe bakunda kumbaza bati *“Ariko ubona narabaye umusazi?”* Na bo wasangaga bavuga bati: *“Ntibishoboka gutandukana n'umwijima, imitwaro se, ikigeragezo n'andi mazina batanze muri iki gitabo.”*

Imyitozo itandukanye nyuma yo kubishushanya, kubyandikira, kwerekena ibizabisimbura, bakabyandikira, uturirimbo dutandukanye, bose basanze ari bazima kuko umuntu muzima ni ubabara iyo ababajwe.

Nawe usoma iki gitabo wasanga hari kimwe mu bibazo byavuzwe muri iki gitabo cyaje mu buzima bwawe



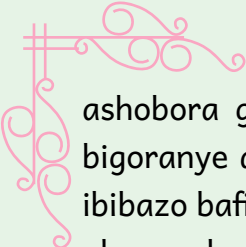
kikakubuzwa amahoro. Wasanga se hari ni ikindi bijya kumera kimwe, bijya kwitwa kimwe kikuburabuzwa, kikubuzwa gusinzira, kigutera ubwoba, kigutera umujinya ukabije, kigutera umunabi, gituma se witabaza ibindi nk'inzoga, ibiyobyabwenge n'ibindi. Ndagira ngo ngusabe wisuzume urebe niba imyitozo aba bantu bakoze yagufasha, ndagira ngo urebe niba nta cyo wabagiraho. Reba niba hari imyitozo wakora ikagufasha.

Niba kandi hari uwo uzi ufite bimwe mu bimenyetso abavugwa muri iki gitabo bagaragazaga, reba niba wabafasha na bo bakigana rumwe mu rugendo rwakozwe na bariya bantu mu kugera kubana na bo ubwabo aho kubana ni ibibazo byaje mu buzima bwabo batabitumiye.

Niba kandi ubona ari ngombwa basabe kwegera abavuzi batandukanye babafashe kunyura muri ruriya rugendo, bashobora kwifashisha n'ubundi buryo kugira ngo bongere kubaho baryohewe n'ubuzima kandi banezerewe.

I. IGICE CYA KABIRI

Igice cy'a kabiri cy'iki gitabo kigizwe ni imyitozo itandukanye abantu bagera kuri 4 bakoze mu rugendo rwo gutandukana n'ibibazo bari bafite. Ni urugendo twakoranye imbonankubone. Abenshi twabonye inshuro zigera kuri enye, bagera ku kumenya ibibazo bafite babihaha amashusho atandukanye amwe



ashobora gushyirwa ku rupapuro akagaragara andi bigoranye ariko baragerageje. Nyuma yo kugaragaza ibibazo bafite, barabivugishije bakoresheje inyandiko, uburyo bavuganye murabusanga mu magambo ya banyirayo mu bice bikurikira bigize iki gitabo. Buri gihe twagendaga twisuzuma, tukareba aho tugeze mu rugendo rwo kubaho tutagengwa ni ibibazo. Ibikoresho bimwe byakoreshejwe na byo murabisangamo.

Nk'uko n'abandi babigenje, ibintu bishobora gusimbura ibibazo byatekerejweho, tubibonera amazina, tubibonera amashusho, bimwe bibasha gushyirwa ku mpapuro, turabivugisha, biratumirwa mu buzima bwabo ndetse ibyinshi biraboneka.

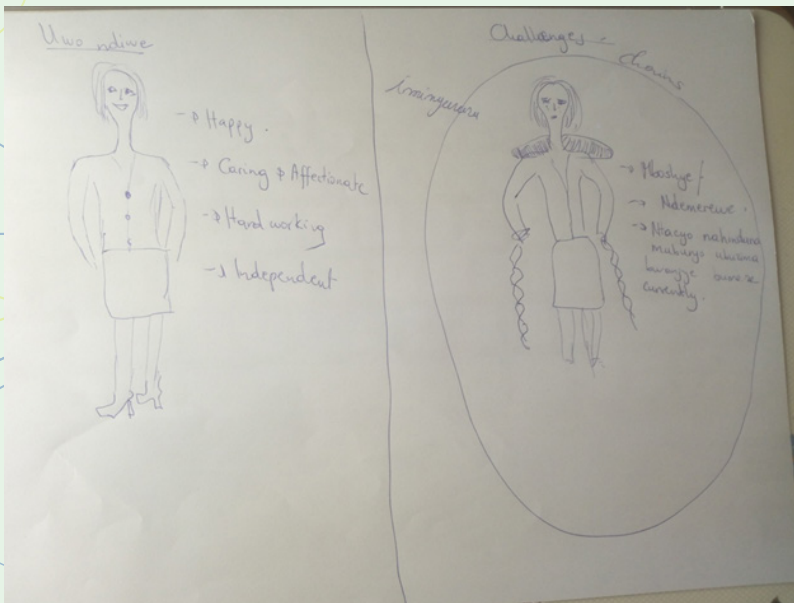
I.1. UGUTANDUKANA N'UBUBOHE KWA Elyne akabona impinduka (Change)

Elyne nyuma yo kumva afite ubwoba bwinshi, akamara igihe atabona ibitotsi, ibitekerezo bikamurenga, akumva aboshye cyane, yafashe icyemezo cyo kutwegera kugirango dufatanye urwo rugendo rwo kumenya ibiri kumubaho.

Umunsi wa mbere twahuye twagerageje kumenya ikibazo afite. Nyuma yo kumenyana birambuye, tukamenya ko ari umukobwa w'imyaka 25, ufite barumuna be babiri. Elyne abana na mama we gusa kuko se yitabye Imana nyuma yo gutandukana na nyina, icyo ni ikintu cyamubabajwe cyane bishoboka ko

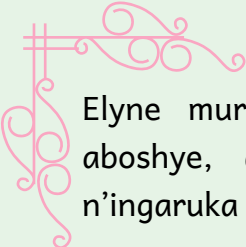
kiri no mu byamuzaniye ibibazo.

Twagize ibiganiro birambuye twibaza ikintu cyaba cyaraje mu buzima bwe, ishusho yagiha n'izina yagiha. Afata urupapuro, afata umwanya ashushanya umukobwa uziritse amaboko abyita izina ry'icyongereza "chains" mu Kinyarwanda twakwita "Iminyururu".



Ibiranga Iminyururu:

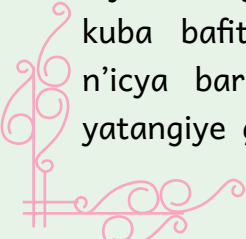
Elyne yagaragaje igishushanyo kirimo ibice bibiri. Ikibazo ari cyo yise iminyururu na Elyne. Tugiye kwibanda ku kibazo n'ibikiranga, Elyne turamugarukaho hepfo ubwo yagaragazaga ikintu cyasimbuye iminyururu.



Elyne muri kiriya gishushanyo avuga ko yumva aboshye, afite ubwoba bw'ejo hazaza buterwa n'ingaruka z'ubuzima abamo hamwe na mama we nyuma yo gupfusha papa.

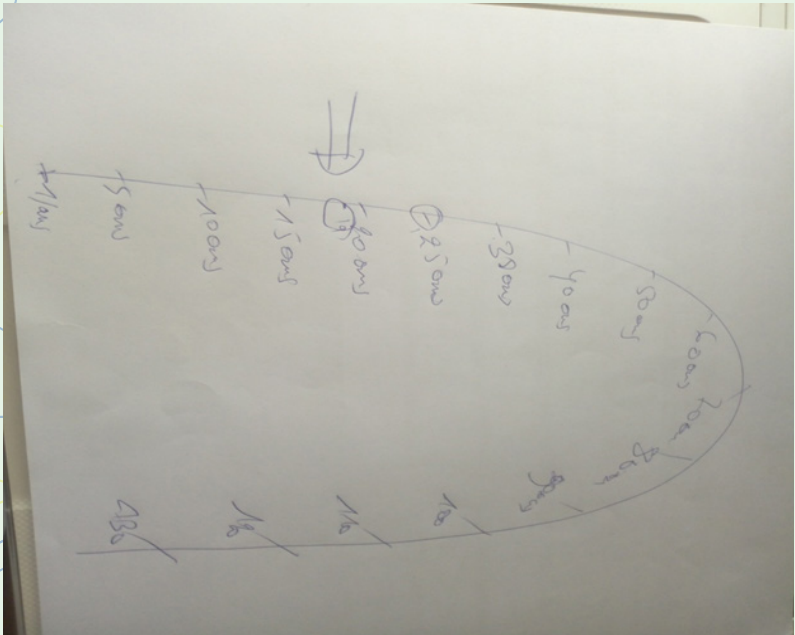
Elyne aratekereza cyane. Yumva atekereza birenze imyaka ye, agakora ibyo atakagobye gukora nko kurera barumuna be (kuba umubyeyi mu buryo bw'umwuka nk'uko abivuga mu magambo ye), bikamubaza amahoro, akabura ibitotsi, akababara umutwe cyane.

Elyne ahorana ubwoba ko atazagera ku nzizi ze zo kuba uwo yifuzaga kuba we kubera ibyo anyuramo: akoresheje amagambo yicyongereza ati: *"I feel like I have sacrificed myself for family"*, bivugaga ko yitanzwe, akiyibagirwaga kubera umuryango we. Avugaga ko arara atekereza barumuna be n'umuryango wose. Kutabona umwanya cyangwa kumva atakigira ubushake bwo gukora ibyo akunda, akaba nta gahunda agira kuko Elyne abivugaga mu magambo ariko ibikorwaga bikaba bike. Gushyiraga mu bikorwa ibyo yatekereje byo byaragiye. Elyne yumva ari wenyine kuko hari inshuti ze zitakimwitaho kubera nta kiza bakimubonaho, akaba atekereza ko atangiye no kuremerera abandi babana n'abo bakorana.



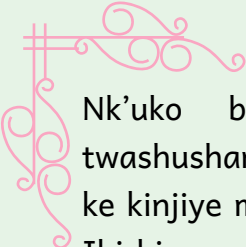
Elyne avugaga ko barumuna be na bo bashoboraga kuba bafite agahinda, akavugaga ko icyizere cyeye n'icya barumuna be cyatakaye. Elyne avugaga ko yatangiye gutekereza ko ashoboraga kuba yaribagiwe

ubushobozi bwe nk'umukobwa w'intangarugero, bikaba bishobora kubagiraho ingaruka nyinshi mu gihe kirekire nuko biba ngombwa ko dutangira urugendo rwo gutandukana n'iminyururu.



