

Tarkiz kamil



Magadama

Jisimtana wa muoktana bekalamu benatom beterika ta ishara kimiayiwa wa elektoroni. De manato inu lo fakarna an elnafsiat, elkof aw ajat bezail, jisimtana bebda beshour be tawatar, azomtana bekun sahab, wa anina bekun indu souba ta nom. Ektawatar fi jisimtana berasel isharat wara le muoktana inu fi tawatar, elmunkin yazid mastawa ta nafiat muoktana. Anina mumkin nakasar eldowra de fi jisim be tamarind zeif nafas, imtedat aw istirka ta adalat elmastamira (PMR) aw anina mumkin nakasaru fi muok beistakdam ta yagda, eltasawar aw tamarind ta wata. Elmanah de bewasif inta le guanin wa mamarasa ta yagda

Yagda de ehtimam, belgasid, le waked asi. De beshmil intebah le bieh mahittaki wa ajat bara jisimtaki, aw intebah le ajat ta juwataki, aja elbasel le muoktaki, atafiyen wa tabieyihen. Yagda manato lafaz le afkartana, shourtana, aja anina besma, sufuf, tahm, sham wa asasat ta jisimtana. Be mamarasa, yagda besaidu anina asan bekunu barifin afkartana, shourtana wa istakdamtomen, wa keif omen bemshi lo omen ma kueis le anina.

Yagda de ehtimam, belgasid, le waked asi.

Elmahal elmuheim le yagda owa lafaz ta wada elasi wa bieh bedun okum Alamat zeif "kueis," "kahab," "muajab," aw "ma muajab" kulum okum. Lo inta marasta yagdah, awilu arak bara min ajat del wa bas intebah le aja elgaid bedun tagimtaki ashanu. Intebah be terika tamam wa adi. Dorob masel, awil sufuf eljera, ma muortah aw nafsiat asna jisimtaki aw muoktaki bekalim ba inta, bedun ma yazakar inu owa ma muortaha.

Yagda owa akxa ta ijra elbakalina bemshi bara be zamen elindu aja wade be zamen ta asi. De besaidu asan intebah le adas ta madi aw kibrat aw afkar shedid aw nafsiat shedid beisbe le mustakbel. Anina mumkin nalga zmane sahi wa amin fi zamen de, elbadi jisimtana wa muoktana fusha mininmat ta nafsiattana. De besaidu be idara ta atafitana wa lo marasnaw tawalimumkin yanagis shour ta nafsiat wa besaidu anina asan tahsen ta tarkiz wa ehtimam.

Yagda owa akxa ta ijra elbakalina bemshi bara be zamen elindu aja wade be zamen ta asi








Turuk

Fi turk ketir inta bemasar yagdah Anina nagadam saba yagda ta tamarind elinta bawilu, kulu be tarkiz bektalif, asan beligu wahid elowa kueis le jisim.





Tagrir tagas elshaksi

Le tamrin de inta beintebah le asasattaki dakeli was hour, inta besharom le nafsek beistakdam ta kelmat elinta beistakdamu le wasif ta tagas. E besaidu asan besilu okum wa belaki malahza le shourden bektalif.

 1	Agor murtah, be jisimtaki bedama ta kursi fi wata. Inta mumkin takfil oyuntaki aw kalim shuoya fi nukta fi wata.
 2	Silu talata anafas kubar.
 	Asi gabel intibahtaki juwa wa lafaz keif inta beshouru. Seyi owa abide wala asuod fi juwataki? Mashamish? Kaim? Hasafa? Hasaf? Lisa? Seyi fi tageer ta tagas fi makan maktalif fi jisimtaki? Arak intibahtaki le jisimtaki asan besuf elsagas fi kulu makan, akit inu ragabataki babesh butontaki/buton, galibtaki/sudortaki, hanherataki/ragabataki, wa washtaki/rastaki.
	Sufu inta lo mumkin beligu makan fi jisimtaki eltagas kueis fiw akter min mahalt eltani wa agot inak be dagaig besit
Inta lo jaiz, arja intibahtaki le alam elbara	

Sufu ta tarid

Inta mumkin bamulu eltamrin ay mahal, lakin de besaidu asan bamulu bara tebieyi.



	Fatisu makan inta begotfiw aw benomu be dahar murtaha be aja fi biehtaki elmashi baraha. Dorob masel, de mumkin bekun sihab fi samah, kali gubar, aw muoya mashi le bahr.
	Amulu intibah le masha, lafaz ketir min elaluan, guam, surah wa inmat inta besufu Lahaz elnur wa dul elja ma mashi. Amulu intibahtaki tamam: seyi inta belahaz inu fi farak, mumkin inta ma lahaztu gebel?
	Lo afkar ja le muoktaki, dafagum wa tahli le ehtimam ta biehtaki eltabieyi. Amulu de agelashi 5 degiga
	lahaz Eltamrin de kaman mumkin bamulu zeii "lahaz ta mashi" inta bemshi samot fi bieh wa tamulu intebah le kulu ajainta sufu, min elterik ta shara fi wata le aluan ta ashjar elbuna, le guam ta sahab fi samah. Baraha arak intibahtaki min wata fuok le samah wa wara tani, betakrar.

