



# MIYAMBI YA PATSOKWE

*By Bonwell Rodgers*

# Miyambi ya Patsokwe

**Miyambi**, kapena kuti **mikuluwiko**, ndi mawu okhala ndi tanthauzo lobisika kapena lophiphiritsa. Nthawi zambiri imakhala chiganizo, ndipo kawirikawiri imakhala mutu wa nkhani kapena nthano inayake. Munthu akaponya mwambi, anthu amakumbukira nkhani yake yonse komanso phunziro lake. Miyambi ndi chida chabwino kwambiri pothandiza ena. Ukhoza kupereka malangizo amphamvu, kudzudzula kapena kuchenjeza munthu popanda kumukhumudwitsa. Ena amanena miyambi pofuna kubisa tanthauzo la zomwe akunena kuti ana a makutu akuthwa kapena anthu ena asadziwe zimene akutanthauza. Timaponyanso miyambi pofuna kukometsera nkhani kuti isakhale yozizira, koma kuti ikhale ndi chikoka. Kungoti pamafunika ukadaulo kuti tiluke nkhani n’kuponya mikuluwikoyo pamalo oyenera. N’chifukwa chake kudziwa tanthauzo la mwambi ulionse n’kofunika kwambiri.

The Series Of Rodgers Bounty Books [RBB]

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# A

## **Abwino sakhalitsa.**

-Anthu abwino sakhala moyo nthawi yaitali.

## **Achimseka pachimera.**

-Mwambiwu umanena za anthu amene amakonda munthu akakhala ndi chinachake choti awapatse monga zakudya, zakumwa kapena zinthu zina zomwe akudziwa kuti akhoza kupindulapo. Zinthuzo zikangomuthera amamutaya.

## **Achimseka pamaso, mumtima muli zina.**

-Pali anthu ena omwe pamaso amaoneka ngati anzako, koma kumbali amakudya miseche kapena kukukonzera zoipa. Ena amakhala oti mumtima mwawo anakupha kalekale.

## **Achoke malizagudu, tiyanike inswa ziume.**

-Mwambiwu umanenedwa ndi anthu omwe sakufuna kuti anzawo akhalepo akamachita zinazake. Mwachitsanzo, akhoza kukhala kuti akufuna aphike nsima koma sakufuna kuti anzawowo adye nawo. Zikatero amadikira kaye enawo achoke ndipo pouzana ndi amene amagwirizana nawo amati, “Dikirani kaye, achoke malizagudu, tiyanike inswa ziume.” Mwambiwu ukhoza kunenedwanso ngati wina akungofuna kuti achite zinazake anthu ena akachoka.

## **Adadya Kalikongwe wa nzeru zayekha.**

-Mwambiwu umanena za munthu amene samvera malangizo. Nthawi zambiri munthu wotereyu amadzakumana ndi mavuto kapenanso kufa kumene. Nkhani yake imanena za mbewa yotchedwa Kalikongwe. Tsiku lina anzake ankaiuza kuti, “Usakhale

apa anthu angakuphe,” koma Kalikongwe sanamvere. Anzakewo atachoka, kunabweradi anthu ndipo atamupeza anamupha n’kukamudyera nsima.

### **Adatha mphika ndi “n’talawa.”**

-Kukomedwa ndi chinthu kumapangitsa kuti uzolowere kenako umatha kupalamula.

### **Adera amakoma podya nawo.**

-Anthu adera amakonda munthu akakhala pabwino koma zikamuvuta kapena akasauka, amamuthawa. Achibale ake okha ndi amene amamusamalabe.

### **Adye zabwino anadya zowawa.**

-Mwambiwu umachenjeza munthu amene amafuna atapeza zabwino zonse nthawi imodzi. Akapanda kusamala amatha kukumana ndi mavuto. Choncho, zabwino zimabwera pang’onopang’ono, munthu amangofunika kudikira kuti nthawi yake

ifike.

### **Adzidyera pamutu pa mfumu.**

-Nthawi zina munthu amapeza mwayi chifukwa cha munthu wina osati chifukwa cha khama lake lokha ayi.

### **Agona chimwini nsomba.**

-Nsomba imakhala ngati yagona koma ikuona zonse zomwe zikuchitika. Mwambiwu umanenedwa munthu wina akamakhala mosamala kapena akamagona makutu ali kunja poopa kuti ena akhoza kumuchita chipongwe.

### **Akafuna kuchita, Kalulu azembera Galu.**

-Pali anthu ena omwe amati akachita choipa amayamba kunamizira osalakwa kapena omwe nkhaniyo sikuwakhudza. Nthawi zambiri anthu ngati amenewa amaoneka ofatsa. Zimene anthu oterewa amachita zikuyerekezedwa ndi zimene zingachitike



ngati Kalulu wachita chinachake choipa  
koma mlandu n’kugwera Galu wosalakwa.

**Akakhala mfulu ndi matenda, koma kapolo  
ndi ulesi.**

-Chinthu chimodzi chomwecho  
chimatchulidwa mosiyasiyana malinga ndi  
anthu ake. Munthu wolemERA akhoza  
kutenga chinthu cha mwini n’kumati  
anangolakwitsa. Koma akakhala wosauka  
amati waba.

**Akam’meta n’kumva wapinama.**

-Anamwali amaoneka ngati omvera komanso  
ofatsa akamapatsidwa malangizo. Koma  
akangomaliza kuwapatsa malangizowo,  
amakayambiranso makhalidwe awo oipa.  
Amaiwalilatu zimene analangizidwa zija.  
Mwambiwu umanena za anthu amene  
samvera malangizo. Akalangizidwa amakhala  
ngati amva, koma pakangopita nthawi



amayamba kuchitanso zomwe zija.

**Akapsala sagulitsana nkhwangwa yoduka.**

-Akamberembere sangapusitsane okhaokha.  
Mwachitsanzo, si kawirikawiri akuba  
kuberana okhaokha.

**Akapsala sapisana m'thumba.**

-Nthawi zambiri, anthu a makhalidwe  
ofanana sangapusitsane. Mwachitsanzo, si  
kawirikawiri akuba kuberana okhaokha.

**Akayanjana aleke.**

-Anthu amene amagwirizana nthawi zina  
amatha kuyambana kapena kudana kumene.  
Zikaterere chimene chimafunika ndi kuyesetsa  
kuchita zinthu zoti agwirizanenso.

**Akoma akadadza.**

-Anthu amene poyamba amasonyeza  
makhalidwe abwino kenako n'kuonetsa  
khalidwe lawo lenileni.

## **Akugwira ziputu.**

-Mawuwa amanenedwa mophiphiritsa za munthu amene akukana kuchoka pamalo kapena amene akukana kupita kumlandu chifukwa akudziwa kale kuti zikamuvuta. Akamanena za munthu wotereyu amati “akugwira chiputu kapena ziputu.”

## **Akukana kali kutsaya.**

-Pali anthu ena amakana mlandu kapena zinthu zina m'maso muli gwa ngakhale kuti pali umboni wonse wosonyeza kuti achita ndi iwowo. Munthu akamakana zitafika pamenepa timati akukana kali kutsaya.

## **Akula pusi wokhala patsekera.**

-Pusi sangayende patsekera chifukwa ndi wamkulu kwambiri. Chimodzimodzinso munthu wamkulu, sayenera kumachita zachibwana kapena kumasewera ndi ana.

## **Akula vumbwe wotantha patsekera.**

-Vumbwe sangayende patsekera chifukwa ndi wamkulu kwambiri. Chimodzimodzinso munthu wamkulu, sayenera kumachita zachibwana kapena kumasewera ndi ana.

## **Akulu n'kudzala.**

-Munthu wamkulu pamudzi kapena pantchito amakhala ngati kudzala chifukwa nkhani zonse zimakathera kwa iye.

