

## Tasawur



### 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, el mumkin yazid mastawa ta nafiat muoktana. Anina mumkin nakasar el dowra de fi jisim be tamarind zeï nafas, imtedat aw istirka ta adalat elmastamira (PMR) aw anina mumkin nakasaru fi muok beistakdam ta yagda, eltasawar aw tamarind ta wata. Elnashra de bekalam altasawur.

Altasawur owa tareeka kewais lai taklus min dawrat el-tawatur fi mouk taki, lama yekoun ajat hawlak besahim fi shour taki bai el-tawatur. Altasawur badeek istirahat min halataki fi wakıt hadir, wa baihou, akıdu istraha min hala shour taki fi wakıt hadir. Fi tasawurat kateer inta mumkin amılu; fi nashra dai anına nakıshu tlata turuk baseeta asan tabda'.

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### Turuk

Fi kul tasawurat dai, abdu bai julous fi makan mureeh, lama yekoun jisim wa dahartaka sanid alai kursi aw arid. Gafılu eyountaka iza kan dai mureeh laik, aw kali eyountaka fi halat raha, ma tirakız, alai nokta fi arid. Sahıru bai rijlain ta-inat mutasil tmam bai arid. Kali katif ta-inat murtaħ wa arki hanak ta-inat asan kashum taki yekoun maftouh shewayı. Silu talata nafas kubar, inteneħ le shour ta awa eljay fi nakarataki wa bemla ratintaki, badain nafısu bara ratintaki.

### Tahdiya bai tasawur al-alwan



Dai tasawur baseet asan tabd'a tamareentaka baihu. Al-alwan mumkin tasayd fi raha mouk taki bedoun jıbu ayi afkar fi wakıt dai. Iza inta lıgıto ayi lawn (alwan) bejazıbu inta aw bezakıru inta bai shı fiho ozon, futu lawn dai. Iza fi ayi lawn mukasas behadıo' aw beraihu inta, gadi zaman ziada fi alwan dai.

	Rakızu alai al-lawn al-ahmar. Takayal lawn dai bai dilal kateera: ahmar dakin, ahmar fatıh, ahmar shahib. İktar lawn mufdal-taki min dull al-ahmar, wa lawn dai yıntashir fi tasawur muok-taki, asan kul mouk-taki beji dakhil lawn dak. İstamta' bai lawn ahmar dai.
	Hassa kali lawn ahmar dai beji lai burtukali be-rraha. Takayal lawn dai bai dilal kateera: burtukali dakin, burtukali fatıh, burtukali shahib. İktar lawn mufdal-taki min dull al-burtukali, wa lawn dai yıntashir fi tasawur muok-taki, asan kul mouk-taki beji dakhil lawn dak. İstamta' bai lawn burtukali dai.
	Hassa kali lawn burtukali dai beji lai asfar be-rraha. Takayal lawn dai bai dilal kateera: asfar dakin, asfar fatıh, asfar shahib. İktar lawn mufdal-taki min dull al-asfar, wa lawn dai yıntashir fi tasawur muok-taki, asan kul mouk-taki beji dakhil lawn dak. İstamta' bai lawn asfar dai.

	Hassa kali lawn asfar dai beji lai akdar be-rraha. Takayal lawn dai bai dilal kateera: akdar dakin, akdar fatih, akdar shahib. Iktar lawn mufdal-taki min dull al-akdar, wa lawn dai yintashir fi tasawur muok-taki, asan kul mouk-taki beji dakhil lawn dak. Istamta' bai lawn akdar dai.
	Hassa kali lawn akdar dai beji lai labani be-rraha. Takayal lawn dai bai dilal kateera: labani dakin, labani fatih, labani shahib. Iktar lawn mufdal-taki min dull al-labani, wa lawn dai yintashir fi tasawur muok-taki, asan kul mouk-taki beji dakhil lawn dak. Istamta' bai lawn labani dai.
	Hassa kali lawn labani dai beji lai banafsaji be-rraha. Takayal lawn dai bai dilal kateera: banafsaji dakin, banafsaji fatih, banafsaji shahib. Iktar lawn mufdal-taki min dull al-banafsaji, wa lawn dai yintashir fi tasawur muok-taki, asan kul mouk-taki beji dakhil lawn dak. Istamta' bai lawn banafsaji dai.
Hassa kali kul al-alwan dai beji lai abyad be-rraha. Shaour bai abyad yintashir, lifu jisim taki bai daw. Shilu talata nafas amEEK, wa lama tabga jahiz, fatihu eyoun taki.	