Urugendo rwo gutandukana n'iminyururu

Nyuma yo kumenya ikibazo, tukamenya izina ryacyo, tukabona ishusho, tukabona ingorane gitera Elyne, twatangiyeye urugendo rwo gutandukana na cyo. Icyadushimishije ni uko twasanze Elyne atari ikibazo, dusanga atari kamwe mu turemangingo twe, tubona ko yewe gishobora no gutandukana na we. Umwitozo wa mbere twakoze ni uwo gushushanya umurongo w'ubuzima kugira ngo tumenye igihe kiriya kibazo kinjiriye mu buzima bwe.



Nk'uko bigaragarira ku murongo w'ubuzima twashushanyije, Elyne afite imyaka 25 ariko ikibazo ke kinjiye mu buzima bwe afite imyaka makumyabiri. Ibi bigaragaza ko atavukanye kiriya kibazo kandi ko ikibazo atari karande. Ikindi kandi twasanze atariwe wagitumiye mu buzima bwe. Dusanga hari ikintu kindi cyatumiyeye kiriya kibazo mu buzima bwe, biduha imbaraga zo gukomeza urugamba rwo gutandukana na kiriya kibazo twise iminyururu. Iriya minyururu twagombaga kuyibwira, tukayibaza icyo dushaka kuyibaza cyose. Uburyo twakoresheje bwo kuyivugisha ni ubw' ibaruwa ikurikira:

Ibaruwa Elyne yandikiye iminyururu

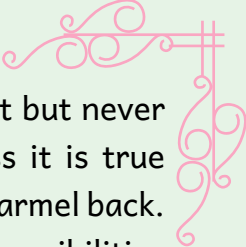
Ku minyuru,

Nari umukobwa mwiza w'intangarurugero wishimye gusa uko imyaka yagiye iza niko natangiye kumva umboshye. Mfite inzozo nyinshi ndetse numva hari byinshi nifuza kugeraho gusa sinabikora ukindiho! Simbasha gukora neza ibyo nifuza kubera wowe.

Mfite ikizere ko nzabohoka nkagira n'amaranagmutima y'ibyishimo. Ndabizi nzabigeraho kandi neza, mbe uwo ndi we kandi nifuza.

Dear chains,

I, Elyne was a very happy and exemplary girl until you slowly clouded my life. I need to live my life to the



fullest, chains. I have passed through a lot but never stopped me until you come along; I guess it is true that sometimes the last straw breaks the Carmel back. You ruined my inner peace. The family responsibilities have suffocated me and won't let them.

I want to live on my own terms, make decision that includes me too. I want to maximize my talents and build my foundation to be the strongest, only then I can be human, who will be a better sister and partner. Currently, I felt like I was seeing life through my past's eyes or struggle but i promise you, chains, i will destroy you, I will overcome this and go back to the great Jamila every person wished they could be. I have power in me, I will be the best version of myself. I will be happy as happy can be and i have hope that i will overcome and conquer or shatter these chains.

Good bye.

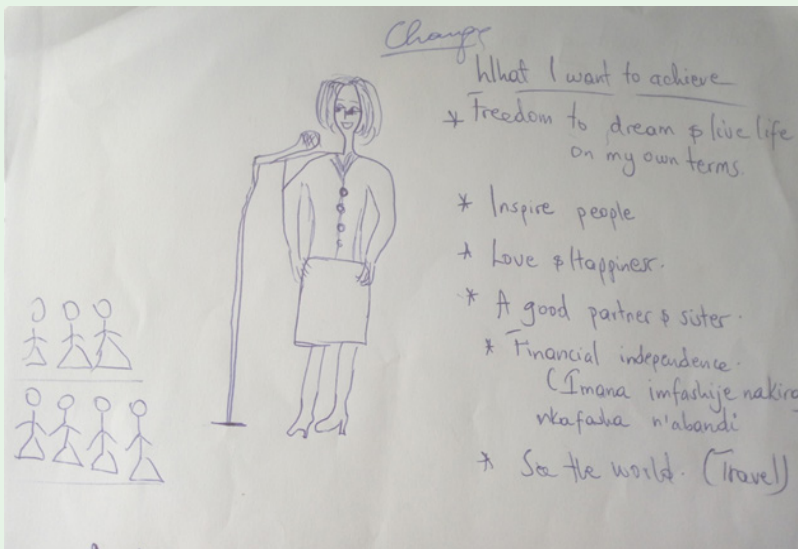
Imana ibimfashemo!

Elyne.

Muri iyi baruwa Elyne arashimangira ko atari ikibazo ndetse akerekana ko yahoze ari umukobwa w'intwali, wifitiye ikizere, ufite icyerekezo. Arabwira iminyururu ko arambiwe kuko yemeza ko ariyo yamuzaniye amakuba abana nayo, akamubuza amahoro yo mu mutima ndetse akamubuza kuba Elyne nyawe. Arasaba iminyururu kumuvira mu buzima akagira amarangamutima nyayo, akabasha

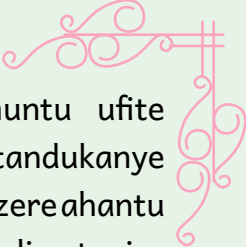
gufata ibyemezo nyabyo nk'ibyo yarasanzwe afata.

Nyuma yo kubwira iminyururu, byadusabaga kumenya igishobora gusimbura iminyururu mu gihe izaba itakibarizwa mu buzima bwa Elyne dore ko twari tumaze kuyihanangiriza, tukayibwira byinshi bibi yadukoreye mu buzima. Ese buriya ni iki cyashoboraga gusimbura iminyururu? Cyaba gifite iyihe shusho? Cyaba gifite irihe zina. Elyne yongeye gufata umwanya, afata agapapuro arangije ashushanya icyo yise mu cyongereza “change” bivuga impinduka.



Ibiranga impinduka “change”:

Impinduka Elyne agaragaza umuntu ukunda abantu, ukunda kubera abandi ikitegererezo. Umuntu ucyeye hose ku mubiri no ku mutima kandi ugirira urugwiro



abandi bose. Impinduka irangwa n'umuntu ufite imbaraga, ubushobozi, ugenda ahantu hatandukanye kuisink'ukobyahoze. Ni umuntu wifitiye icyizere ahantu hose, umuntu wigenga, wihitiramo kandi ntagire ubwoba. Umuntu wishimye kandi ubasha kuvuga mu ruhame, gutembera no kumenyana n'abantu, ukunda umuziki ndetse no kubyina. Impinduka irangwa ni umuntu udakabya, uzi kubana n'abantu bose, umuntu ubona impano nyinshi yibitsemo abandi babona we ntazibone. Ni umuntu ugomba kuba umunyakuri nk'uko se yabimwigishije, wanga ubuhemu akazabera umugore mwiza umugabo we, akabera umubyeyi mwiza abana be nabo bakamubera abana beza.

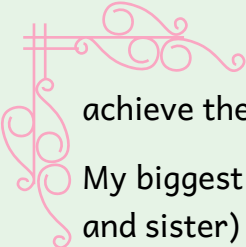
Nyuma yo kumenya ibiranga impinduka twashakaga gusimbuza iminyururu, twagombaga kuvugana na yo, tukaganira, tukayibwira icyo dushaka kuyibwira cyose. Twavuganye ni impinduka dukoresheje ibaruwa.

Ibaruwa yandikiye impinduka' change'

Dear change,

Please come quick and empower me. I have spent almost five years of myself not sure of my future, sacrificing myself, trying to be the perfect child but still not happy inside.

I know that you will come eventually, i am patient. Nzi ko ahari ubushake haba hari ushobozi, igihe ni iki ngo nongere nisubize ubuzima nishimiye. I am excited to be rediscover my innerself, i know that we shall



achieve the change.

My biggest dream is to have a happy family (my mum and sister) also my future family. I hope it will happen after the change arrives and if it doesn't at least i have realised that i am not the problem.

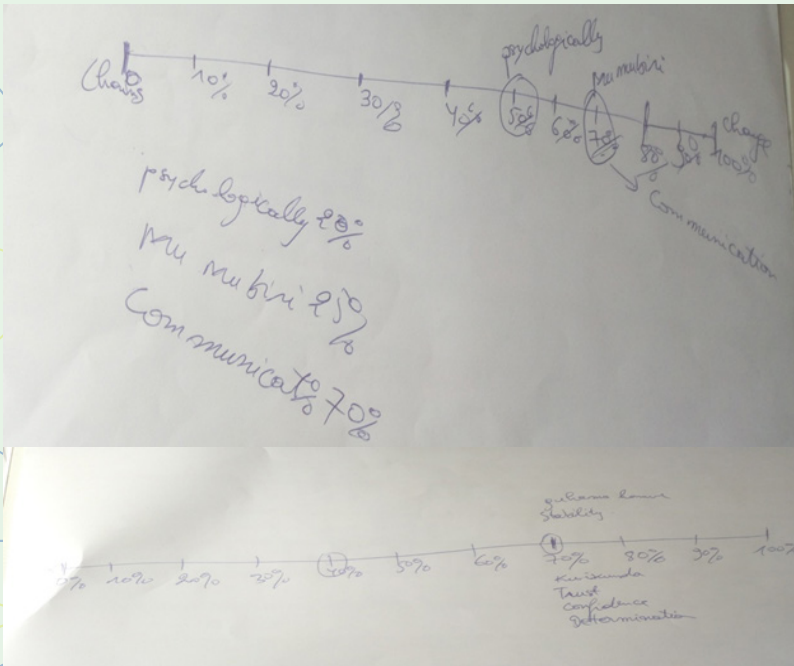
May God help us achieved this together with my Chaste, so we will be happy, i start seeing the results.

Patiently waiting on you, your sincerely Elyne.

Mu magambo make y'Ikinyarwanda; Elyne aratumira impinduka mu mutima we kugirango imuhe imbaraga. Aragaragaza ko amaze igihe kirekire ababara, afite agahinda, avunika, atabona neza aho agana. Aremeza ko impinduka yumva kandi iraza vuba mu buzima bwe. Akagaragaza ko azanezerwa niyongera kubona amahoro yo mu mutima. Aragaruka ku muryango, akifuza ko yagira umuryango wishimye umeze neza. Akishimira ko byibuze yamenye ko Atari ikibazo. Arasoza asaba Imana ko yamufasha kugera ku mpinduka ku buryo bwihuse.

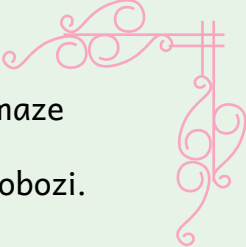
Uko twagendaga dukora imyitozo twifashishaga n'ibipimo bitwerekaga ko turi gutera imbere mu kuvana iminyururu mu buzima bwacu.