## **Akuluakulu amapempha ndi maso.**

-Nthawi zambiri akuluakulu sachita kukuuza kuti uwathandize. Amangokuyang'ana kuti wekha udziwe zochita. Mwambiwu umanenedwa munthu wina wamkulu akachita zimenezi. Anthu amati,  
“Tangowapatsani, akuluakulutu amapempha ndi maso!”

## **Akuluakulu ndi m'dambo mozimira moto.**

-Moto wolusa umazima ukafika m'dambo

chifukwa cha madzi kapena chinyezi.

Akuluakulunso amatha kuyanjanitsa anthu akadana kapenanso kukhazikitsa mitima ya anthu pansi ngati pali zina zovuta komanso kupereka malangizo abwino. Komanso, nthawi zambiri ana akapalamula vuto lonse limafikira kwa makolo ndipo makolowo ndi amene amavutika nalo.

**Akuluakulu saika mtima pa imfa yako, nawenso umwalira posachedwa.**

-Osamafunira mnzako zoipa chifukwa nawenso zikhoza kukuchitikira.

**Akunja n'kunkhokwe.**

-Anthu ochokera kwina amakhala ngati nkhokwe chifukwa amabwera ndi zachilendo. Si chinthu chanzeru kumanyoza anthu adera chifukwa nthawi zina ndi amene angatithandize kuthetsa mavuto athu.

### **Akupempha, kali kutsaya.**

-Mawuwa amanenedwa pamene munthu akupempha chikhululukiro kusonyeza kulapa koma n’kumapitirizabe kuchita zoipa.

### **Akupempha, lumu lili kumutu.**

-Mawuwa amanenedwa wina akamalapa kapena kupepesa zinthu zitavuta kale.

### **Akuthawa mfuu yake yomwe.**

-Mawuwa amanenedwa ngati munthu akukana ntchito kapena cholakwa chomwe wachita. Mwachitsanzo mnyamata angakane mtsikana amene wamuchimwitsa (popeza onse amakhala achimwa mwina tinene kuti wachimwa naye).

### **Alendo akaipitsa m’nyumba, m’mawa agona kuti?**

-Si bwino kuwononga zinthu pamalo amene tikukhala tikumaganiza kuti sitikhalitsapo, chifukwa mawa tidzafunanso kugona

pomwepo.

**Ali dere n'kulinga utayenda naye.**

-Munthu umadziwa bwino makhalidwe a mnzako ngati utakhala naye limodzi kapena kuyenda naye.

**Ali dere n'kulinga utayenda naye.**

-Umboni weniweni umafunika kuchoka pa zimene wazona.

**Ali ndi amayi anadala, amayenda monyada.**

-Kukhala wamasiye n'kopweteka kwambiri. Makolo ndi ofunika kuti mwana azisangalala komanso kuti akule bwino.

**Ali ndi mwana agwiritse.**

-Mawuwa amanenedwa pamene pabuka vuto lalikulu ndiye wina akuchenjeza anzake kuti pakufunika kulimba nazo. Mwambiwu unabwera chifukwa nthawi zambiri anthu

akakhala pamavuto, amayambirira kusamalira ana awo.

**Ali patsogolo ali pambuyo pomwe.**

-Munthu amene waima pamzere kutsogolo akhoza kukhala kumbuyo ngati atauza anthuwo kuti atembenuke. Si bwino kumathamangira zamtsogolo chifukwa chilichonse chili ndi nthawi yake.

**Ali patsogolo ndi amene ali pambuyo.**

-Nthawi zina amene ali patsogolo amatha kukhala pambuyo ngati anthuwo atauzidwa kuti atembunuke. Chimodzimodzi ndi mwayi umene ena ali nawo, mawa zikhoza kutembenuka n'kupezeka kuti ndi wathu.

**Alibe pokomera, chili m'pokomera n'chirombo.**

-Pali anthu ena omwe amati akathandizidwa amayambanso kunyoza amene awathandizawo. Anthu oterewa ndi oipa



kuposa chilombo chifukwa nthawi zina  
chilombo ukachichitira zabwino  
chimayamika.

**Aliona potuluka, polowa salipenya.**

-Mawuwa amanenedwa poopseza munthu  
amene walakwira mnzake kuti saliona dzuwa  
likamalowa chifukwa afa atalodzedwa.

Mawuwa anabwera chifukwa cha  
zikhulupiriro za ku Africa kuno zoti anthu  
amalodza anzawo kapena kuwachesula kuti  
akumane ndi zoopsa.

**Aliyense adzadya thukuta lake.**

-Munthu amafunika kulimbikira ntchito kuti  
apeze zimene akufuna.

**Aliyense akondwa potsiriza.**

-Munthu amasangalala akamaliza kugwira  
ntchito mwakhama n'kulandira malipiro ake.

## **Amadziombera ng'oma yekha.**

-Mawuwa amanena za munthu amene amakonda kuuza ena zokhudza zimene amachita komanso luso lake.

## **Amalume khalani pansi, ana akudziweni.**

-Si bwino kumangokhalira kuyendayenda. Ndi bwino kumakhalako pakhomu nthawi zina.

## **Amapatsa mosiyana.**

-Si bwino kusirira kapena kuchitira nsanje anzathu opeza bwino kapena amene zikuwayendera.

## **Amene akufuna kuswa fupa amapita kuuzimba.**

-Ukafuna chinthu umafunika kugwira ntchito. Kuti uswe fupa la nyama umafunika kukasaka nyama kuthengo m'malo mongolonedza miyendo n'kumadikira kuti ikupeze pamene wakhalapo.

**Amene amagona kungsi kwa mwala, ndi amene amaona mwala ukupuma.**

-Ngati munthu ukufuna kumva zoonza za zinthu ungachite bwino kufunsa amene analipo pamene chinthucho chinkachitika.

**Amene umadya naye mbale imodzi ndi amene amakupereka.**

-Mnzako amene umamukhulupirira ndi amene amakupereka kwa adani ako monga mmene zinachitikira ndi Yesu. Anaperekedwa ndi wophunzira wake.

**Ana a ngoma opanda makutu.**

-Mawuwa amanenedwa kwa ana osamvera. Amawayerekezera ndi ana a ngoma omwe alibe makutu.

**Anadya matakho a galu.**

-Si kawirikawiri kuona galu atakhala panso ndi matakho ake. Nthawi zonse amangokhalira kuyendayenda. Ndiye munthu akakhalanso

kuti samakhala pansi, amangokhalira kuyendayenda amati, “anadya matakoko a galu.”

### **Anadya mtedza wa ching’onga.**

-Mwambiwu umanena za munthu amene sachedwa kuiwala zinthu. Ching’onga chimati chikabisa kanthu chimaiwala msanga, ndipo anthu amadzatola.

### **Anadya mtima wa Kalulu, nkona ali ndi mtima wokaluluka.**

-Mwambiwu umanena za munthu amene ali ndi mtima wapachala, wosachedwa kupsa mtima.

### **Anadya mtima wa Sontho.**

-Mwambiwu umanena za munthu amene amachita zinthu mopupuluma kapena mofulumira kwambiri. Sontho ndi mbewa imene imakonda kukhala m’makoko a chimanga chikakhala kuti sichinakololedwe.

Ndiyeno mbewayi imasonthoka ikamva phokoso la anthu okolola. N'chifukwa chake amaitchula kuti Sontho. Choncho, chifukwa chakuti munthu wopupuluma amachita zofanana ndi zimene mbewazi zimachita zikamathawa m'makoko a chimanga, amangoti anadya mtima wa Sontho.

### **Anafa ndi nsanjikizo.**

-Anthu akamanena za munthu amene wadzigwiritsa chifukwa choti ananena zinthu zambirimbiri kapena ananena zinthu zomwe zamuika m'mavuto, amanena mwambiwi kuti, "Anafa ndi nsanjikozo." Mwambiwi umanenanso za munthu amene samamva kamodzi akalangizidwa.