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² Icon made by [Freepik](https://www.flaticon.com) from www.flaticon.com





Sama ta tarid

Be tamrin de inta mumkin testakdam eljeres, wasila, aw dugu ta tadbik fi telefontaki.

	Sufu mahal inta begotfiw murtaha wa makan adi mafi sot Mumkin inta bekali oyuntaki aw gafalu, lo shourta mutaraha
	Ranan eljeras, azam elwasila aw alahab be sot ta tadbik Awil asma baraha elsot Lahaz keif eltageer, lo elnagama gaer, lo bada besot ahli wa bekun sakit Asma baraha ata lo inta mabesma sot Silu zamen wa asma elsamut, bedun sotto. Alahab be sot tani.
X 3	Karar de be agela shi talata amarat.



Arid ta asas


Eltamrin de barakis fi asas tabiyi elanina beshouru be jisimtana.

	Abde jibu intibahtaki le nahal ta kureentaki Omen beshouru keif? Omen fi jazma aw kureen saki? Seyi omen indu masaha le tahrak aw omen kutu sawa beshida? Seyi omen babesh elwata? Seyi eldaget fi wata ta kureentaki owa kebir fi mahal wahid akter min eltani?
	Asa baraha arak intibahtaki fuok le kureentaki. Omen beshouru keif? Omen baeshu kursi aw malestaki aw inta beshouru be shartaki aw jilidtaki? Seyi omen beshouru be sukon wala barid? Omen beshouru be raha aw tahab? Eladalat shadu wala omen fi istirkah?
	Maraha arak intibahtaki le jisimtaki, le warkentaki wa dahartaki tehet, le yiedentaki, le yiedentaki, le dahartaki fuok wa katafeentaki, le ragabataki wa hanjera, wa akeren le washtaki wa rastaki. Le kulu juzu min jisimtaki berakiz intebah le keif juzu beshouru, bedun shoura begeiru.
	Inta lo indu mahalat ta jisimtaki elbewajawu, mumkin bektaru asan besilu zamen leitehmam ta mahalat ta jisimtaki elbeshouru be raha; de besaidu fi nazul ta alm elbewajawu fi kulu mahal.






Mashi be tahrid

Eltamrin de inta bemshi baraha: de bamulu juwa aw bara.






	Abda kalik wagif fi mahal wahid.
	Betahmad silu katuoh. Asna inta silu katuoh, awil inu tentebeh le asas fi adalat taki lo inta rafa kureentaki. Mumkin inta beshour omen lo shidu? Seyi inta begeeru wazintaki? Seyi muogaftaki begeeru?

	Kutu kurak tehet wa intebah le asas wahid le kurentaki fi watat? De yatu makan abash elwata? Wenu eldaget elketiir? Kureentaki beshour keif lo kutu elakil tehet? Eltageer ta wazintaki beshour keif asi lanu eliteneen kureen fi wata?
X 5	Karar de be agela 5 katuat

Arid ta akil

	Got murtah asan jisimtaki beshour bedama ta kursi aw wata
	Kutu aja ta ada ta akil jambek. Sufu elakil: Lontow keif? Elguam de sunu? Lahaz elsham. Yatu asas jayin le jisimtaki asna inta sufu le aja wa sham ta akil?
	Asi silu elakil baraha Inta lo bemsiku fi asbataki, aw istakdam aduat Elakil beshour keif fi yiedtaki? Darja arara kam? Elwazin? Elguam? De layan wa gawi? Layan wala fgawi? Maratab wala nashif? Sukon wala barit? Asi jibu akil baraha le shafteentaki wa kuttu fi kusumtaki Ma tada elakil lisa, silu zamen shouru elakil keif be lisantaki: elarara, guam wa taham.
	Asi adawu baraha, ma tablahu lisa De sunu begeer? Seyi eltaham begeer? Seyi elguam begeeru? Intebah keif elakil begeer fi kusumtaki asna inta amdawu Asi ibtalah elakil. Shouru be mashi ta akil tehet hujarataki asna inta beibtalahu Lahaz asasat elbeji min hujara wa butontaki.
	Inta mumkin bektaru eltakrar ta tamrin be wajba tani ta akil, aw abda agela shi wajba wahid be yom be arid ta akil.

Arid ta imtinan

	Sufu makan samut wa agot murtah asan jisimtaki beshour be dama fi kursi aw wata tehet le inta.
	Inta mumkin begfil oyuntaki aw kalim fata wa kalim yastirka asan besufu tehet le wata. Silu talata dafas kubar, inteneh le shour ta awa eljay fi nakarataki wa bemla ratintaki.
	Asi silu zamen wa lafaz dag ta galbutaki
	Asi fakir be wahid aja fi ayataki elinta farahanbow. De mumkin yakun aja sukeir aw kebir, mumkin yakun zol aw makan aw fursa. Ataber eljuwanab ta aja de, yatu nazar, sham, sawt wa asas elinta berabot nafsek fiw? El-aja de bekalik beshour keif?
 3 degiga	Silu agelashi talata afkar an aja berakiz an elshour ta farah asan indu aja de fi ayataki



Maraj awa giraya ketiir

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