Igipimo cy'impinduka:



Nk'uko bigaragara ku gipimo cyambere cyafashwe, byagaragaraga ko Elyne yaje ari kuri zero. Bivugako iminyururu yari imuboshye umubiri wose. Ariko uko yagendaga akora imyitozo itandukanye yagendaga atera intambwe haba mu bitekerezo, mu mubiri no mu mibanire cyangwa se mu marangamutima. Mu gipimo cyakabiri biragaraga ko yarimo atera intambwe kuko bigaragara ko yari ageze kuri 70% agana ku mpinduka. Ariko byadusabaga no kureba ibigaragaza ko agera kuri icyo ntera twifashishije imbonerahamwe y'impinduka.

Psychological (amarangamutima, inte- kerezo, n' imytwarire).	mu mubiri	Mu mibanire	Communication. (itumanaho)
<p>Ntabwo nkibubura ibitotsi nka mbere.</p> <p>Agahinda karagabanutse. Kurakara nabyo nuko.</p> <p>I don't feel guilty anymore (sincycira urubanza).</p> <p>I am aware of my emotion and control them better now (anger toward her)(namenye amarangamutima yanyije kandi mbasha kuyagenga).</p> <p>I feel understood by someone(the counsellor) (numva mfite umuntu unyumva)</p> <p>Icyizere mu Mana cyariyongereye.</p>	<p>Hari igihe numvaga umutima utera cyane cyangwa umutwe undya (ariko ntibihutse)</p> <p>I feel light weight mu mutima (ntabwo nkiremewe mu mutima)</p>	<p>Nothing much changed. (ntacyahindutse cyane).</p>	<p>I want always say what in me since i know it's true (nifuza kuvuga ibyo kuva namenya ko ari ukuri).</p> <p>I understand people's behaviour now (the past can affect their communication). (ubu nsobanukira n'imytwarire y'abandi, kandi ko ahahise hayihindura).</p>



Nyuma yo kubona ko hari byinshi twari tumaze kugeraho, byatumye dukora impamyabushobozi.

Impamyabushobozi ya Elyne

RE: CERTIFICATE OF ACHIEVEMENT

Dear Elyne, I am happy that your mental health has improved immensely in only 2 weeks. I know that you always thought that you were the root cause of all troubles in your life but thanks to the help of counsellor Chaste you are at peace now.

In life, we face challenges but you have really fought and controlled the negative emotions like sadness, anger, guilt. It is a good thing.

I am sure that we will get to happiness and learn to always see the good in situations even with the responsibilities that burden me sometimes.

Your faithfully, Elyne.

Tugenekereje mu Kinyarwanda; Impamyabushobozi yakozwe na Elyne hagaragaramo impinduka, yerekana ko ubu afite amahoro akaba yarabashaga gucunga neza no kubana n'amarangamutima ye n'ibiyumviro bye. Yari yizeye neza ko azakomeza kugira ibyishimo nubwo yaba ari mu makuba cyangwa mu bihe biremereye.

Ibi byatumye dutegura ibirori byo kwishimira impamyabushobozi twari tumaze kubona tugana ku musozo w'urugendo rwacu rwo gutandukana n'iminyururu. **KWIZIHZIZA KUBOHOKA KU MUTIMA.**

GAHUNDA Y'IBIRORI BYO GUTANDUKANA N'IMINYURURU TUKAZANA MU BUZIMA IMPINDUKA

Nagize urugendo rw'ingirakamaro mu kwezi kumwe gushize kumpindurira imitekerereze n'ubuzima none ndifuzaga kwizihiza intambwe nateye mu kumva ntuje muri njye (Mentally fit).

Umunsi mukuru wanjye byaba byiza ubaye mu kwa cumi nyuma gato ya graduation yanjye. Ukazamo Mama, murumuna wanjye dukurikirana, Muganga Chaste, Umusore dukundana ndetse n'inshuti yanjye yamfashije kumva ko nta kibazo kiri mu gushaka ubuvuzi (counseling).

Ndumva yaba ari dinner iri simple nko kuri Hotel Villa Portofino- hanyuma tukaganira ku rugendo rwanjye rwabashije kungeza kuri Nyakubahwa Chaste tukabasha no kuvura umubabaro nari mfite. Nifuzaga ko muri iki kiganiro twabwira abahari akamaro ko kwita ku buzima bwo mu mutwe (mental health) kugira ngo tube beza kurushaho (the best versions of ourselves) kuko iyo utabwitayeho, uta ubumuntu cyangwa ukiyanga kandi hari igihe uba utari ikibazo.

Indirimbo 2 nifuzaga ko za kinwa ni:

1. Lean on me ya Bill Withers (nyigiraho)

2. Inzozo ya Cecile Kayirebwa

Song

Lyric

Lean On Me”(<https://youtu.be/rdIPVBvkr-s>)

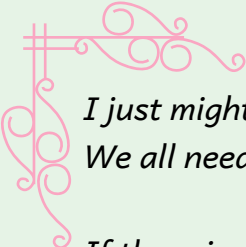
*Sometimes in our lives
We all have pain, we all have sorrow.
But if we are wise,
We know that there's always tomorrow.*

*Lean on me when you're not strong
I'll be your friend, I'll help you carry on
For it won't be long
'Til I'm gonna need somebody to lean on.*

*Please swallow your pride
If I have things you need to borrow
For no one can fill those of your needs
That you won't let show.*

*You just call on me, brother, when you need a hand
We all need somebody to lean on.
I just might have a problem that you'll understand,
We all need somebody to lean on.*






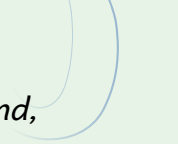
*You just call on me, brother, when you need a hand
We all need somebody to lean on.*

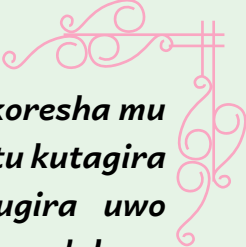


*I just might have a problem that you'll understand,
We all need somebody to lean on.*


*If there is a load
You have to bear
That you can't carry
I'm right up the road
I'll share your load
If you just call me.*

*Call me if you need a friend
Call me, call me, uh-huh
Call me when you need a friend
Call me if you ever need a friend
Call me, call me
Call me, call me
Call me, call me
Call me, call me
Call me if you need a friend
Call me, call me
Call me, call me
Call me, call me
Call me, call me
Call me.*





Iyi ndirimbo ya mbere Elyne yifuje ko yakoresha mu birori bye, muri make ishishikariza abantu kutagira ubwoba bwo gusaba ubujyanama, kugira uwo bigiraho kuko rimwe na rimwe mu buzima duhura n'ububabare ndetse n'agahinda gusa ejo ni heza ku babasha kubiyumvisha kandi twese dukenera abo twigiraho.



Song2

INZOZI

Imana imana

Mana y'irwanda nsingize Imana se bagenzi

Imana niyi nkuru

Imana itera amapfa burya

Ni nayo itanga aho bahahira

Nyabusa bana banjye nimuhumure

Impumbya zababyeyi turi kumwe

Mbafatiye iryiburyo

Kandi umusibo nejo

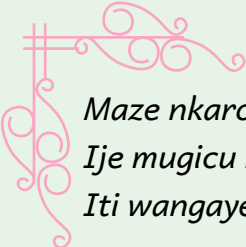
Ejo bundi nzakabya inzozi yehehh!

Izo narose

Izo narose se bagenzi

Munzozi nziza z'urwererane

Ukwezi n'inyenyeri byihariye ibicu



Maze nkarota Imana imbonekera

Ije mugicu kiza kibengerana

Iti wangaye gutinda ntuzangaye guhera yeyehe

Urubwiruko rw'urwanda

Bafasha ingabo hasi

Hirya no hino y'imipaka

Bati bashishwa nabi barakanyagwa

Ubonye ngo baduteranye tumarane

Dushyamirane nkabanzi

Kandi tuva inda imwe yehehe

Mumpinga ndende ihanitse cyane

Irengeye urwanda rugari rwa gasabo

Impundu ari nyinshi ni imihigo

Maze ngo imbaga yose y'inyabutatu

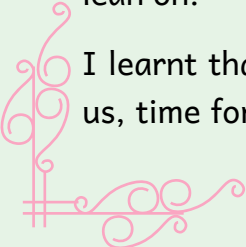
Mw'ijwi rimwe risa riranguruye

Bati hehe amatage

Ngo ntitugane ingoma bihumbi.

Do you like that song. What messages that helped you? What lesson did you get from it?

The first one is about you & D'X... He helped me to find you. You helped me through the journey of healing without any cost and so you became my shoulder to lean on.



I learnt that God always has an unexpected plan for us, time for change & people we didnt even know can

help us.... I will also aim to help other people.

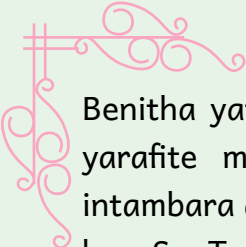
Ese izo ndirimbo urazikunda? Ese n'ubuho butumwa ukuramo?

Iya mbere nayituye incuti yanjye yamfashije kukugeraho. "Waramfashije muri uru rugendo rwo gukira nta bwishyu unsabye, umbera urutugu rwo kwigira ho". "Nize ko Imana ihorana imishinga tutiteguye kuri twe, igihe cyo guhinduka, abantu tutigeze tumenya ko badufasha, nanjye nzishimira gufasha abandi".

Indirimbo ya kabiri nyikundira ko ari iyabantu bafite icyizere cy'ejo hazaza, kuva na kera narayumvaga nkumva inkoze ku mutima. ***"Byari bishimishije kongera kubona ibyiringiro n'amahoro mu mutima".***
Urugendo rwacu rwarangiriye aha.

I.2. Kwibohora intambara ihoraho hamwe n'uburwayi bw' umubyeyi we: Urugendo rwa Benitha

Benitha ni umukobwa w'umwangavu wiga amashuri yisumbuye, amaze igihe yumva atameze neza muri we, atagisinzira, ahorana ibitekerezo n'amarangamutima mabi, gutsindwa mu ishuri bikabije, kwiburira icyizere bikabije. Yaje guhitamo kugana inzira y'ubuvuzi (counseling), aribwo yaje aratwiyambaza ngo tumuherekeze muri urwo rugendo. Kimwe nk'abandi bose bakoze urugendo rwo kwitandukanya n'ibibazo,



Benitha yafashe umwanya wo gutekereza ku kibazo yarafite maze asobanura ko kuri we yumva ari intambara ahoramo. Iyo ntambara iterwa n'uburwayi bwa Se. Tumaze Kwita izina ikibazo yarafite, yafashe ikaramu n'urupapuro aracyandikira acyibutsa cyane ibyo cyamuteje, ibyo cyamutwaye ndetse anacyirukana mu buzima bwe.