### **Anafa wolongosola, aliko ndi kanthu umachita.**

-Mwambiwi umanenedwa ngati mfumu yabwino kapena munthu wina yemwe

amachita bwino zinthu zinazake wamwalira.  
Amaunena mfumu ina yosalongosoka  
ikakhala pampando kapena wina  
akamagwira ntchito imene munthu  
anamwalira uja ankagwira.

### **Anagula mbereko mwana asanabadwe.**

-Mberekho ndi nsalu yoberekera kapena  
kufunditsa mwana wakhanda. Mwambiwi  
umanena za munthu amene akuchita zinthu  
mopupuluma nthawi yochitira zinthuzo  
isanakwane.

### **Anagulula nkhwangwa n'chambuyo.**

-Mawuwa amanena za munthu wosabereka.

### **Anagwirizana malo okumana, koma anagona m'mitengo yosiyana.**

-Mwambiwi umanenedwa ngati anthu ena  
omwe amayendera limodzi asemphana  
chichewa n'kusiya kuyendera limodzi kapena  
kusiya kugwirizana.

### **Anakhoma mutu wa Kalulu.**

-Mutu wa Kalulu ndi wofewa moti kuukhoma suchedwa kusweka. Mwambiwiu umatanthauza kupalamula mlandu.

### **Analawira m'mawa ndiye anapita.**

-Anthu ena atanyanyalitsana, wina anangolawira kuchokapo. Kukangana kumabalalitsa anthu.

### **Anamva ili m'mutu**

-Mawuwa amanena za munthu amene amamva akakumana ndi mavuto. Munthu wotero amakhala ngati wamva nkhwangwa ili m'mutu.

### **Anamwa tiyi adzamwanso, bola kusunga masupuni.**

-Pamoyo wa munthu pamakhala mavuto, tikakhala pamavuto tisamaganize kuti zinthu sizidzayendanso.



## **Anandimangira njoka m’masamba kuti andipweteke.**

-Mwambiwu umanenedwa pamene anzako akuchitira zoipa mwakabisira kuti ukumane ndi mavuto kapena akupweteke.

## **Ananditseka mawu kuti ndisayankhule.**

-Mawu omwe amatanthauza kuti munthu ali ndi mawu, koma kuti ayankhule, akumuletsa.

## **Anaotha chichiri cha tsimba.**

-Tsimba ndi nyumba imene amasungirako mafumu olandira udindo kapena anamwali. Chichiri ndi mtengo ndipo monga mwa mwambo wa Achewa, mtengo umenewo kuuotcha amakhala malawulo. Mwambiwu umanenedwa munthu akapalamula pokwiyitsa anthu amene ankamuthandiza. Tsimba likhoza kukhalanso nyumba yamasiye. Chifukwa cha zikhulupiriro, anthu

amaopa kuphikira kapena kuotha nkhuni zake. Ndiye ngati munthu wina watenga nkhuni zake n'kuotha amamuona kuti wapalamula. N'chifukwa chake munthu akapalamula anthu amanena kuti, “Waotha chichiri cha tsimba.”

### **Anataya udzu womwetamweta.**

-Mwambiwu umanena za munthu amene wataya mwawi chifukwa chosakhazikika kapena kuyendayenda.

### **Anatsogoza mawu nyama isanafe.**

-Mwambiwu umachenjeza anthu kuti azidikira kaye n'kuona kuti zinthu zikhala bwanji m'malo mofulumira kuyankhula.

### **Anayamwira kubere.**

-Nthawi zambiri munthu amatengera khalidwe kuchokera kwa makolo ake.

## **Andiitana pakalowa njoka, pakalowa mbewa akumba okha.**

-Mawuwa amanena za anthu omwe amafuna anzawo akakhala pamavuto, koma akakhala pabwino sagwirika.

## **Anditame anasupula mtembo wa eni ake.**

-Si bwino kumachita zinthu mojijirika kapena kumadzitama pa zinthu zomwe sukuzidziwa bwino.

## **Angakulande, gwiritsa.**

-Mawuwa amachenjeza munthu kuti asamale zimene ali nazo. Pali anthu ena omwe amafuna kuti zinthu za anzawo zikhale zawo, choncho m'pofunika kumateteza zinthu zako.

## **Angatero ndi maliro ndithu.**

-Ngakhale munthu utanyada bwanji, tsiku lina udzakhalabe maliro. Choncho, kunyada kulibe phindu, chachikulu ndi kukondana ndi anzathu chifukwa ngakhale tiyerekedwe,

tidzamwalirabe.

### **Angoni satha onse.**

-Mawuwa amatanthauza kuti ngakhale zinthu zitavuta bwanji, pamakhalabe ena opulumuka. Mwambiwu unayamba pa nthawi imene Angoni ankamenyana ndi Alomwe. Alomwewo anaphika kalongonda, ndiye Angoni ena ataona kalongondayo ndi njala ndi njala, anangoyamba kudya osadziwa kuti ndi zosasuluka. Ambiri anafa ndipo Angoni anayamba kutchula Alomwe kuti angurudi (kutanthauza akuluakulu pankhondo). Masiku ano pamalo amene zimenezi zinachitikira pamatchedwa pa Ngurudi. Ngakhale anafa ambiri, Angoni ena anapulumuka.

### **Anthu aluso sadyera mwabwino.**

-Nthawi zambiri anthu amene amalangiza anzawo sakhala ndi makhalidwe abwino.

Zimenezi n'zofanana ndi zimene anthu aluso amachita. Amakonzera ena zinthu zabwino kwambiri n'kumalephera kupanga zoti azigwiritsa ntchito iwowo.

**Anthu muziwaopa, sali ndi miyendo inayi ngati Mkango.**

-Tiyenera kulemekezana ngati anthu, chifukwa tsiku lina tidzafuna anzathu kuti atithandize. Anthu sali ngati nyama zakutchire zoti ungathe kuthawa mkwiyo wawo.

**Anthu ndi mchenga sawundika.**

-Anthu ena amakhala osadalirika. Ukapangana nawo zinthu amachita zina.

**Anthu ndi miyala sakukutika.**

-Mwambiwu umasonyeza kuti nthawi zina, ngakhale anthu uwachitire zabwino sathokoza. Nthawi zina amayambanso kukunyoza kapena kukuchitira chipongwe

ngati kuti ndi udindo wako kuti uziwathandiza. Pomwe ena amakhala osadalirika. Ukapangana nawo zinthu amachita zina.

**Anthu ndi miyala sawundika.**

-Anthu ena amakhala osadalirika. Ukapangana nawo zinthu amachita zina.

**Anthu oyanjana sagona manda amodzi.**

-Mpofunika kumakondananso ndi anthu ena m'malo mongokonda munthu m'modzi.

**Anyang'wa a insa, aona ukonde waguluka.**

-Anthu ochita zoipa monga ankhanza komanso akuba amatengerapo mwayi akaona kuti mfumu kapena wolamulira ndi wofatsa ndiponso woleza mtima, moti amayamba kuzunza anzawo ndi kuchita zoipa zina zomwe sakanachita zikanakhala kuti mfumu yake ndi yankhanza kapena yolamulira pomenya matebulo.

### **Anyani amaonana zikang'a.**

-Osamasekana wina akalakwitsa chifukwa nafenso nthawi zina timalakwitsa ngati iyeyo. Mmalo mwake tizikhululukirana ndi kulemekezana. Komanso si bwino kumanyoza kapena kuseka ena pa zinthu zomwe nawenso umachita.

### **Anyani kuseweretsa magwafa.**

-Mawuwa amanenedwa munthu akamachita chibwana ndi zinthu zofunika kapena akamaseweretsa zinthu zofunika.

