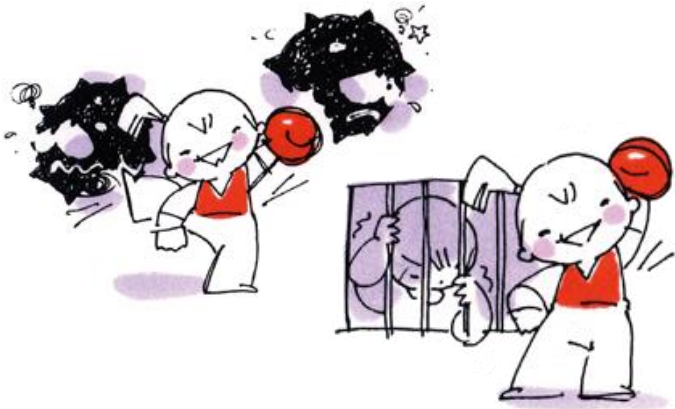




Ibhukwana Lokuvimbela Izifo Nokuvikelwa Kwezempilo

Izinyathelo Zokuvimbela ze Impilo nenhlalakahle



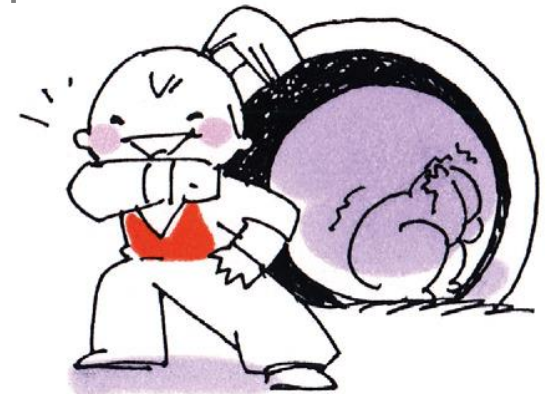
Uyemukelwa phambili



Incazelo Yempilo Yeqiniso

Incazelo yezempilo yeNhlango Yezempilo Yomhlaba wonke (i-WHO) “yisimo senhlalakahle ephela ngokomzimba, ngokwengqondo nangokwenhlalo hhayi nje ukungabi bikho kwezifo noma ukugula.”

Kuphela lapho umphakathi wonke uphilile lapho impilo yomuntu amalungu angavikelwa Kuphela lapho ilungu ngalinye linempilo, lapho umphakathi ungahlala uphilile uwonke.





Izinyathelo Zokuvimbela ze Impilo nenhlalakahle

ndlela engcono kakhulu yokunakekelwa kwezempilo ukugcina impilo kuyo yonke imvelo yangaphakathi nendawo yangaphandle.

Ukuqinisa amasosha omzimba nokugcina ukulinganisela komzimba nengqondo kubalulekile ekuvikeleni izifo ezithathelwanayo..

Yonke iseli emzimbeni inamandla okuzivikela. Kepha, lapho ingxenye ethile yomzimba ibuthakathaka, amagciwane angangena emzimbeni. amandla amahle, khona-ke amangqamuzana amahle azovuselelwa futhi amasha asuswe. Ngakho-ke, ngeke ugule kalula.



Thuthukisa Uhlelo Lokuzivikela Emzimbeni = Ukuvimbela Ngokuphumelelayo Izifo

Ungenzi Izinto Ezintathu Zokuhlala Unempilo

Zikhumbuze njalo ukuthi ugweme "izinto ezintathu" njengokuhlala uphilile engqondweni kubalulekile ekuvikeleni izifo ezithathelwanayo.

1. Ungathukutheli.

2. Ungakhathazeki.

3. Ungethuki.

- 1** Ungathukutheli.
Uma usesimweni esihle semizwa, ungakwazi ukugcina ukulinganisela ngokomzimba nangokwengqondo.



2

Ungakhathazeki.

Uma uzilungiselele kahle konke, ngeke ukhathazeke.



3

Ungethuki.

