

isidalwa sizibeka ekujabuleni okuyimvelo ku-sona. Lamagama amathathu uHare, uKrishna, kanye noRāma, ayimbewu kamoya yalomkhuleko we *maha-mantra*. Lokuhuba kuyindlela kamoya yokumemeza uMdali namandla Akhe angaphakathi, u Harā, ukuthi asivikele isidalwa esiboshelwe enyameni. Lokuhuba kufana ncamashi nokukhala komntwana uma ekhalela unina. Umama uHarā usiza umntwana oyisikhonzi ukuzuza umusa kababa wethu osezulwini uHari, noma uKrishna, nobaba wethu osezulwini uziveza kulowo-mntwana ombiza ngenhliziyo eq-otho.

Kulesikhathi samanje ayikho enye indlela ekwazi ukubeka umoya womuntu ekukhanyeni ngaphandle koku huba le *maha-mantra*:

Hare Krishna Hare Krishna
Krishna Krishna Hare Hare
Hare Rama Hare Rama
Rama Rama Hare Hare

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Igama lika Mdali

Isigqi sikamoya esakheka ngokuhuba lomthandazo omkhulu othi Hare Krishna kuyindlela eqonde ngqo enhliziyweni yoku- vuselela isazela sethu noMdali. Umphefumulo uyisidalwa esiphilayo, ngokwesidalo sawo unesazela ngoKrishna, kodwa ngenxa yokuhlala enyameni kusukela mandulo, isazela sawo sesidungekile, sidungwa ukuphila ngaphansi kwesimo sezwe/senyama.

Isimo somhlaba esiphila ngaphansi kwaso, sibizwa yi maya, noma ukukhohliseka. I *maya* ichaza “lokho okungekona.” Kuyini-ke loku khohliseka? Ukukhohliseka loku ukuthi sonke sizama ukuba ngababusi phezu kwendalo, kodwa eqinisweni sibe sikanatlewe indalo ngaphansi kwemithetho yayo eqinile.

Ngesikhathi lapho inceku izama ukubusa, idlala indima yenkosi yayo, lokhu kubizwa ngokuzikhohlisa. Ngaphansi kwalesi-simo soku-

phila esidungwe imikhuba yezwe, sonke si-zama ukuxhaphaza amandla endalo, kepha sizithola sibhajwe obishini ngokulandela indle-la yezwe. Okuyinqaba ukudlula konke ukuthi, yize simatasa sizama ukuyinqoba indalo, kodwa sithembele kuyona ukuthi isihlomise ukuze siyinqobe. Lokukhohliseka okusiza-balazisa kangaka kokuzama ukunqoba indalo ku-ngapheza ngokuphazima kweso uma singa-vuselelela ngaphakathi kithi isazela ngo Krishna.

Lokhu kuba nesazela ngoKrishna akusiyo nje indlela yokufunza ingqondo, lesi-sazela singa-mandla okuqala esidalwa singakenga- nyelwa yisimo senyama (singakaboshwa ngemithetho yalomhlaba).

Uma isidalwa sizwa lomsindo kamoya, siya-vuseleleka isazela ngo Nkulunkulu ngaphaka-thi enhliziyweni. Kulesikhathi samanje lena-ke iyona ndlela enconywe ngochwepheshe endle- leni kamoya yokuvuselela isazela ngo- Nkulunkulu.

Ngokubamba kwakho iqhaza, nawe uzothola ubufakazi obuphathekayo bokuthi, ngokuhuba lomthandazo omkhulu noma i *maha-mantra*, uvukelwa injabulo emoyeni wakho evumbuka phakathi ekujuleni kwenhliziyo yakho, esiz- indeni sikamoya. Kuthi laphe umqondo womuntu usuyiqonda ngokweqiniso indlela kamoya, okuyizinga eliphakeme ukudlula amazinga okuqonda ngemizwa yezitho zomzimba, izinga lengqondo kanye nezinga lokukhalipha, laphe usuke usuzinze ezingeni

lika moya.