### **Anyani sasekana zikundu.**

-Osamasekana wina akalakwitsa chifukwa nafenso nthawi zina timalakwitsa ngati iyeyo. Mmalo mwake tizikhululukirana ndi kulemekezana. Komanso si bwino kumanyoza kapena kuseka ena pa zinthu zomwe nawenso umachita.



### **Aonenji adagwira kanthu mumdima.**

-Anthu onyozeka amatha kuchita zinthu zomwe anthu odziwika sangakwanitse monga kukhala olemera komanso kukhala ndi banja labwino.

### **Aonenji anapha mvuu m'mono.**

-Anthu ena amaoneka ngati onyozeka mwina chifukwa cha kusauka ndipo ena sawathandiza poganizira kuti palibe chomwe angadzawabwezere. Tsiku lina anthu otere amadzachita chinthu chodabwitsa kapenanso kukhala ndi china chofunika. Kuyeserera n'kofunika kusiyana ndi kungoyang'ana zinthu poganiza kuti sizingatheke.

Tisamapeputse nzeru za ena mpaka titaona zotsatira zake.

### **Aonenji anapha njovu ndi mwala.**

-Anthu ena amaoneka ngati onyozeka mwina chifukwa cha kusauka ndipo ena

sawathandiza poganizira kuti palibe chomwe angadzawabwezere. Tsiku lina anthu otere amadzachita chinthu chodabwitsa kapenanso kukhala ndi china chofunika.

**Apawo ndi mchenga, madzi apita pansi.**

-Munthu ukakhala mlendo sudziwa zomwe eni mudzi akupangana, umangoona zikuchitika. Ali ngati mchenga omwe sudziwika kuti pansi pake pali madzi. Choncho, ukakhala pamudzi umayenera kusamala chifukwa nthawi zina amaoneka ngati sagwirizana pomwe amagwirizana ndithu.

**Apawo ndi mizu ya kachere, amakumana pansi.**

-Munthu ukakhala mlendo sudziwa zomwe eni mudzi akupangana, umangoona zikuchitika. Ali ngati mizu ya kachere yomwe sudziwika kuti yakumana pansi. Choncho,

ukakhala pamudzi umayenera kusamala  
chifukwa nthawi zina amaoneka ngati  
sagwirizana pomwe amagwirizana ndithu.

**Atadya anamwera.**

-Chilichonse chimakhala ndi nthawi yake.

**Atambala awiri salira m'khola limodzi.**

-N'zovuta kuti anthu awiri azilamulira  
chinthu chimodzi.

**Atambwali sametana, amaopa kuchekana.**

-Nthawi zambiri anthu amene amachita  
zofanana zimakhala zovuta kuti apusitsane.  
Atambwali sangapitane pansi.

**Atambwali sametana, amawopa  
kuchekana.**

-Ochenjera okhaokha sangapusitsane.

**Aulesi sangapate kanthu.**

-Palibe chinthu cholongosoka chimene  
munthu waulesi angapeze. Nthawi zambiri

usiwa umamugwira munthu wotereyu ngati kapolo.

**Awonenji adapha mvuwu m'mono.**

-Munthu aliyense ali ndi mwayi wake.

Choncho, si bwino kuganiza kuti anthu ena ooneka onyozeka sangapeze mwayi.

**Awonenji adapha njovu ndi mbuna.**

-Munthu aliyense ali ndi mwayi wake.

Choncho, si bwino kuganiza kuti anthu ena ooneka onyozeka sangapeze mwayi.

# B

## **Bango likauma, limabwera linzake.**

-Anthu sasangalala ndi munthu wovuta kapena woipa. Mwachitsanzo, mwana akakhala wamwano kapena wosamvera, makolo ake anganene kuti, “Olo atamwalira, tidzabereka wina.”

## **Banja lili ngati mzinda wozunguliridwa ndi adani, ena amafuna atalowamo, pomwe ena amafuna atatulukamo.**

-Munthu amene sali pabanja amafuna atalowa m’banja, koma amene ali pabanja, akaona zokhoma za m’banjamo amafuna atalithawa. Ndi bwino kumayamba taganiza mwakuya komanso kusankha bwino tikamafuna kulowa m’banja.

**Banja ndi anthu awiri, wachitatu ndi wosokoneza.**

-Pabanja sakhala anthu atatu. Ndi bwino kukhala ndi wachikondi m'modzi.

**Banja ndi gombe, silichedwa kugumuka.**

-Mawuwa amanena za banja kapena ubwenzi umene umayamba chifukwa cha katundu kapena chuma. Nthawi zambiri zinthuzo zikatha, ubwenzinso umathera pomwepo, si nanga munthuyo amakhala anakwatira kapena anali pa ubwenzi ndi chumacho!

**Batani lapansana amakumanga ndi mnzako.**

-Pali zinthu zina zomwe zimafuna mnzako kuti akuthandize.

**Bemberezi adziwa nyumba yake.**

-N'zosatheka kuti munthu aiwale kwawo.

## **Bisani matenda, maliro tidzamva.**

-Munthu utha kubisa mavuto ako aang'ono, koma akafika poipa kwambiri, umafuna anzako kuti akuthandize.

## **Bodza likhoza kuyenda n'kuzungulira theka la dziko lonse lapansi, choonadi chikuvalabe nsapato zake kuti chilitsatire.**

-Bodza limafala mofulumira kusiyanana ndi choonadi.

## **Bodza lilibe mwini.**

-Anthu amene sitimayembekezera kuti anganama nthawi zina amanena bodza m'maso muli gwa.

## **Bodza limabwerera mwini wake.**

-Munthu ukanena bodza, bodzalo limakusakasaka mpaka kukupeza. Ndi bwino kumasamala ndi zimene timanena, ngati tilibe nkhani ndi bwino kungokhala chete m'malo momapeka mabodza.



### **Bololo sakonda madzi.**

-Pamene munthu watsimikiza kuchita kanthu kena, amakumana ndi mavuto komanso mayesero. Komabe, sayenera kulola kuti zimenezi zimulepheretse cholinga chake kapena kumugwetsa mphwayi.

### **Bongololo anali ndiwo, timadya ndi a uje.**

-Si bwino kumadzitama pa zinthu zomwe sunapange chifukwa nthawi zina umangonama kuti unapanga.

### **Bongololo sadzolera mafuta pagulu.**

-Si bwino kuulula zinsinsi zathu zonse, pali zinthu zina zomwe sitiyenera kuuza ena monga zam'banja. Nthawi zambiri munthu akaulula zimenezi amayalutsa banja lakelo.

### **Bonongwe mkoma akadadza.**

-Nthawi zina mlendo amaonetsa makhalidwe abwino, koma akakhalitsa amaonetsa khalidwe lake lenileni.

## **Buluži kuthandiza mbewa kuthawa.**

-Nthawi zina anthu amene sitigwirizana nawo kapena amene sitiwadziwa ndi amene amatithandiza.

## **Buluži wa ize (mnyengo) anapanidwa ndi chitseko.**

-Kuchita zinthu zachinyengo monga chiwerewere kapena kuba kukhoza kutiika m'mavuto osaneneka.

## **Bwato silidya.**

-Nsengwa, dengu kapena bwato zimangosunga zinthu zimene mwaikamo, sizimachepa kapena kuwonjezereka. Tizikhutira ndi zimene tili nazo pamoyo wathu.

## **Bwenzi lako ndi la wina.**

-Tizichenjera ndi anzathu amene timacheza nawo chifukwa tikawauza kathu, iwonso amakauza anzawo.

## **Bwenzi mkoma uli moyo.**

-Pali anthu ena amene amakonda anzawo zinthu zikamayenda, koma zikavuta amawathawa.