Yazi iminingwane efanele, ngakho-ke ngeke uthuke



Landela Izinto Ezinhlanu Ukuze Uhlale Unempilo

Landela "izinto ezinhlanu" ukwakha isisekelo esiqinile sokuphila okunempilo futhi uzivikele engcupheni yezifo.

1. Geza izandla zakho njalo.

2. Phuza amanzi amaningi afudumele.

3. Vocavoca umzimba kakhudlwana.

4. Jabula.

5. Thatha izinyathelo zokuphepha.



Geza izandla zakho njalo ukumisa ukudluliselwa kwamagciwane.

1

Phuza amanzi amaningi afudumele ukuze ususe ubuthi emzimbeni.

2



3

Vocavoca umzimba kakhudlwana Thuthukisa imetabolism, thola ukukhanya kwelanga okuningi ukukhulisa ukumelana



4

Jabula gcina isimo esihle kakhulu sokuzivikela



5

Thatha izinyathelo zokuphepha. Naka umzila wokutheleleka nge-pathogen kanye nokuqapha

Geza Izandla Zakho Kaningi ukuze Vimbela Ukudluliswa Kwezifo

Njengamanje, iningi lamagciwane aqinisekisiwe adluliselwa ngokuthintana namaconsi noma uketshezi lomzimba lweziguli (isikhwehlela, amathe, amafinyila wamakhala, izinyembezi, isidoda, igazi, umchamo, indle) noma ngokulunywa kwezifo ezithwala izifo (omiyane, izintwala) kanye nendle yezilwane ezifana namagundane. ukutheleleka.

Ukugeza izandla zakho kakhudlwana kunganciphisa ukunamathiselwa kwamagciwane ezandleni zethu, kunqume indlela amagciwane angena ngayo emehlweni, emlonyeni nasekhaleni, futhi kuvikele ngempumelelo ukusabalala kwamagciwane.

- Geza izandla zakho kaningi.
- Geza izandla ngaphambi kokuthinta amehlo, umlomo nekhala lakho noma labanye.
- Geza izandla zakho ngaphambi kokuphatha ukudla nokudla.
- Ngemuva kokufika ekhaya, geza izandla zakho ngaphambi kokuthinta noma yini.
- Ngemuva kokuxhumana nezikhungo zomphakathi ngaphandle, njengezibambo zokubamba, izibambo zeminyango, izinkinobho zekheshi, nezingcingo zomphakathi, kufanele ugeze izandla zakho kuqala lapho ubuyela endaweni obekiwe.





Dala isimo senjabulo, thuthukisa amasosha omzimba

Ukuhlala ujabulile, ukusho amagama amahle, ukondla inhliziyo enomusa, nokwenza imisebenzi emihle kungasiza ukukhulisa amasosha omzimba wakho nokuzivikela ezifweni.

Dala isimo senjabulo kuyakusiza :

- ⦿ khululeka imisipha.
- ⦿ gcina umfutho wegazi ojwayelekile, ukushaya kwenhliziyo, nokugayeka komzimba okuhle.
- ⦿ gcina ibala elinempilo.
- ⦿ ukuthuthukisa amasosha akho omzimba.