Ibaruwa Benitha yandikiye intambara ihoraho

Dear war

I write you this write to chase you from my life. I use to be a girl, strong, intelligent also helpful but unfortunately, you entered my life without knowing.

You come up with hard situation to my father. You changed everything and you turned me into unable girl, diseased girl.

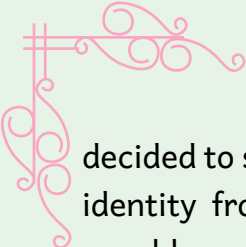
War, you are a bad thing that ever happened to me, I didn't expect you to enter like that so, I really want you to go away from me, in order to



be Benitha I used to be also to develop my career.

War, I know I am able even if you caused me troubles i am aware to fight you, even if you caused me diseases, I can heal myself.

You better leave me alone coz I do not want you, i want to score good marks as i used to, because i want to be happy and I want to be strong and helpful.



Better, go away from me because I decided to separate me from you. To separate Benitha identity from challenges identity. And I know i am capable and able!!! So,better leave.

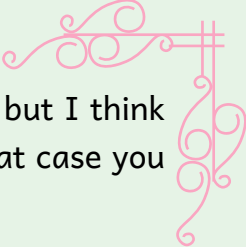
From Benitha to continuous war.

Mu ibaruwa Benitha yibukije ikibazo (intambara ihoraho) ko akomeye kurusha uko kibitekereza kandi ko yiteguye kukirwanya yivuye inyuma nk'uko yaramaze kumenya ko atandukanye nacyo. Yakibwiye ko ari kibi cyane kandi ko yifuza ko kimuvira mu buzima kugira asubire abe uwo yahoze. Yongera ku cyihanangiriza akibwira ko ashoboye kandi ko azi neza ko azagitsinda, akongera agatsinda, kunezerwa ndete no gufasha nk'uko byahoze.

Benitha amaze kumenya ko atari ikibazo kandi atari karande mu buzima bwe, akacyandikira akirukana mu buzima bwe, akandikira intamabara ihoraho ayirukana mu buzima bwe, yabashije no kwumva ko se atandukanye kure n'indwara yararwaye n'uko ahitamo kuyivugisha akoresheje ibaruwa. N'uko afata ikaramu n'urupapuro ayandikira ibaruwa mu rurimi rw'icyongereza ikurikira:

Ibaruwa benitha yandikiye uburwayi bwa Se

Dear sickness of my father.



I think, I have to write to you this letter, but I think you are no longer needed in my life. In that case you are very far from me.

Sickness, you have made someone who was strong, someone who was the base of the family, who was the happiness, you made him so weak and unable.

This is some of your last time, I warn you. Please, I stop you from interfering just like that because by another time you interfere in my life, I will make sure that you will suffer.

You know, I have many strong players and immunity, if you try again you will meet with many problems. So, you better leave because I am tired to suffer because of you. I am tired to always get asked school fees, of feeling pain within and stomach-aches.

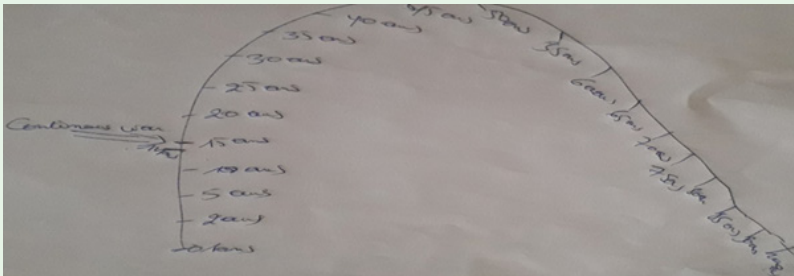
In additional, you have entered without knocking, so I have also asked you to get out without any excuses because you damaging and destroying my life. I ask you to leave lonely because I do not want you, go away, so far away where I cannot even remember you!!!

To sickness from Benitha.

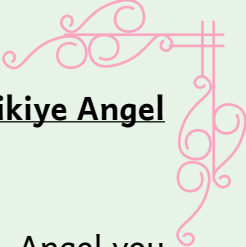
*Mu kinyarwana; Benitha yabwiye uburwayi bwa
Se ko butagikenewe mu buzima bwe, abubwira ko
bwahinduye Papa we umunyantega nke, ko bugomba*

*kurekeraho kwivanga mu buzima bw'umuryango.
Abuha gasopo abubwira ko nibwongera kwivanga
mu buzima bwe buzabihuriramo n'ibibazo bikomeye.
Abwibutsa ko kandi nk'uko bwaje budakomanze
bugomba no kugenda kure cyane aho atazongera ku
bwibuka nta mananiza.*

Tumaze Kwita izina ikibazo (intambara ihoraho) ndetse no ku cyandikira ibaruwa, ndetse no kwandikira uburwayi bwa Papa we, twifashishije umurongo w'ubuzima dusanga Benitha amaranye n'ikibazo imyaka itatu. Cyinjije mu buzima bwe ku myaka cumi n'itanu gusa. (Reba ifoto ikurikiyeho)



Nyuma yo kumva ko intambara ari intambara na Benitha akaba Benitha twiyemeje kuyibohora no gufasha abandi kuyitsinda. Benitha yifuje gufasha abandi kumenya imbaraga bafite zo gutsinda iyo ntambara ihoraho mu buzima bwawo dore ko abona ko we na bagenzi be bahuje ikibazo bafite imbaraga nyinshi zo kwibohora intambara ihoraho. Mugenzi we yamwise Angel maze amwandikira ibaruwa mu rurimi rw'icyongereza:



Ibaruwa Benitha yandikiye Angel

Dear Angel!

I write to you to tell you that we are alike, Angel you know, we are passing in hard time, and we are feeling the pain that we haven't even caused.

Sister, I know we can reach where we want because nothing is impossible when someone know that he/she is powerful and able.

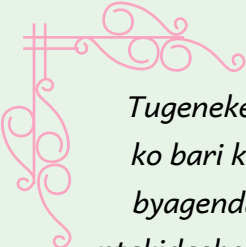
I think you can get through that if you evaluate yourself and recognize that we born to win, truly we are winners ourselves nothing can fight us, we are strong weapons.

So, i can advise you to find support on someone that you are familiar with, someone you can tell all your thought and feeling in order to relax and feeling that you have care.

Friend do not feel lonely, I know we will pass through this without any left around. Better heal yourself because no one can play your role better than you.

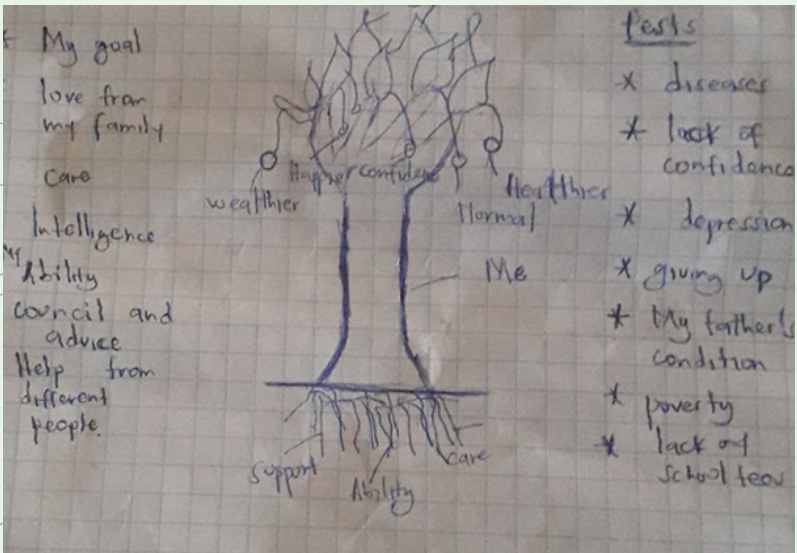
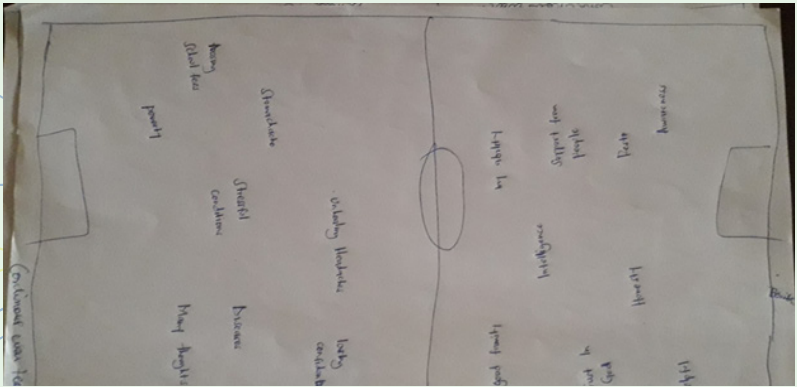
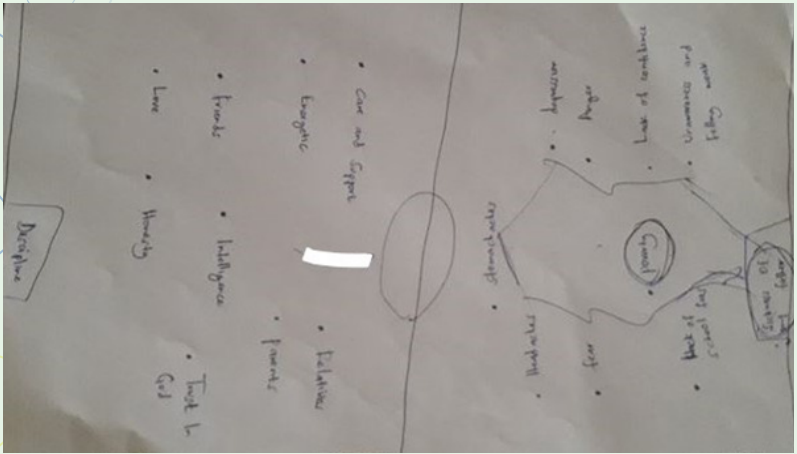
I tell you this because i have passed through it, so be aware to heal yourself dear!!

From Benitha to Angel.