## **Bwenzi ndi mthanthira, mlamba udaolotsa khoswe.**

-Bwenzi lenileni liyenera kukhala lokonzeka kuthandiza mnzake akakumana ndi mavuto, osangoti pa zabwino zokha.

## **Bwerera ali konse.**

-Mnzako akakuchitira chabwino umafunika kumuthokoza. Koma iwenso umayenera kudzamuchitira zabwino, asamangochita yekha.

## **Bza sapita kawiri.**

-Bza ndi mvekero wa kuthawa mwamwayi. Ngati munthu wapulumuka pa vuto mwamwayi, si bwino kubwereza kuchitanso zomwezo.

# C

## **Chabadwa chafa, chili kumpani chauma.**

-Ngati munthu uli ndi moyo, dziwa kuti udzafa ndithu ndiponso mavuto udzakumana nawo.

## **Chadodometsa mleme chili ndi khambi.**

-Munthu akasiya chizolowezi chake ndiye kuti chilipo chimene chamudabwitsa kapena chamuchititsa mantha. Ukaona chomwe wina chamupezetsa tsoka, umayesetsa kupewa kuchita zomwezo.

## **Chadza ndi yani chokwera ndi mwana kunkhokwe?**

-Tisamachite zomwe zingabweretsere ena mavuto. Kale anthu ankapewa kukwera ndi mwana munkhokwe kuopa kugwa ndi mwanayo n'kumuvulaza.

## **Chadza ndi yani chopha nkhuku anzanu akudwala dzino?**

-Mawuwa amanenedwa munthu akachita zinazake zomwe akudziwiratu kuti nzake sachita nawo chifukwa akudwala kapena wapanikizika ndi zina.

## **Chafa chaola, phwiti wasekera nthenga.**

-Munthu akamwalira, si anthu onse omwe amaliradi chifukwa cha chisoni. Ena amalira kwinaku akusangalala kuti adzatenge chuma chamasiye kapena adzalowe udindo wa womwalirayo.

## **Chafuna mwini chili kwa Bongololo (kwa Mandala).**

-Munthu ukafunitsitsa chinthu, ndi bwino kulimbikira kugwira ntchito ndipo ukhoza kuchipeza.

## **Chagwa pamtutu sichidyeka.**

-Mwambiwu umanena za munthu amene

akulephera kugamula mlandu chifukwa  
mlanduwo ndi wa m'bale wake.

**Chagwera pamfuno sichidyeka.**

-Mwambiwu umanena za munthu amene  
akulephera kugamula mlandu chifukwa  
mlanduwo ndi wa m'bale wake.

**Chaipira Galu kuluma Mbuzi.**

-Munthu anganene mawuwa akamadandaula  
ndi mavuto omwe amulepheretsa kuchita  
zinthu zimene amafuna. Munthu  
anganenenso mawuwa podandaula zinthu  
zopanda chilungamo zimene ena amuchitira.

**Chakanachakana, dazi lilibe mankhwala.**

-Pali zinthu zina zomwe ndi umunthu wathu  
sitingazithe. Zoterezi tiyenera kuvomereza  
kuti zikhale mmene zilili ndi kukhutira ndi  
zimene tili nazo.

**Chakanachakana, Kalulu sasenda nguwo.**

-Tizivomereza ngati zinthu zavuta,  
osamachita ukamberembere.

**Chako n'chako sichilingana, n'chamwini.**

-Chinthu chako umachigwiritsa ntchito  
mwanjira iliyonse, koma chamwini  
umachiopa.

**Chakomera nzako umasimba.**

-Ndi bwino kumayamikirako zabwino zimene  
ena achita.

**Chakomera Mbuzi kugunda Galu, Galu  
akati agundeko akuti wapenga.**

-Osamachita zinthu mokondera kapena  
kumachitira ena nkhanza tikudziwa kuti ena  
atiikira kumbuyo.

**Chakomera Mbuzi kugunda Galu, Galu  
akati alumeko akuti waboola nguwo.**

-Osamachita zinthu mokondera kapena

kumachitira ena nkhanza tikudziwa kuti ena atiikira kumbuyo.

**Chakometsa Ntchentche, inachilimika kuuluka.**

-Kuti munthu upeze bwino umafunika kukhala ndi podalira komanso kuchita khama.

**Chakonda mnzako mlekere, mawa chidzakonda iwe.**

-Mnzathu akachita mwayi si bwino kumuchitira nsanje n’kuyamba kumuchitira zoipa. Ndi bwino kumangoyamikira chifukwa sudziwa chidzachitike mawa. Mwina mwayi udzakhala wako.

**Chalowa m’khutu, chalowa.**

-Zimene munthu wamva, zimakhala kuti wazimva basi. Sungachitenso chilichonse kuti zibwerere. Tizisamala tisanayankhule.



## **Chakubala chimasanzitsa, obereka amanyansidwa.**

-Makolo ayenera kukhutira ndi mphatso za ana omwe Mulungu wawapatsa.

## **Chakudya chawekha sichikoma, koma cholimbirana.**

-Pali zinthu zina zomwe sizikoma kupanga wekha monga mapwando, ntchito komanso zina. Ndi bwino kumagawanako ndi ena zimene tili nazo.

## **Chakudya chimodzimodzi sichinona.**

-Ndi bwino kumasinthasinthako pochita zinthu.

## **Chakudya chimodzimodzi sichinonetsa.**

-Si nzeru munthu kukhulupirira nzeru zake zokha. Ndi bwino kumafunsako ena kuti tikhale ndi chinthunzithunzi chokwanira cha moyo kapena ntchito.

## **Chakudya sichichepa, chimachepea ndi chovala.**

-Chovala chimodzi simungathe kuvala anthu awiri nthawi imodzi. Koma chakudya ngakhale chitachepea bwanji mukhoza kugawana. Mawuwa amanenedwa poitanira ena kuti adzadye nawo chakudya. Kumayamikira zimene timapeza.

## **Chakudza sichiimba ng'oma.**

-Kumakonzekera zam'tsogolo, chifukwa zamawa sizidziwika.

## **Chakufa sichiopa kutulutsa fungo.**

-Chilichonse chimakhala ndi zotsatira zake ndipo sitingaziletse. Munthu amene walakwa walakwa basi. Mbiri yake imaipa ndipo amapatsidwa chilango.

## **Chakufa sichiyankhula.**

-Munthu amene kunalibe sangaikire umboni pa nkhani imene yangogwa. Komanso

munthu amene wamwalira sangachite  
chilichonse, ngati akuyankhula ndiye kuti  
adakali moyo.

**Chakumbakumba chalema, chatenga  
mchira chayesa mala.**

-Nthawi zina munthu amasiya kuyesayesa  
kuthetsa mavuto n’kuyamba kumangokhala  
poganiza kuti atha okha.

**Chakuti “tswa” chakuyambira, chakuti  
“tseche” chakupha.**

-Tisamadandaule ndi zovuta zomwe  
zimabwera pang’onopang’ono koma zomwe  
zimabwera kamodzim’kamodzi.

**Chakwathu n’chakwathu adamangira  
nkhokwe m’nyumba.**

-Ndi bwino kumamvera zimene ena akunena.  
Osamangoumirira njira zakale popanda  
chifukwa chomveka bwino, chifukwa mapeto  
ake timapezeka kuti talakwitsa.

## **Chala chimodzi sichiswa nsabwe.**

-Palibe munthu amene angathe kuchita zonse payekha. Choncho, ndi bwino kumadalirana. Pogwira ntchito kapena pothetsa vuto, thandizo la anthu ena ndi lofunika.

## **Chala sicholoza mwini.**

-Munthu sakonda kuona kulakwa kwake koma kwa ena.

## **Chalaka (chakanika) Bakha, Nkhuku singatole.**

-Chimene chakanika katswiri munthu wamba sangachithe.