Ukuhuba lomthandazo othi: Hare Krishna Hare Krishna Krishna Krishna Hare Hare Hare Rama Hare Rama Rama Rama Hare Hare, kumiswe phezu kwesisekelo sikamoya. Lokhu kwenza ukuthi isigqi salomthandazo sibhobose sidlulele ngaphezulu kwazo zonke izimo zemizwa esemazingeni aphansi imizwa yezitho, yengqondo, kanye neyokukhalipha.

Ngaleyondlela-ke ukuze uhube le *maha-mantra* (lomthandazo) awudingi lwazi ngolimi lwemantra noma ukuzihlupha ingqo- ndo ngokuyicubungula, futhi awudingi noku- shintsha indlela ocabanga ngayo. Amandla esigqi sawo azivumbukela ngokwawo enhliz- iyweni yesidalwa ngaphakathi esizindeneni si- kamoya, lokhu okwenza ukuthi ingacwasi, nanoma ngubani angalibamba iqhaza awuhu- be lomthandazo ongcwele ngisho noma ngabe izenzo zakho zikuphuca izimfanelo zo- kungena embusweni kaNkulunkulu, kodwa ungawuhuba lomthandazo ugide uvukwe ngamadlingozi okuthanda uNkulunkulu.

Lokhu sizibonele thina ngamehlo. Ngisho nengane ingalibamba iqhaza, ngisho nenja ingalibamba iqhaza. Yebo siyazi vele ukuthi, kulowo elimbophe laqinisa ifindo lokujabulisa inyama, kuzomthatha isikhashana ukuthi anyukele ezingeni elijwayelekile. Noma kun- jalo naye umuntu onomkhuba wokuphila ngokujabulisa inyama lokuhuba kumnyusela ezingeni likamoya ngokhulu ukushesha. Le *maha-mantra* uma izwakala iphuma ezindebe- ni zalowo oyisikhonzi sikaNkulunkulu es-

imsulwa sihuba ngothando, inamandla ku- labo abayizwayo, ngakho-ke kumele ilalelwe ihutshwa yisikhonzi seNkosi esimsulwa ukuze amandla ayo azwakale ngokushesha.

Ngokusemandleni ukulalela lomthandazo uhutshwa yilabo abangezona izikhonzi zika- Nkulunkulu, kumele sikugweme. Ubisi oluke lathintwa izindebe zenyoka luyingozi (lunga- kubulala). Igama elithi *Harā* liyindlela yokux- humana namandla kaNkulunkulu, bese kuthi u*Krishna* no *Rāma* amagama aqondiswe ku- Nkulunkulu uqobo Lwakhe. Womabili lamagama u*Krishna* no *Rāma* achaza intokozo engadlulwa yilutho (intokozo ephelele), u*Harā* uchaza amandla aleyo ntokozo ephele- le, oshintshwa abe Hare uma esephimiswa. Lawa mandla entokozo ephelele iwona asile- kelela ukuthi sifinyelele eNkosini.

Lawa mandla ayisimo somhlaba esiluthayo abizwa nge *maya*, awuhlobo olulodwa phaka- thi kwezinhlobo eziningi zamandla eNkosi. Nathi thina zidalwa zeNkosi singolunye uhlo- bo lwamandla eNkosi olufaniswa nosebe. Izidalwa eziphilayo zichazwa njengalawo mandla eNkosi abunjwe ngamandla aphake- me kunamandla aphansi okubunjwe ngawo umhlaba.

Uma okubunjwe ngamandla aphakeme (okuka-moya) kuthintana nokubunjwe nga- mandla aphansi (okwezwe, inyama) kuda- leka isimo sokungafanelani kodwa uma lokhu okubunjwe ngamandla aphakeme kuthintana namandla entokozo ephakeme u*Harā* laphe