Tugenekereje mu Kinyarwanda Benitha abwira Angel ko bari kunyura mu bihe bikomeye batiteje ariko uko byagenda kose bazabasha kugera aho bashaka kuko ntakidashoboka. Amwibutsa ko ari abanyembaraga kandi ntacyo batageraho kuko bavukiye gutsinda kandi icyiza atari ukwigungana ibibazo ahubwo ko yakwegera umuntu yizeye bakabiganiraho kugira ngo abashe kuruhuka. Amwibutsa gufata umwanya akareba ahahise he, ntibyari byoroshye ariko kubwo gukomera bahanyuranye umucyo ariyo mpamvu bagomba gukomera kuko ari abenyambaraga bavukiye gutsinda.

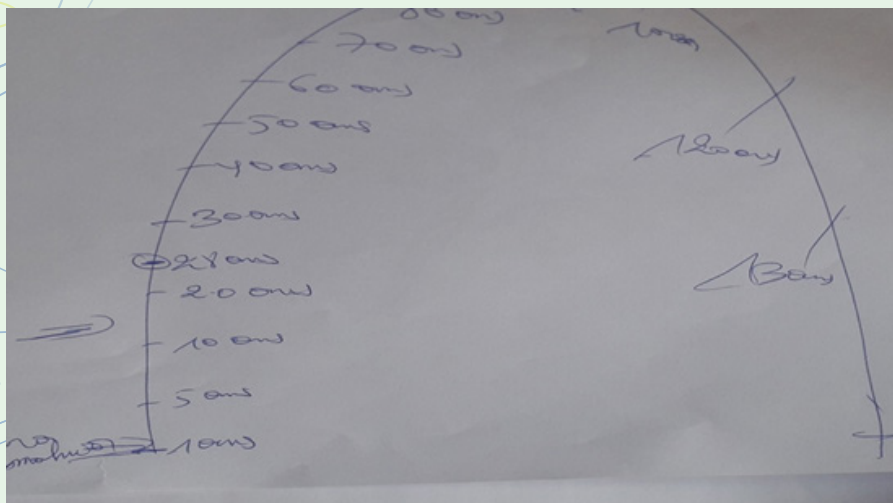
Benitha amaze kwandikira mugenzi we Angel, yasoje urugendo rwe rwo kwibohora intambara ihoraho mu buzima bwe akora imyitozo ibiri ariyo yamugejeje ku nstinzi idasubirwaho. Iwo mwitozo ni uwo kubaka ikipe y'ubuzima ndetse n'uko gushushanya igiti cy'ubuzima. Yose igaruka ku kintu kimwe cyo kwibutsa Benitha uwo ariwe, imbaraga afite ndetse n'abamukikije bamufasha gutsinda burundu intambara ihoraho. Mu mwitozo wo gushushanya igiti cy'ubuzima, yabashije kwibuka imizi ahagazeho, uruti rwe, imbuto azera, ibyakwangiza igiti cye ndetse n'ibyo yakoresha arinda igiti cye ubukoko bwa cyangiza (reba amafoto akurikiyeho).



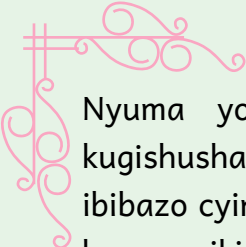
y'ababyeyi bawe ni byo Kagabo asobanura nk'inzira y'amahwa yanyuzemo. Mu gishushanyo Kagabo agaragaza byinshi mu biranga inzira y'amahwa harimo: guhagarika amashuri, kugira ibitekerezo byinshi, kwigunga, kubura ibitotsi, kugira ubwoba kubera amateka yanyuzemo, gutekereza kubana n'abandi kandi bimugoye ndetse no kubaho mu buzima buhora bumwibutsa ko ari imfubyi.

Urugendo rwo kuva mu nzira y'amahwa

Nyuma yo gusanga Kagabo atararemewe kuba mu nzira y'amahwa, tugasanga ari ibintu byinjiye mu nzira ye y'ubuzima, twakoreye hamwe umwitozo wo kureba igihe inzira y'amahwa yatangiye kuza mu buzima bwe.



Nk'uko imbonerahamwe y'ubuzima ibigaragaza, Kagabo yahuye n'inzira y'amahwa afite imyaka icumi, akaba yari amaranye na yo imyaka cumi n'umunani.



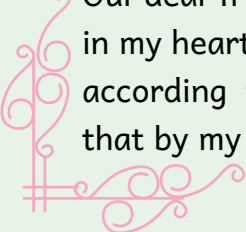
Nyuma yo kumenya ikibazo no kucyita izina, kugishushanya ndetse no kurebera hamwe igihe ibibazo cyinjiriye mu buzima bwa Kagabo, twarebeye hamwe ikizasimbura inzira y'amahwa igihe izaba yavuye mu buzima bwa Kagabo. Kagabo yahisemo kuyisimbuza amahoro yo mu mutima no mu buzima. Maze na yo arayavugisha binyuze mu ibaruwa ndetse anayaha isura akoresheje igishushanyo.

Ibaruwa Kagabo yandikiye amahoro yo mu mutima no mu buzima.

Impamvu: Ukwiringira ko inzira y'amahwa izagira iherezo

Cher; *La paix dans le Coeur et dans ma vie*

Ce qui te dira que tu l'obtiens et que tu te trouveras entre les montagnes, les plaines coolant de l'eau mais aussi le cycle des etres vivants avec les bons aires, te montrera que l'avenir est si proche comme un morire qui est si proche du bords. La paix dans le coeur et dans ma vie est l'ensemble des rivières coolant et se rencontrant et formant un lac, mais provainant de montagne oblitant l'élèvage des moutons avec triox etoiles dans le ciel pendant le soire, avec signification que l'avenir est cela.



Our dear friend Chaste, I write this letter to the peace in my heart and in my life with different explanations according to the drawing and the letter, thinking that by my faith we will achieve the goal. My heart is

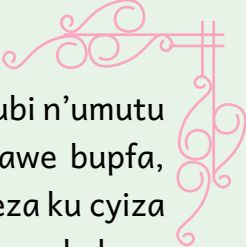
Ibaruwa Kagabo yandikiye Musoni (atekereza ko bahuje ibibazo) amugira inama

Mwana wacu mwiza Musoni dukunda uri iyo bigwa, tukwandikiye kano kabaruwa tugira ngo tukwibutse ibihe wanyuzemo ukivuka kugeza ubu ukaba ukibinyuramo. Ni inzira igoye kuko waravutse hadacyi kabiri ubura ababyeyi, bituma urerwa n'abandi bantu kandi bibatera kukwifatira uko biboneye kuko waruhindutse imfubyi kandi bikaba bibaho mu buzima.

Wakuriye mu bantu bageraho bakakwanga kubera uko babitekerezaga ndetse bakuziza uko wavutse. Wavutse ku babyeyi; iso na nyoko kandi beza, mu buryo bwiza, bibatera kukwanga kuko bakwimye n'amateka yabo kugeza ubu.

Ibyo byose wanyuzemo byakubereye ibikomere kuko wanyuze mu bikugerageza byinshi ndetse byari no kuguhitana, ugatakaza ubuzima. Burya umuntu ukwima cyangwa uguhisha amateka y'iwanyu aba ahindutse umwanzi kuko rimwe na rimwe aba akwanga ariko utamenya icyo akwangira.

Igihe cyarageze urahungabana cyane kuko wabonaga kwiga bihagaze, bikagutera guhagarika umutika kubera kugira ubwoba bw'ejo hazaza, ujya mu mirimo ivunanye cyangwa se igoye bamwe babonaga wazahaburira n'ubuzima. Wagiye ucunaguzwa n'abantu muturanye nijoro bikagutera ubwoba bwo mu mutima. Wageze naho abaturanyi bakugira inama yo

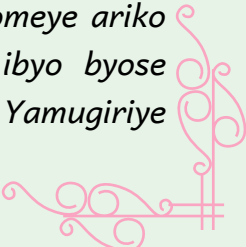


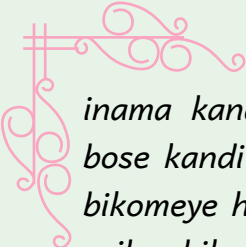
kwiyahura ugata umugore ariko umuntu mubi n'umutu ukugira inama mbi yatuma n'ubuzima bwawe bupfa, naho umwiza n'ukugira inama nziza yakugeza ku cyiza mu buzima. Imiryango yawe yiyise abanzi bawe kubera uko bagufashe ukiri muto kugeza ubu, kandi bamwe ibyo bagambiriye kugukorera babitewe nuko babaga bamenye ko wazaronka umugisha mugihe kiri imbere.

Kugeza ubu urugendo ruruhije arirwo twise Inzira y'amahwa iracyakomeje mu buzima bwawe ariko humura mwana w'iwacu inzira izarangira, kuko ntakibaho kitagira iherezo. Uzajye wibuka amarira yose warize unyura mu mvura nyinshi, ivanze n'imiraba hamwe n'inkuba zikubita ubinyuramo kuko ntakitagira iherezo bizagutera ukwizera kurema umutima. Ugira amahirwe akuruhura umutima ufatanya n'umuryango UYISENGA Ni Imanzi, Komera kandi ntuhangayike kuko ibyiza biri imbere.

Murakoze, Yari Kagabo.

Mu ibaruwa kagabo aributsa Musoni amateka yaranze ubuzima bwabo, arimo kubura ababyeyi (ubupfubyi), kurererwa mu muryango umugirira ishyari, kwimwa amateka y'ababyeyi, kubura uburenganzira bwo gukomeza kwiga, gukora imirimo ivunanye cyane. Ariko nyuma y'ibyo byose yamwibukije ko ntakitagira iherezo kuko hari byinshi banyuzemo bikomeye ariko kubwo gukomera no kwiringira Imana ibyo byose byaratambutse ubuzima burakomeza. Yamugiriye





inama kandi yo kutiringira inama agirwa n'abantu bose kandi ko ukwizera guterwa no kureba ibyahise bikomeye hamwe n'ubufasha ahabwa mu buvuzi bwe aribyo bikwiye kumubera umusemburo w'icyizere cy'ejo hazaza.

I.4.Urugendo rwa Patience rwo gusenya igikuta

Tumaze guhura no kumenyana na Patience, twagerageje gusobanukirwa n'ikibazo cye, aho yacyise igikuta.