## **Chalaka Galu, fupa la matongwe.**

-Mawu amenewa amanena za munthu yemwe ndi wosamva ngakhale mutamulangiza motani. Amakhala ngati fupa louma lomwe agalu alephera kuliswa.

### **Chalaka Nyani chili ndi khambi.**

-Munthu akasiya chizolowezi chake ndiye kuti chilipo chimene chamudabwitsa kapena chamuchititsa mantha.

### **Chalimba chalimba, shati sikhala yopanda kolala.**

-Ngakhale chinthu chikhale champhamvu, chimasowabe china chochichirikiza. Aliyense ndi wofunika.

### **Chalowa m'khutu chayanza malo.**

-Chimene munthu wamva sangachitulutsenso. Choncho, mpofunika kuchenjera polankhula kuopa kulakwitsa.

### **Chambo chimaona konse.**

-Munthu ukakhala pabanja, si bwino kumathandiza abale ako okha. Umayenera kumathandizanso abale a mkazi kapena mwamuna wako.

### **Chamkuka nkhalu yagaga.**

-Mawu amenewa amanena za munthu waulesi, wongokonda kukhala m'nyumba. Chomwe amadziwa ndi kudya basi.

### **Chamuna sayanika.**

-Munthu ukakhala ndi mphamvu usamadzionetsere, chifukwa tsiku lina umadzakumana ndi anzako omwe amadzakuphuvumula n'kukuchititsa manyazi.

### **Chamwini m'chamwini, ungalimbe maka.**

-Anthu ena maso amangokhala pa zinthu za anzawo, osakhutitsidwa ndi zomwe ali nazo. Tifunika kumachenjera ndi anthu amenewa. Osamadalira kwambiri zinthu za ena.

### **Changodza m'chironda, mankhwala palibe.**

-Mawuwa amanenedwa munthu akamadandaula kuti, ngakhale mavuto monga matenda komanso milandu abwera,

palibe njira yowathetsera.

### **Chaomba guta.**

-Tsoka likagwera mlendo, anthu sadandaula kwenikweni. Koma chisoni chimakula pamene wapamudzi pomwepo wakumana ndi mavuto.

### **Chaona maso, mtima suiwala.**

-Ndi bwino kumasamala ndi zimene timaona chifukwa zikhoza kutigwetsera m'mavuto aakulu monga chigololo. Zimene munthu waona amazikumbukira ngakhale patadutsa nthawi yaitali.

### **Chaona mchira gondwa ali m'mphako.**

-Kusaonetsetsa kapena kusamvetsa zinthu kumapangitsa kuti munthu azinena nkhani popanda umboni weniweni.

**Chaona mnzako chapita, mawa chili pa iwe.**

-Osamasangalala ena akamakumana ndi mavuto chifukwa nawenso akhoza kukupeza.

**Chaona munda wakuthungo, mawa chidzaona munda wapakati.**

-Munthu ukakhala pabwino umaona ngati sungadzavutike. Nthawi zina munthu umatha kukumana ndi chinthu chimene sumayembekezera kuti chingachitike.

**Chaona mwana tola, ukulu n'kuona kako.**

-Chaona mwana chitole chifukwa udzadya naye. Tisanyozere chimene munthu amene ali pansi pathu wapeza, chifukwa chikhoza kutithandiza.

**Chaphulika chapsa, mkamwini konza nguwo.**

-Chinthu chikachitika, monga imfa, pamafunika kulimba mtima chifukwa



chachitika chatha. Palibenso njira ina yochithetsera.

**Chapita apa wachiona ndi munthu.**

-Pa moyo wa munthu anthu ena ndi ofunika chifukwa amakuchenjeza.

**Chapitamo wosenda luzi pamwala.**

-Mawuwa amanena za munthu wodziwa kwambiri mankhwala a zitsamba kuposa onse.

**Chati chubwi, sichinaoloke, koma chati kapakapa.**

-Mawuwa amatanthauza kuti mawu oyamba ndi malonje chabe, nkhani yeniyeni sinayambe.

**Chati chubwi! chisati kapa! sichinaoloke.**

-Mawuwa amatanthauza kuti mawu oyamba ndi malonje chabe, nkhani yeniyeni sinayambe.

### **Chati deru chadabwitsa mlenje.**

-Kanthu sikachitika popanda chifukwa kapena choyambitsa chake. Ndiye kachizindikiro kangachepe bwanji, tizikhala nako tcheru.

### **Chati deru chawopsa mlenje.**

-Munthu akasiya chizolowezi chake ndiye kuti chilipo chimene chamudabwitsa kapena chamuchititsa mantha.

### **Chati khocho (tswa) sichinapite.**

-China chake chikakudabwitsa, khala tcheru.

### **Chatuluka m'dzira n'chiyani?**

-Mwamuna akamakana kuti si amene anachimwitsa mkazi, anthu amanena mawu amenewa pofuna kudziwa ngati mwana wobadwayo akufanana ndi mwamunayo. Pa mlandu uliwonse payenera kukhala umboni.

## **Chauluka chidzatera.**

-Tingatchuke kapena kulemera bwanji, tsiku limadzafika loti timadzasauka kapena kudzamwalira n'kusiyana nazo zonse. Moyo umanyenga.

## **Chenjerechenjere pa m'meto, pa maliro panalibe.**

-Mawuwa amanena za munthu amene amajijirika kapena kuchenjera pakakhala palibe mavuto, koma mavuto akagwa amafuna kuti anthu ena amuthandize.

## **Chenjerechenjere sadzimeta, amakumeta ndi mnzako.**

-Ngakhale munthu aoneke wochenjera motani, monga kuthawa ntchito za gulu ngati pamaliro, tsiku lina zimadzamugwera ndipo amadzafuna chithandizo cha ena.

**Chenjerechenjere samapha nsomba,  
amapha nsomba n'kombe.**

-Kuyankhula kwambiri pantchito  
sikusonyeza kuchenjera. Sikutanthauza kuti  
ntchito ikugwiridwa, koma kugwira ntchito  
n'kumene kumayendetsa ndime.

**Chenjerechenjere, anapsa ndi phala  
logona.**

-Kusamva kapena kuchenjeretsa  
kumabweretsa mavuto aakulu.

**Chete n'kunena (kukhala chete n'kunena).**

-Pa mlandu munthu akafunsidwa koma  
osayankha, ndiye kuti akuvomera kulakwa  
kwake.

**Chetechete ndi upumbwa, akoma ndi  
suyosuyo.**

-Tisamazengereze pogwira ntchito, koma  
kungogwiriratu popeza zamawa sizidziwika.

**Chetechete sautsa nyama, autsa nyama n'kuwani.**

-Ngati munthu wakasuma kukhoti, uyeneranso kulongosola tsatanetsatane wa nkhani. Ngati sutero, mlanduwo ukhoza kukuvuta.

**Chetechete sautsa nyama, autsa nyama ndi suyo suyo.**

-Kungokhala chete sikuthandiza ngati munthu ukufuna kukwaniritsa chinachake.

**Chetechete sautsa nyama, koma suyosuyo.**

-Kungokhala pamene mukuona zinthu zikulakwika sikuthandiza, koma kuyankhula kuti zinthu zikonzedwe.

**Chibale cha nkhondo, amawo akafa n'kumva ndiika nawo.**

-Mawuwa amanena za munthu amene si m'bale wako weniweni, koma chifukwa choti makolo anakhalira limodzi nthawi yaitali,

amakhala ngati m'bale wako weniweni.

**Chibale n'chipsela.**

-Chibale sichitha.

**Chibale n'chipsera, sichitha.**

-Sitingathe kuthetsa ubale, zivute zitani.