### Tasawur al daw al-wigae':






Tasawur dai mumkin yekoun mufeed lama inta shour bai douf. Dai mumkin yekoun aja hasal fi youm taki, wa kali inta ma kewais aw hatta majrouh, aw mumkin yeji min ta'rud lai alam shadeed bita zoal, ozon, koaf aw sadma.

	wa ma' tanafus taki, takayal al daw al-abyad foug rastaki. Ma' kul nafas, takayal inu daw dai bintashir min jabha-taki wa wash-taki, wa wara ras-taki, ba'dain dangir ragba-taki, tihit katf-taki wa hawl jisim-taki.
	Tanfas wa takayal inu daw bentashir hawlak zai foka'a, wa jisim-taki fi dakil. Ma' kul nafas foka' bekbar wa belma' wa bekoun gawwi. kul koaf wa alam beji bara foka'. Dakil foka' inta shour bai salam, huduo' wa guwwa. Kalik hina atwal fatra inta dairu, sharu bai hemaya bita hudoud sihya-taki, tanfas fi daw abyad hadi, wa kali ayi shai mulim aw bejib tawatur amruk bara minak, lizu bara foka'.
lama inta beji jahiz, kudu talata nafas amEEK wa aftah eyoun-taki. Shilu suwra bita hudoud hemaya taki lai bagi youm-taki. Hudoud dai mush magsoud mino inu inta ma indak shagla bai nas taneen, lakin dai bekali inta bekdar hafizu alai nafsak fi aman asan saidu omen.	

### Tasawur bita mashi fi tabia':

Tasawur dai kewais asan benaishu jisim wa mouk-taki Iktar makan hadi wa jameel lain inta: Lai ba'd nas mumkin makan dai yekoun gaba, wa lai nas taneen mumkin yekoun gareeb min moya, shati aw nahar, wa lai nas taneen mumkin yekoun jibal, aw hatta sahara'. Aja muhim owa al-makan al-inta beshour fihu bai hudo' wa sa'dah.

	Takayl nafsak fi tareek fi makan fihu tabi'a. Al-arid laina tihit rijlaik. Owa waktu mufadal min youm wa daw belma' be-rraha hawlak, dai bekalik inta shaur bai dafu fi jisim-taki. Ma' tanafus-taki mumkin shumo hawa nadeef.
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	<p>Inta beebda yamshi fi tareek. Darajat hrara kewaisa Mumkin yesmao' sawt al-makan, al-naseem, mumkin kaman sawt al-teyour. M'a kul katwa inta kudu fi tareek-taki, inta shour bai shewaya min koaf-taki wa tawtur beji nazil minak, kul humola ta youm beji nazil wa inta mashi fi tareek bai warak, wa jisim-taki beji kafeed wa murtah shadeed. Mumkin shaour bai adalat fi dura'ak wa sag-taki, bemtada wa betawul bai kul irtiah. Dahar taki wa ragba beji taweel wa adeel kaman, besheel agal tawatur wa wazin.</p>
	<p>Inta hibu manazir gidamak, lahizu kul ajat inta hibu beksous makan dai: lawn al-sama wa al-arid, wa shakil al-manazir al-tab'y'a, al-ashjar wa mumkin al-haywanat kaman. Inta shour bai raha wa da'am lama tamshi fi arid na'em min al-tareek.</p>
  	<p>Amshi lai makan jameel fi makan dai, lai manzar inta hibu. Fatishu makan inta beji fihu murtah wa agudu tihit asan hibu jamal wa hudo' al-makan dai. Lahizu tafaseel ajat inta mumkin shifu, shumo, samiu wa al-mumkin inta hisu hina. Al-naseem lamisu jismak bai-rraha. Sawt al-haboub aw al-mouya janbak. Iza kunta fi gaba, mumkin shifu warag bita shajar amilu sawt ma' al-haboub wa samiu sawt al-tiyour. Iza inta gareeb min al-mouya, mumkin tushouf al-amwaj titharak bai-rraha wa samiu lai sawt bita mouya alai al-hujar aw al-turab. Iza kunta alai jabal, mumkin tushouf al-suhoub titharak fi al-sama fawkak wa samiu lai sawt al-haboub. Iza kunta fi sahra, mumkin tushouf lawn al-makeeb fi ramla wa al-nujoum tazhar wa talm'a fawkak. Inta fi aman wa mahmyi fi makan dai. Kalik hina atwal fatra tahab.</p>
<p>Lama takoun jahiz, kudu talata nafas amEEK, hariku asabi'-taki wa asabi' ta rijlain-taki asan tasahi jisim taki. Ba'dain fatihu eyoun-taki bai-rraha. Kudu lahza asan jalisu bai-hudo', zai kanu dair titaklam asan tarja' lai dunia. Intabih lai shour bita hudo' fi jisim-taki wa mouk-taki. Mumkin inta shilu hudo' dai wa aman bita makan dai ma'k kilal bagi al-youm.</p>	

 Maraj awa giraya ketiir

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