Ibiranga igikuta

Patience asobanura igikuta akoresheje ururimi rw'amahanga muri ubu buryo:

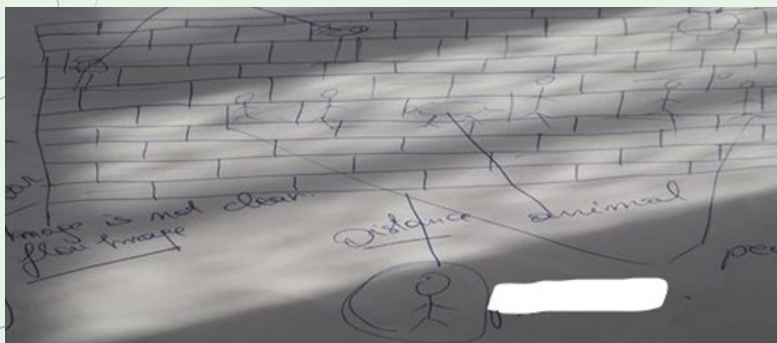
Extremely values what people think, (Kwita cyane kubyo abantu batekereza).

- *Live for people appraisal, (kumva ko abantu bahora basuzuma ibyo akora).*
- *High levels of fear :- To explore,(ubwoba bukabije bwo gushakisha).*
- *Meet new people, (bwo guhura n' abantu bashya).*
- *Do something out of comfort zone, (gukora ibintu atari mu bwihuguko bwe, aho abantu batamureba).*
- *Over thinking (Gutekereza cyane).*
- *Lack of concentration (Kubura ubushobozi bwo*

kwibanda ku kintu).

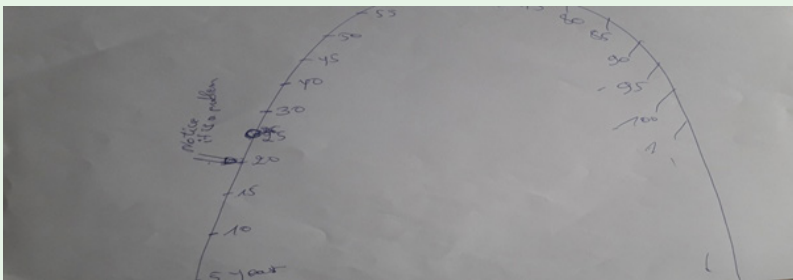
- *Getting lost in his own imagination, (Kuburira mu ntekerezo ze).*
- *Low self confidence, (Kwigirira icyizere gike).*
- *Constant self doubt, (kwishidikanyaho).*
- *Get scared very easily, (Kugira ubwoba mu buryo bworoshye).*
- *Shire in an environment where he feels superior but also fails miserably in an environment where he feels inferior, (Kugira isoni igihe ari kumwe nabo aruta ariko nabwo akumva ababaje igihe ari kumwe n'abamuruta).*
- *Very emotional, (Kugira amarangamutima cyane).*
- *Bad at expressing feelings, (Kutabasha kugaragaza ubyiyumvo).*

Tumaze gukorana umwitozo wa mbere wo Kwita izina ikibazo (igikuta) ndetse no kugisobanura neza, Patience yagihaye ishusho akoreshejwe igishushanyo.



Igishushanyo kigaragaza Patience ugendera kure cyane abantu, hagati ye n'abantu n'inyamaswa harimo intera (distance) ari byo byamuteraga kubona ahazaza he hatagaragara neza, kuri we yabonaga ari ishusho yuzuze ibihu.

Tumaze gukorana umwitozo wo kwita izina ikibazo, kumenya ibikiranga ndetse no ku giha ishusho, twakurikijeho gushushanya umurongo w'ubuzima ari byo byadufashije gushimangira neza ko Patience atari ikibazo nk'uko yabitekerezaga.




Twasanze Patience atari ikibazo (igikuta), ikibazo atari akaremangingo kagize Patience ahubwo ari ikintu cyinjiye mu rugendo rwe rw'ubuzima ku myaka 20 nk'uko bigaragara ku murongo w'ubuzima, bivuze ko cyari kimaze imyaka 5 mu buzima bwe. Dushoje icyo myitozo yose twemeranyijwe gutangira urugamba rwo gusenya urwo rukuta tukabasha kureba imbere. Twatangiyeye urugendo Patience yandikira ikibazo (urukuta). Umutwe w' ibaruwa awita "urabeho gikuta". (reba ipagi ikurikiyeho)




GOOD BYE

Dear wall/ problem.




You have been in my life for quite some time now, I am not going to lie, but I feel like you have been the reason that I have not achieved the success that I feel I deserve. For a long, I have noticed that you are a problem; I thought I would fight you on my own but clearly I am not strong enough. I decided to seek for help and I am confident that I am going to defeat you.



I will write to you, but I want to take this time to say that, although I blame you for my failures, I also want to acknowledge that you helped me to stay away from danger on multiple occasions, this is something good you did to me but it is not enough for you to stay in my life where I need to be self dependent. Soon, I might have people depending on me, I cannot afford to have you creating barriers in my life. I have to explore my full potential and the main limitation to that is you. I am scared of whom I will become without you in my life but again maybe that is you speaking. I was strong enough to take a step towards fighting you. So, maybe you are not as strong as I thought. This is a writing letter, you will be defeated and there is nothing you can do.

Regards, Patience.

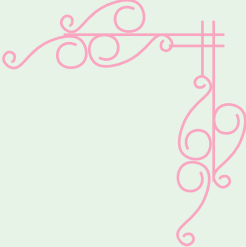


Mu ibaruwa atangira yibutsa igikuta ko kimaze igihe mubuzima bwe ariyo mpamvu kigoma kubusohokamo, agishinja kuba nyirabayazana w'ibibi byose byamubayeho cyane gutsindwa mu buzima no kutagera ku cyerekezo yihaye. Agishimira ko cyamurinze kwishora mu bibi ariko ko icyo kidahagije kugira ngo kimugumire mu buzima. Yatekereje kukirwanya kuko yarabizi ko cya mwivangiye mu buzima ariko asanga atakishoboza ariyo mpamvu yashatse ubufasha kandi yizeye kuzagitsinda burundu. Asoza akibwira ko atakomeza kwihanganira ingorane kimuzanira kandi ko gikwiye kumuvira mu buzima agakomeza akaba uwo yifuza kuba we.



Abakinnyi ba Patience:

- Competitive, (guhanganana).
- Patient, (kwihanganana).
- Confidence, (ikizere).
- Ambition, (intego).



- *Determination, (kwiyezeza).*

Abakinnyi b'ikibazo:

- *Over thinking, (gutekereza cyane).*

- *Lack of concentration, (kutibanda).*

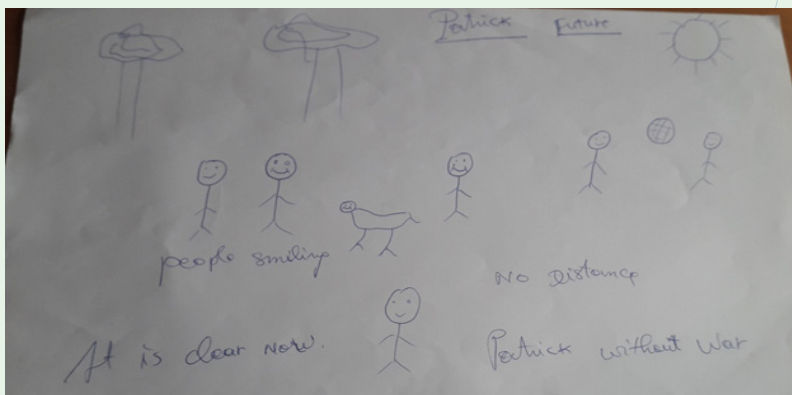
- *Worry, (impungenge).*

- *Fear, (Ubwoba).*

- *Self doubt (kwishidikanya).*

Patience yizera ko ikipe ye izatsinda ikipe y'ikibazo (Igikuta) kuko ariwe mutoza kandi akaba afite imbaraga ndetse ko yizeye gukinisha abakinnyi be neza.

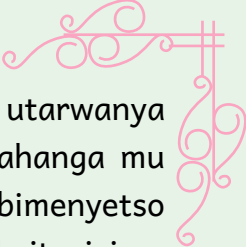
Imyitozo Patience yakoze ni myinshi nk'uko bigaragara hejuru; kumenya ikibazo no kucyita izina, kugiha ishusho, umwitozo wo kwandikira urukuta turusezera mu buzima bwa Patience, ndetse no kubaka ikipe yadufashije kwibuka ubushobozi dufite bwo gusenya urukuta rwari mu buzima bwa Patience. Amaze kwisuzuma agasanga hari aho ageze asezerera ikibazo, twashoje urugendo rwo gusenya urukuta Patience ashushanya uko yiyumva nyuma y'ibyo byiciro byose yaramaze kunyuramo, (Therapeutic sessions). (Reba ifoto ikurikiyeho).



Ishusho igaragaza Patience utagifite ubwoba bw'ibyo abantu bamutekerezaho, witeguye kugaragaza ibyo azi, udafite ubwoba bwo gusabana, udafite ubwoba bw'ahazaza muri make uzira urukuta rumubuza kureba imbere no guharanira kuhagera.

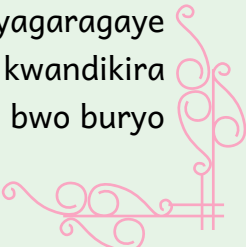
Ii.UMUSOZO WA KABIRI

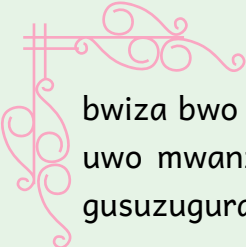
Igice cya kabiri cy'iki gitabo kigaragaramo ingendo z'abantu bane muri benshi twahuye imbonankubone tugakora urugendo rwo kwitandukanya n'ibibazo byari bibagoye, bibabuza gusinzira, kujya mbere mu buzima bwabo, kunezerwa, bibabuza amahoro ndetse n'izindi ngaruka zishobora guterwa n'ibibazo mu buzima bwo mu mutwe. Mu buvuzi dutanga; gutega amatwi no kumva ibyo abandi batabasha kumva, kubona ibyo abandi batabasha kubona, ibyo ni ryo shingiro rya byose. Abantu duhura bose, duhuzwa nuko bafite ibibazo bibaremereye cyane. Umwitozo wa mbere twakoranye ni uwo kumenya neza ikibazo bafite no



kucyita izina, ibi birabafasha cyane dore ko utarwanyana umwanzi utazi. Birumvikana hari uko abahanga mu buzima bwo mu mutwe bahuje bimwe mu bimenyetso by'uburwayi bwo mu mutwe. Hanyuma bakabyita izina, ariko nk'uko bigaragara amazina yatanzwe n'abo bahanga rimwe na rimwe kuyasobanurira umuntu nta cyo bimufasha kurusha uko we yakwiyitira ikibazo cye izina. Kuko ni we muhanga w'ibiri kumubaho kurusha undi wese. Umwitozo wa kabiri twakoranye ni uwo guha ishusho ikibazo hakoreshejwe ibishushanyo, ibi birabafasha cyane kuko uretse kuba umuntu ashobora kwiyita ikibazo, iyo arangije kugishushanya ahita abona itandukaniro riri hagati ye n'ikibazo. Bityo akabasha kumva neza ko atandukanye na cyo kuko kitari mu bintu bikoze umubiri we, bigatuma kwitandukanya na cyo bishoboka kuko aba ari ikintu yahuriye na cyo mu rugendo rw'ubuzima.