**Chibale n'kuyenderana.**

-Kuti chibale chilimbe pamafunika  
kuyenderana komanso kuthandizana.

**Chibale ndi fupa, sichiwola.**

-Pangakhalitse abale osaonana, sikuti chibale  
chimatha.

**Chibale ndi fupa.**

-Chibale sichitha.

**Chibale ndi litsiro, sichisansika.**

-Chibale sichitha, abale amatha kuoneka  
ngati adana koma amadzagwirizana.

### **Chibale pamowa.**

-Anthu amene amakhala mabwenzi zikamayenda, koma pamavuto amakuthawa.

### **Chibangiri chimapita ndi mwini dzanja.**

-Sungakakamize munthu kuchita zimene sakufuna.

### **Chibwana chidatayitsa nguwo ya njuzi.**

-Chifukwa cha chibwana, anthu amataya mwayi mwina wa banja kapena ntchito.

### **Chibwana ndi chironda.**

-Mwana sachedwa kuvulala chifukwa alibe mantha. Ndiye munthu wachibwana, kapena wosalemekeza akuluakulu amapeza mavuto.

### **Chibwenzi cha bulangete chopitira limodzi kumanda.**

-Umenewu ndi ubwenzi weniweni, wopanda chinyengo.

## **Chibwenzi cha mphaka chobisa zala m'thumba.**

-Pali anthu ena omwe amaoneka ngati abwenzi pamaso koma kumbali amakuganizira zoipa.

## **Chibwenzi cha nkhwangwa chikoma pokwera.**

-Pali anthu ena omwe amakonda anzawo akaona kuti akhoza kuwathandiza, akangopeza zimene amafuna ubwenzi umathera pomwepo.

## **Chibwenzi cha nkhwangwa chokoma pokwera, potsika achita kuponya.**

-Munthu akamakwera mumtengo amanyamula bwinobwino nkhwangwa koma akamatsika amangoiponya. Mawuwa amanenedwa munthu akamanyoza anzake chifukwa choti zimene umafuna zatheka. Munthu ameneyo amamuti wachita,



“chibwenzi cha nkhwangwa chokoma pokwera.”

**Chibwenzi n’kuwonjezera.**

-Kupatsana mphatso n’kumene kumalimbitsa ubwenzi.

**Chibwenzi sichipherana makoswe.**

-Ubwenzi weniweni ulibe chinyengo. Chomwe wamuuzwa kapena wam’lonjeza mnzako chimakhala chomwecho.

**Chibwereza chidaphetsa kunda.**

-Munthu ukamachita chinthu choipa n’kupulumuka, tsiku lina ukamadzati uchitenso anthu amadzakugwira. Ngati munthu wapulumuka pa vuto mwamwayi, si bwino kubwereza kuchitanso zomwezo.

**Chidakwa chinakana kulipira ngongole ya thobwa.**

-Si bwino kumangonamizira anthu amene

tikuwaona kuti ndi zitsiru kapena opepera.

### **Chidamlendo mbombo.**

-Munthu woti akakhala ndi chakudya sakonda kugawira anthu ena.

### **Chidede kukanika chitayang'anana.**

-Ndi bwino kumayesetsa kuchita khama pochita zinthu. Zichite kukanika zokha.

### **Chidule chimapondetsa matope.**

-Zinthu zochitika mofulumira kapena mwachidule sizichitika bwino.

### **Chidule chinagwetsa njati m'mbuna.**

-Si bwino kuthamangira kapena kuchita zinthu usakudziwa ndondomeko kapena dongosolo lake chifukwa zimenezo zikhoza kukubweretsera mavuto.

### **Chidwi chinapha mkonzi.**

-Ukakhala munthu wachidwi ndi wofuna kudziwa chilichonse, tsiku lina umadzakhala

mboni pa mlandu woopsa, mwina ukhozanso kupeza nazo mavuto.

### **Chidziwa mwini m'khuto wa fulu.**

-N'kovuta kudziwa zomwe munthu akuganiza mumtima. Ena akhoza kuoneka ngati sakuganiza chilichonse koma akuganiza zambiri. Munthu aliyense amadziwa yekha zinthu zimene angakhutire nazo.

### **Chidziwe n'chipande powomola.**

-Aliyense amakolola malinga ndi khama lake. Munthu akadyeratu kapena akamachita ulesi, amalandira zochepe.

### **Chifuko sakumbira.**

-Chibale chenicheni sichisowa.

### **Chifulumizo chokoma ukalasa.**

-Tiziganiza mofatsa tisanayankhe chifukwa tikhoza kuyankhula zopanda pake. Komanso munthu umakamba mosangalala ukamachita

zinthu zabwino.

### **Chifundo chidaphetsa msemamitondo.**

-Chifundo nthawi zina chimapweteketsa. Nkhani yake imati, nthawi ina alenje anavumbulutsa gondwa ndipo anayamba kumuthamangitsa. Alenjewa anamupezeketsa gondwayo moti anangotsala pang'ono kumugwira. Gondwayo anayesetsa kukoka phazi koma sizinam'thandize moti anaganiza zopempha thandizo kwa munthu wina yemwe ankasema mitondo m'nkhalangomo. Atatoperatu, gondwayo anapempha wosema mitondoyo kuti, "Ndithandizeni chonde ndagwira mwendo wanu. Alenjewa akufuna moyo wanga, chonde ndipulumutseni!" Wosema mitondoyo anamva chisoni kwambiri ndipo anauza Gondwayo kuti amubisa. Koma popeza panalibe malo pafupi pomwe

akanamubisapo, wosema mitondoyo  
anangoganiza zomubisa m'kamwa. Alenjewe  
atafika anafunsa wosema mitondoyo kuti,  
“Mwaona Gondwa atadutsa apa?” Koma  
wosema mitondoyo anapukusa mutu  
posonyeza kuti sanamuone. Ndiyeno alenjewe  
atachoka, munthuyo anauza Gondwa uja  
kuti, “Alenje ajatu apita, ukhoza kutuluka  
tsopano!” Koma gondwayo anayankha kuti,  
“Tadikirani kaye pang'ono, muli kenakake  
kokoma muno!”

### **Chifundo chidaumitsa mvunguti.**

-Tiyenera kuona muyeso woyenera pochitira  
ena chifundo. Ukachitira ena chifundo  
mopitirira muyeso, ukhoza kuwononga  
ntchito ngakhalenso moyo wako umene.

### **Chifundo chili m'manja.**

-Mawuwa amanenedwa pofuna kuonetsa kuti  
umafunitsitsa utakumana ndi mnzako

n’kumupatsa moni.

### **Chifundo chimaitana chifundo.**

-Munthu ukamachitira ena chifundo, tsiku lina nawonso amadzakuchitira chifundo.

### **Chiimba chili m’mimba.**

-Kudya n’kumene kumathandiza munthu kuti agwire ntchito.

### **Chikachita mang’a chileke, mawa chituluka.**

-Munthu akamakana kuti sanalakwe, kungomusiya, tsiku lina choipa chake chidzamutsata ndipo zoipa zake zidzaululika.

### **Chikadzakula, sichidzasowa.**

-Mawuwa amanenedwa potanthauza kuti khalidwe loipa likadzafika poipa, sipadzakhala wodabwa.

### **Chikaipa usataye.**

-Ngati chinthu chikuoneka chopanda ntchito,

usachitaye chifukwa tsiku lina chikhoza kudzakhala chofunika.

**Chikakhala pamuvi sichipheka.**

-Mawuwa amanena za munthu amene akulephera kugamula mlandu chifukwa choti ndi wa m'bale wake.

**Chikakuluma chakuda umaopa ndi khala lomwe.**

-Munthu wina akakupusitsa, sukhulupirira aliyense.

**Chikaona mnzako osamaseka.**

-Mnzako akaona tsoka usamamuseke chifukwa mwina mawa udzaonanso zomwezo.