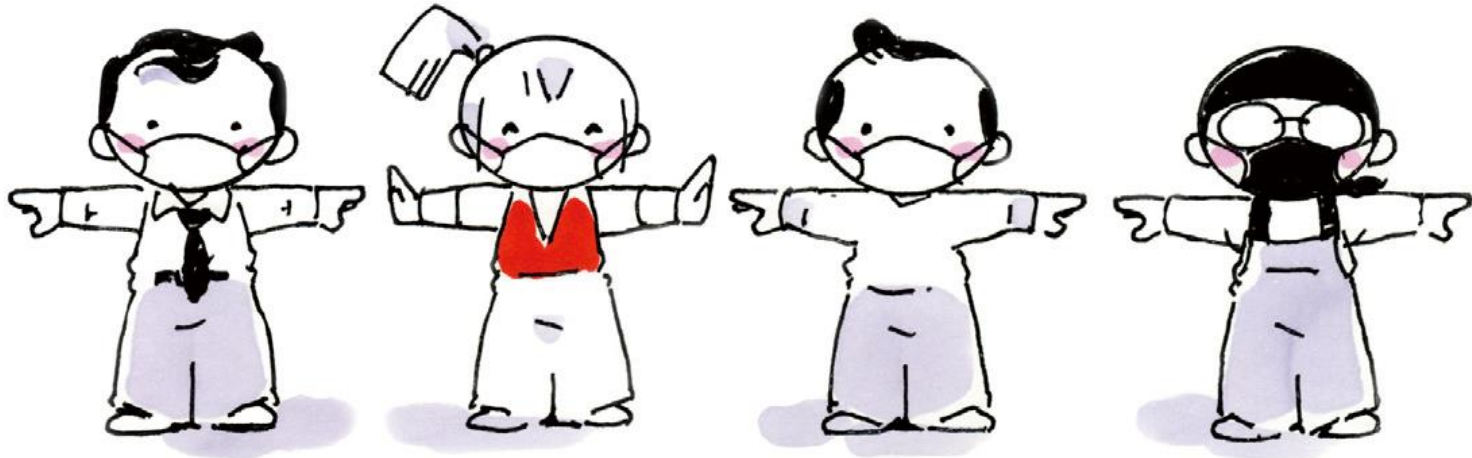
Ungathukutheli Nakekela Umzimba Wakho

Ukuthukuthela kuthinta wena nabanye ngokomzimba nangokwengqondo. Khumbula ukuthi ungathukutheli Lokhu kuzuzisa wena nabanye.



Ukubaluleka kwezinyathelo zokuvimbela

Gcina ibanga lomphakathi, geza izandla njalo, uyeke ukuthinta amehlo, ikhala nomlomo, futhi uthuthukise amandla amaphaphu nokuzivikela.



Naka futhi ungakhathazeki, qonda futhi ungabi novalo.

Izifo zingadluliselwa kalula ngokuxhumana okusondele komuntu nomuntu kanye nokuthuthwa kwamazwe omhlaba. Ukuthola ulwazi olunembile nolusizo ngokuvikela izifo kungakusiza ukuthi uhlale uqaphile futhi uvikele ukukhathazeka okubangelwa amahemuhemu.

Inhliziyo ethule ingaqeda ukukhathazeka okungadingekile. Ukukhathazeka, ukwesaba, kanye nengcindezi akusizi, kunalokho bakhiqiza ubuthi obuningi futhi banciphise amasosha omzimba.

Ngakho-ke, ngokugcina ingqondo ezolile futhi ezinzile, ukutshalwa kwengqondo kungasekela impilo. Kukhululekile, kuthule, futhi kungokwemvelo, konke kuzohamba kahle, futhi ukuthula kwengqondo kuzokugcina uphephile.



Uhlu Lokuhlola Lokuvikelwa Kwezempilo

Sebenzisa izindlela ezifanele ukunakekela impilo yakho yansuku zonke futhi uzikhumbuze ukuthi uyenze nsuku zonke.

Ukudla:

- Phuza amanzi afudumele futhi ujuluke kakhulu ukuze ususe ubuthi emzimbeni wakho.
- Geza umlomo wakho ngamanzi anosawoti.
- Gcina ukudla okunomsoco ngokudla imifino nezithelo eziningi.
- Yidla ekhaya njalo futhi ugcine izitsha zakho zasekhishini zihlanzekile.

Izembatho:

- Izingubo zivame ukuguqulwa futhi zigezwe, futhi izingubo zomuntu siqu kufanele zihlanzwe ngokwehlukile kwezinye izingubo.
- Phatha iduku lakho noma izicubu zobuso.

Ezezindlu:

- Gcina umoya ungena kahle ngaphakathi ezakhiweni.
- Gcina imvelo ihlanzekile.
- Lala ngokwanele.



Ithrafikhi:

- Ungayi ezindaweni eziminyene nezivalekile ezingenawo umoya.
- Gwema ukuvakashela abagulayo ngaphandle uma kunesidingo.
- Gcina ibanga elifanele ngenkathi ukhuluma nabanye.
Uma ungena futhi uphuma ezindaweni eziminyene, noma uhamba ngezinto zokuhamba zomphakathi, sicela ugqoke imaski.