Nyuma yo kubona ko ikibazo ari ikibazo n'umuntu ari umuntu, hakurukiraho umwitozo wo kukivugisha hakoreshejwe ibaruwa. Kwandikira ikibazo birafasha cyane kuko bitanga umwanya wo gutekereza neza ingaruka cyabateye, ndetse n'ubuzima bashaka kubamo, mu kucyandikira ni ho haturuka imbaraga nyazo zo kwitandukanya na cyo. Hanyuma hagashakwa igikwiye kugisimbura kuko utazi iyo ajya agira ngo aho ageze ni ho yajyaga. Nk'uko byagaragaye mu myitozo twakoranye harimo nuwo kwandikira ikizasimbura ikibazo mu buzima bwabo. Ni bwo buryo



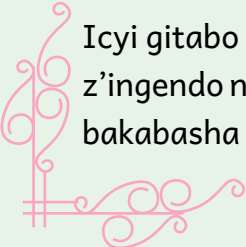


bwiza bwo kwiyumvisha ko gitumiwe kuza gusimbura uwo mwanzi wari warabateye kandi mu mucu wacu gusuzugura ntibirangwamo, bivuze ko uwo utumiye araza mugasabana, mukabana dore ko uba wishimiye kubana nawe.

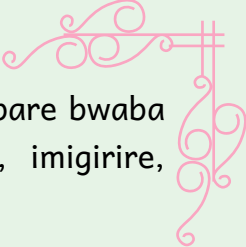
Mu buvuzi bwacu habamo no kwigisha ariyo mpamvu twakoranye umwitozo wo gutekereza undi muntu waba ufite ikibazo nk'icyo na bo babaga bafite hanyuma tukamwandikira ibaruwa. Ibaruwa ikubiyemo inama twamugira n'ibindi byinshi dushaka kumubwira. Burya iyo wigisha nawe uba wiga kandi ntawutanga icyo adafite, muri make ni twe cyangwa ni bo babaga biyigisha ndetse banigira inama ibyo bigatuma barushaho kubona imbaraga zibafasha kurushaho kwitandukanya n'ikibazo. (Uburwayi bwo mu mutwe), ***“ribara uwariraye”***.

Muyindi myitozo twakoranye harimo iyo kwisuzuma tukamenya niba turi gutera imbere. Gushushanya ikipe y'ubuzima, igiti cy'ubuzima n'indi, iyo myitozo yose ihuriza ku ntego imwe yo gufasha mu kuvumbura imbaraga twifitemo zo kwirukana burundu ibibazo bitugoye. Ndetse bikadufasha no kwirinda ko twakongera kurembywa na byo.

II.UMWANZURO



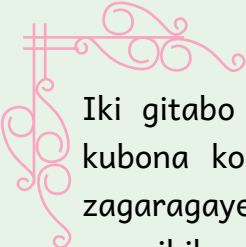
Icyi gitabo NZAKUBIKIRA IBANGA gikubiyemo ingero z'ingendo nkeya cyane muri nyinshi abantu banyuramo bakabasha kuva mu ngorane no mu bibazo babana na



byo. Kuko birabangiza, bikabatera ububabare bwaba ubw'umubiri, imitekerereze, imyitwarire, imigirire, imibanire cyangwa se amarangamutima.

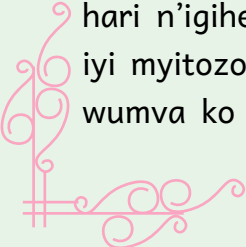
Twagitekereje kugira ngo kigaragaze ko umuntu aba yibitsemu imbaraga zishobora kubyutswa, zikongera gusumba kure ingorane n'ububabare buterwa n'ibibazo uko byaba biremereye kose. *“Nta joro ridacya, nta mvura idahita, nta kitagira iherezo.”* Bishaka kuvuga ko ingorane zose waba urimo zishobora kurangira.

Mu gitabo kandi hagaragaramo ubutwari n'imbaraga zidasanzwe ababanaga n'ububare bakoresheje kugira ngo batandukane n'ingorane bari barimo. Bivuze ko nawe waba wumva uremerewe, urushye, ubabaye ushobora gutangira uru rugendo rwo kubohoka. Iyo urutangiyeye uranesha ukarusozo utsinze. Abanyarwanda bavugaga bati: *“Hagora itango, cyangwa bakavugaga ngo akagabo gahimba akandi kataraza, bakongera bati, wirukankana umugabo kera ukamumara ubwoba.”* Izo mvugo zose zishakira kuvugaga ngo witinyaga n'ubwo waba ubabara, tangira, ufite imbaraga, ba umugabo, tinyuka, shira ubwoba, ubwo bubare buzashira. Wibuhungaga cyangwa ngo ushakire ibyishimo ahandi nko mu biyobyabwenge, inzoga, n'ibindi utekereza ko byaguha ibyishimo, byaguha umunezero, byaguha ibitosti byakurinda ububabare. Burya wifitemo imbaraga n'ubushobozi biruta kure ingorane n'ibibazo byaje mu buzima bwawe utabigizemo uruhare.



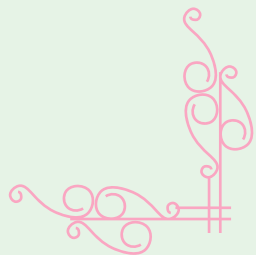
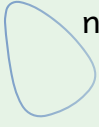
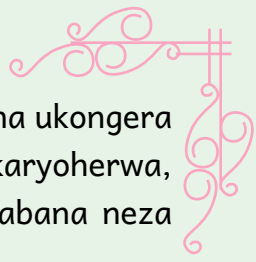
Iki gitabo kandi cyatweretse ko abantu babashije kubona ko batandukanye n'ibibazo. Ingero nkeya zagaragaye muri iki gitabo, abantu babashije kubona neza ibibazo bari bafite ndetse abenshi barabigaragaje mu mashusho bamenya neza n'igihe byinjiriye mu buzima bwabo, bamenya n'icyabizanye. Biragaragaza ko nawe usoma iki gitabo ushobora kwisuzuma, ukabona ibibazo byawe, ukareka kwishinja cyangwa kwibeshya kucyaguteye ikibazo cyangwa ububare. Hari imvungo igiri iti: *“Aho kwica gitera wica ikibimutera.”* Bishatse kuvuga ko iyo wamenye ikibazo neza uba uri mu rugendo rwo kubona ibisubizo. Kuko uhangana n'icyo kibazo aho guhangana nawe ubwawe mu bitekerezo no mu marangamutima.

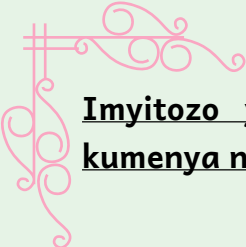
Iki gitabo cyatanze ingero z'imyitozo wakoresha ikagufasha kwitekerezaho, kwisubiramo ndetse no kwisuzuma wowe ubwawe. Cyatanze kandi ingero z'imyitozo imwe wakora ugahangana n'ikibazo kugeza kivuye mu buzima bwawe. Ushobora kuyikoresha wowe ubwawe cyangwa ukayikorana na mugenzi wawe, inshuti yawe cyangwa se umuvandimwe ubona aremerewe kugira ngo abohoke.



Iki gitabo ntigitanga uburyo bwose bwakoreshwa kandi hari n'igihe wowe ubwawe wakumva utakwikoresha iyi myitozo igaragara muri icyi gitabo. Hari n'igihe wumva ko byakurenze cyane. Ndakugira inama yo

kwegera abavuzi bakwegereye bakagufasha ukongera ukagarura icyanga cy'ubuzima, ukaryoherwa, ukabaho, ugakora imirimo yawe neza ukabana neza n'umuryango wawe wishimye.





Imyitozo yagufasha kwisuzuma ukaba wabasha kumenya ndetse no gutandukana n'ikibazo

INZU Y'UBUZIMA

Uyu ni umwitozo ufasha ku gusubiza inyuma mu buzima bwa buri muni, kwisuzuma/kwisura byimbitse!

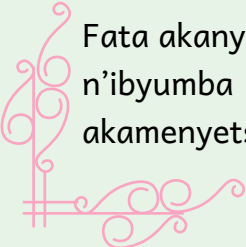
Uko ukorwa:

Tekereza neza ku nzu y'ubuzima bwawe, bishoboka kuba ifite ibyumba bitandukanye nk'icyumba cy'ubwana, icyumba cy'amashuri, icyumba cy'urushako, icyumba cy'akazi, icyumba cy'imibanire n'ibindi byumba bitandukanye by'inzu y'ubuzima.

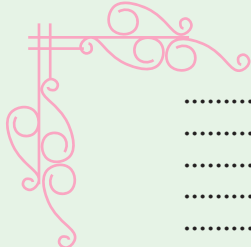
Fata akanya usubize amaso inyuma: Tekereza ku cyumba wumva cyinjiwemo n'ikintu (umushyitsi mubi) utagitumiye, ese n'iki wumva cyinjiye mo? Bibaho ko icyumba cyinjirwamo n'imbeba ikakurira imyenda, tekereza ni ikihe cyumba cyawe cyinjiwemo n'umushyitsi mubi?

Birashoboka ko haba hari ibyumba by'inzu y'ubuzima byifunze, ubu ukaba utabasha kubyinjiramo? Subiza amaso inyuma, urebe neza ese birahari! Ni ibihe?

Ese ni izihe mfunguzo wumva wacurisha zikagufasha kongera kwinjira mu byumba byifunze?



Fata akanya ushushanye inzu yawe y'ubuzima ndetse n'ibyumba byayo byose uko bikurikirana, ukoreshe akamenyetso ku byumba byinjiwemo n'umushyitsi mubi



A series of 30 horizontal dotted lines for writing, arranged in 10 groups of 3 lines each. The lines are evenly spaced and extend across most of the page width.



KWITA IKIBAZO NO KUGIHA ISHUSHO

Uyu ni umwitozo uzagufasha gusubira inyuma, kugaragaza neza uwo mushyitsi winjiye mu buzima bwawe utamutumiye, uragufasha gusobanura neza ikibazo nyirizina.

Uko ukorwa: Tekereza neza ku kibazo, umushyitsi cyangwa icyo kintu cyingiyeye mu buzima bwawe utagitumiye. Ese wagiha irihe zina? (urugero hari abakise umwijima, amahwa ku mutima, umuruho, urwango, ubugome n'ibindi), Ese kirangwa n'ibiki? Ese ubona gifite iyihe shusho, tekereza neza urebe, ese kirasa gite?

Fata urupapuro n'agakaramu, tekereza ku izina ryasobanura neza; ibyo uri kunyuramo, ibyo bintu wabiha irihe shusho, fata akanya ushushanye ishusho yakwerekana neza icyo kintu cyankwinjiriye mu buzima.

Ku ruhande, fata agakaramu wandike ku ruhande ibintu byose bikiranga ndetse n'ibyo gikoresha cyangwa ibigitiza umurindi!

Reba neza icyo kintu cyiri imbere yawe, niba ntacyo wahinduraho?

Umurongo w'ubuzima

Uyu mwitoto uragufasha kwibuka neza igihe ikibazo/ibibazo byinjije mu buzima bwawe ndetse n'icyabitumiye

Fata akanya, urupapuro n'ikaramu, shushanya umurongo w'ubuzima (n'umurongo uhese).

Shyiraho kuva kuri zero, ugende ushiriramo intera y'imyaka itanu, kugera ugeze ku myaka ufite

Shyira akazeru ku kigero cy'imyaka utekerezako aribwo ikibazo cyinjije mu byuzima bwawe?

Gerageza kwibuka, ese byari bimeze gute? Byagenze gute? Ni iki utekereza ko cyo cyahindutse mu buzima bwawe icyo gihe? Cyandike iruhande rwaho washyise akazeru

Komezera ukore umwitoto, hari igihe byaba ari ibintu byinshi byagiye byinjira mu buzima bwawe uko imyaka yakurikiranaga.

Kwandika ibaruwa

Uburyo bwa 1

Fata agapapuro n'agakaramu, wandikire iki cyintu cyinjije mu buzima bwawe utagitumiye, uwo mushyitsi mubi, sinzi niba uracyibwira ko wakimenye kandi witeguye kukirwanya? Niba urakibwira ko

2. Ongerera unyuze mo amaso mu ibaruwa wanditse, Reba ko niba ntacyo wibagiwe ku kibwira!

Andika icyo wumva wibagiwe

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Uyu ni umwitozo ugufasha gutekereza neza ku rugendo rw'impinduka ndetse no kwirukana burundu ikibazo cyangwa kwiga kubana na cyo kitaguhungabanya.

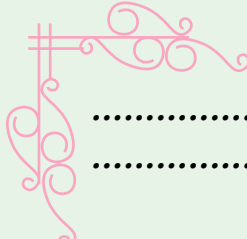
Intamwe 1:

Fata akanya, utekereze, ese icyo kintu cyaje mu buzima bwawe ni kiba kitakiri mu buzima bwawe kizasimburwa n'iki?

Andika icyo wumva kizagisimbura

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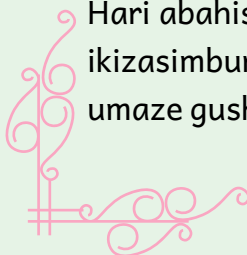
2. Fata akanya, utekereze ku mpinduka wifuza

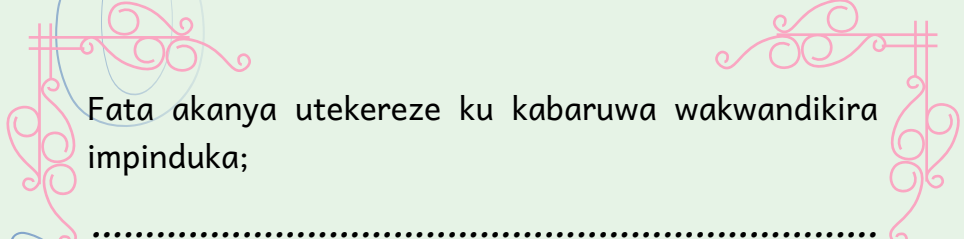
Andika impinduka wowe ushaka

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3. Ese cyaba gifite iyihe shusho ndetse n'imiterere, fata akanya ushushanye icyo kintu kizasimbura uwo mwanzi ndetse ushyireho n'ibikiranga!

Urugero: Hari abahisemo ibyishimo, birangwa n'amahoro y'umutima, ubugwaneza, umutuzo n'ibindi! Hari abahisemo urumuri, kubohoka n'ibindi. Gutumira ikizasimbura ikibazo (Ibaruwa y'ubutumire) Niba umaze gushushanya no kumenya ikizasimbura ikibazo;





Fata akanya utekereze ku kabaruwa wakwandikira impinduka;



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Fata akanya utekereze ku kabaruwa k'ubutumire ku mpinduka ushaka, sinzi niba urakibwira ko ugishaka mu buzima bwawe, ko ugitumiye, ko ucyifuzza, cyo kizahindura ubuzima bwawe, fata akanya ufate ikaramu n'urupapuro utumire iyo nshuti nziza izagufasha kwirukana umwanzi.

Soma ako kabaruwa, urebe niba ntacyo wibagiwe

KWANDIKIRA UWO ATEKEREZAKO BAHUJE
IKIBAZO

Ese haba hari undi muntu ucyeka ko muhuje ikibazo/ ibibazo, ese utekereza ko hari undi muntu ibyo wahunye nabyo byabaho cyangwa byabayeho?

Fata akanya wite iyo nshuti yawe, ukeka ko nayo yahuye n'ibibazo bisa n'ibyawe

Tekereza ku magambo wumva wamubwira, niba uramubwira, wamubwira, ese uramihumuriza, uramuha ubuhamya bw'uko wabashije kubisohokamo, uramubwira ko muri kumwe, tekereza ku bujyanama ndetse n'ubunararibonye wamusangiza.

Fata ikaramu n'urupapuro wandikire iyo ncuti yawe muhuje ububabare, uyibwire icyiri ku mutima!

Fata akanya usome ako kabaruwa urebe ko ntakintu wibagiwe kumubwira cy'ingezi cyamufasha kunyura mu rwo rugendo.

***Andika ibaruwa wandikire uwo ukeka ko muhuje
ikibazo***

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Igipimo cy'amarangamutima

Ese uru rugendo haricyo rwagufashije, ese utekerezako ko haricyo wungukiye mu iyi mwitozo yose?

Fata akanya utekereze ku uko wari unezerewe, amarangamutima wari ufite, ububabare wari ufite, intekerezo, mbere y'uko utangira uru rugendo?

Fata ikaramu n'urupapapuro, ushushanye umurongo ugororotse, ushyireho imbare ifite intera (0, 1, 2, 3, 4, 5, 6, 7, 8, 9, 10).

Ikorere iki kigereranyo, ese ugereranyije wari ku kihe kigero mbere y'uko utangira uru rugendo, ese ubu uri kukihe kigero?

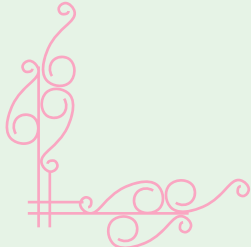
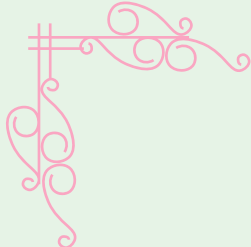
Shyira mu kazeru (uruziga) umubare wumva wariho

Gerageza gusobanura muri make impamvu wari ku rwo rugero!

Shyira mu kazeru (uruziga) umubare wumva uriho!

Gerageza usobanure impamvu uyu munsu uri kw'icyo kigero!

Korera hano umwitozo



Impamyabumenyi y' ubuzima

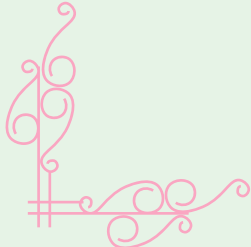
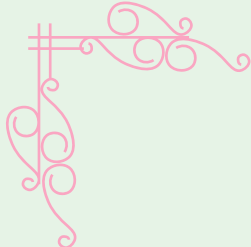
Urugendo ruri kugera ku musozo, ukurikije aho wari ubu naho ugeze, ese ubona udakwiye ishimwe, tekereza, ni ayahe magambo wumva washyira ku mpamyabumenyi yawe y'ubuzima.

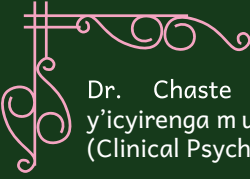
Fata agapuro n'agakaramu, maze ukore impamyabumenyi ukwiye, ese yaba itatse uturabyo, yitake ku buryo bukwiye!

Ese wumva yakwandikwaho ayahe magambo akwiye intera cyangwa intambwe wateye?

Andika ayo magambo ku mpamyabumenyi y'ubuzima yawe wateguye.

Ongera usome iyo mpamyabumenyi y'ubuzima yawe, niba hari n'ikiburaho cyongereho mbere y'uko uyisinya.





Dr. Chaste UWIHOREYE, afite impamyabumenyi y'icyirenga mu mitekerereze n'ubuvuzi bwo mu mutwe (Clinical Psychology). Yakuye muri kaminuza y'u Rwanda.

Akaba afite impamyabumenyi y'ikirenga (PhD) mu bijyanye n'ubuvuzi bw'indwara zo mu mutwe, yakuye muri kaminuza mpuzamahanga ya Bercham.

Ni umuyobozi w' UYISENGA NI IMANZI (Umuryango utegemiye kuri leta) ku rwego rw'igihugu. Kandi afite ubunararibonye mu micungire y'ibigo.

Dr. Chaste ni impuguke mu guhangana n'ihungabana n'ibindi bikomere byo mu bitekerezo, imyitwarire n'amarangamutima. Chaste yatangiye anashyira mu bikorwa gahunda zitandukanye zo kuvura ibikomere byo ku mutima no gusana ubuzima bwo mu mutwe mu ngeri zitandukanye z'abantu. Yakoze ubushakashatsi bwinshi bwerekeye ku ihungabana mu bana ndetse n'uruburiko kandi yatangiye uburyo butandukanye bwo kubitaho.

Ni umuvuzi w'intangarugero, kandi yayoboye gahunda zo gukiza ihungabana r'abarokotse Jenocide yakorewe Abatutsi mu 1994.

Yitwaga ku bagore, abakobwa bato bafashwe ku ngufu ndetse n'abana bavutse ku bafashwe ku ngufu. Utibagiwe abavuye ku rugerero, abana bavuye mu mitwe yitwaza intwara ndetse n'abana bo mu muhanda.