Ezempilo:

- Qaphela ukuthi unemfiva noma ugodola. Thatha izinga lokushisa komzimba wakho ngokushesha Uma kukhona okungahambi kahle, funa usizo lwezokwelapha ngokushesha okukhulu.
- Naka imininingwane yakamuva yokuvikela ubhadane futhi uthathe izindlela ezilungile zokunakekelwa kwezempilo.
- Sebenzisa ifoni, ividiyo noma isoftware yezenhlalo ukubingelela izihlobo nabangane, wabelane ngomqondo ofanele wokuvimbela ubhadane, futhi ubanikeze ukuthula kwengqondo.

Ezokuzijabulisa:

- Ukuzivocavoca umzimba ngendlela efanele nokuphumula.
- I-sunbathe imizuzu emihlanu kuya kweyisikhombisa ngosuku.
- Cula izingoma ezakhayo nsuku zonke ukuze uhlale ujabule.

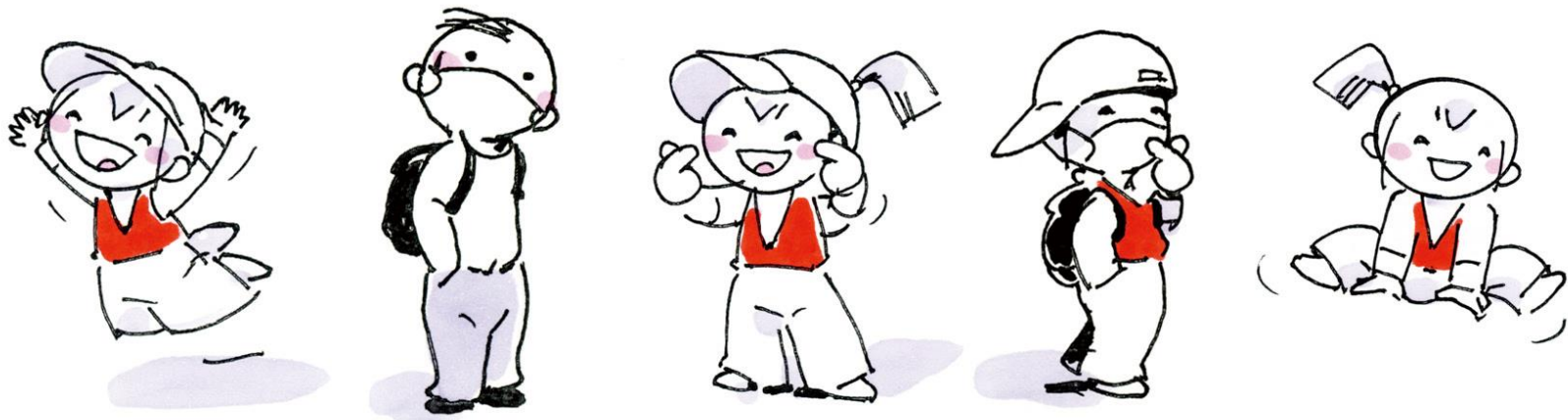




Sisizaneni Hlala Uphephile Futhi Unempilo

Singumphakathi wempilo, impilo yabanye iyimpilo yethu, futhi isango lezokuphepha lilele komunye nomunye.

Ngaphezu kokujinjelwa komqedazwe, ukuvimbela ubhadane jikelele kufanele kwenziwe. Kuyilapho kuphela ukuzivikela komzimba kweqembu sekwenziwe ngcono lapho ukulimala kwamagciwane kunganqandwa ngempela. Wonke umuntu onenhliziyu enomusa, asho izinto ezinhle, enza imisebenzi emihle, futhi asebenzise amaphuzu abalulekile okuvimbela ubhadane lwansuku zonke nokunakekelwa kwezempilo, uzokwazi ukugcina isimo esinempilo sokulinganisela ngokomzimba nangokwengqondo.



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