**Chikaonda chimakoma ndi mchere.**

-Chinthu chingakhale choipa maka, koma powonjezera tina n'tina tokometsera, chinthucho chimakhalanso chokongola.

Chimodzimodzi mkazi amaoneka bwino ndi

kuvala.

**Chikaonekera ng’amba, mawa chituluka.**

-Mbewu ikamamera imayamba yatukula dothi kenako n’kuonekera. Zinthu zina zikamaoneka pamakhala pataoneka kale zizindikiro zake.

**Chidebe chopanda kanthu n’chimene chimasokosa kwambiri.**

-Anthu opanda nzeru ndi amene amakhala olongolola kwambiri.

**Chikomekome cha mkuyu, m’kati muli nyerere.**

-Osamatengeka ndi maonekedwe a munthu chifukwa nthawi zina mumtima mumakhala moipa. Nthawi zambiri anthu okongola ndi amene amakhala a makhalidwe oipa.

**Chikondi cha “chotsa phazi mpondopo.”**

-Chimenechi ndi chikondi chenicheni



chochitira zinthu limodzi.

**Chikondi cha bulangete chopitira limodzi kumanda.**

-Chikondi chopanda chinyengo komanso dyera, chokhalira limodzi pamavuto ndi pamtendere pomwe.

**Chikondi cha chotsa phazi m'pondopo.**

-Chikondi chodalirika kapena chokondana kuchokera pansi pa mtima.

**Chikondi cha mphaka, chobisa zala m'thumba.**

-Chikondi chobisilana cholinga chako chenicheni. Chikondi chachinyengo.

**Chikondi chili m'manja.**

-Mawuwa amanenedwa pofuna kuonetsa kuti umafunitsitsa utakumana ndi mnzako n'kumupatsa moni.

## **Chikondi ndi kutherana zakukhosi.**

-Chizindikiro cha chikondi chenicheni ndi kuululirana zakukhosi, osati kusungirana chakukhosi.

## **Chikumbumtima chinapha njovu.**

-Tikachita choipa chikumbumtima, chomwe ndi munthu wam’kati, chimatiimba mlandu ndipo timasowa mtendere. Chikumbumtima chikhoza kumakupwetekabe ngakhale utafunda mabulangete ambirimбири. Ndi bwino kumavomereza tikalakwitsa ndi kupempha kuti atikhululukire. Nkhani yake imati, tsiku lina njovu inatenga katundu wa mwini wake. Ndiye kalulu ataifunsa inakana kuti sinatenge. Kenako kalulu anauza njovuyo kuti, “Ngati mwatengadi ndi inuyo n’kumakana, chikumbumtima chikuphani.” Njovu inayamba kuchita mantha kwambiri chifukwa inkaganiza kuti chikumbumtima

ndi nyama ina yaikulu kwambiri kuposa iyoyo. Njovuyo inasiya kutuluka panja kuti ikasake zakudya mpaka inaonda kwambiri. Inkaopa kuti ikumana ndi chikumbumtima. Kenako njovuyo inafa ndi njala. Phunziro lake ndi lakuti ndi bwino kumavomera ukalakwitsa, chifukwa ukapanda kutero umavutika ndi chikumbumtima.

### **Chikumbutsa nkhwangwa n'chikuni.**

-Ngakhale tiwale kanthu kena kapena kuchita mphwayi kugwira ntchito inayake, tsiku lina pamadzakhala china chotikumbutsa chomwe tinaiwala. Nthawi zina mavuto amatchititsa kugwira ntchito molimbika komanso kugwira ntchito zomwe tinkazona ngati zopanda pake.

### **Chikumbutsa nkhwangwa n'chisanu.**

-Ngakhale tiwale kanthu kena kapena kuchita mphwayi kugwira ntchito inayake,

tsiku lina pamadzakhala china  
chotikumbutsa chomwe tinaiwala. Nthawi  
zina mavuto amatchititsa kugwira ntchito  
molimbika komanso kugwira ntchito zomwe  
tinkazona ngati zopanda pake.

**Chikuni cha m'bwalo chikoma  
n'kugwirizana.**

-Kuthandizana n'kofunika kwambiri m'malo  
momadzipatula.

**Chikuni cha utsi timafumula.**

-Pakakhala munthu wosokoneza pamudzi  
kapena pantchito pamafunika kumulangiratu  
kuopa kuti angasocheretse ena.

**Chikuni chimodzi sichipsetsa mphika.**

-Kuti ntchito iyende pamafunika  
kuthandizana.

**Chikuni pakutha, chimataya therere.**

-Nthawi zambiri ntchito imaonongeka

kumapeto. Ndi bwino kumasamala pogwira ntchito mpaka kumapeto.

**Chilekwa (wamasiye) n'chosakhala kupatira chabwino.**

-Nthawi zina mwana wamasiye amatha kupeza msanga chithandizo. Zinthu zonyozeka zingathe kutipatsa zabwino.

**Chilendo ndi kulumpha chiunda.**

-Munthu ukangotuluka m'nyumba mwako kwina konse umakhala mlendo.

**Chili kumunda n'chambewu, chakumudzi n'chakudya.**

-Tizisunga zina kuti tidzagwiritse ntchito m'tsogolo.

**Chili kumwamba ndi chamwini.**

-Si bwino kukhumbira zinthu za eni kapena zinthu zomwe tikudziwa kuti sitingathe kuzipeza.

**Chili kwa mnzako n’kumati, “chigwire nyanga.”**

-Sizivuta kupeza zolakwa za mnzako n’kusiya zako kapena kuuza ena zoti achite koma zoti iweyo sungakwanitse. Osamaderera mavuto a mnzako.

**Chili kwa mnzako ndiye “psinyitsa,” chili kwa iwe ndiye, “psinya bwino.”**

-Mnzathu akalakwa ndiye timafuna kuti alandire chilango chowawa, koma zikakhala kwa ife, timafuna kuti atimvere chisoni potipatsa chilango chofewa.

**Chili kwa mnzako umati “chigwire nyanga!”**

-Munthu amaona vuto la mnzake ngati si vuto ayi, koma vuto ngati lomwelo likamuonekera m’pamene amaliwona kuti ndi phiri.

## **Chili kwa mnzako, utenga madzi numwera.**

-Mavuto akakhala kwa ena kumakhala kosavuta kuwalangiza zomwe anachita kuti apeze mavutowo, koma zikatigwera sititha kumvetsa chomwe chachititsa mavutowo.

## **Chili kwa nyani, pusi sachitengera malonda.**

-Nthawi zambiri pakati pa abale sipakhala kugulitsana zinthu koma kungopatsana basi.

## **Chili n'kudza chisonkha moto paphale, chipala (phulusa) chitaya kuthengo.**

-Mawuwa amanenedwa munthu akamanena kuti alipo wina womuposa amene akubwera.

## **Chilichonse chili ndi nthawi yake.**

-Ndi bwino kumachita zinthu pa nthawi yake. Kumadziwa nthawi yabwino yochita chilichonse monga kuyankhula kapena kukhala chete.

## **Chilichonse chotentha, pamapeto pake chimazizira.**

-Munthu wina atatopa kulumidwa ndi Nsikidzi, anaganiza zotereka madzi kuti azikhaulitse. Kenako anatenga bulangete lakelo n'kuliika munkhali n'kutenga madzi obwadamuka n'kuwakhuthulira momwe munali bulangetelo kuti nsikidzizo zikhaule. Ndiye zimenezi zitangochitika, Nsikidzi yomwe inali m'bulangetemo inauza ana ake kuti, “Ana anga, muyenera kukhala opirira, chifukwa chilichonse chotentha, pamapeto pake chimazizira. Vuto lingatenthe bwanji, limakhala ndi mapeto ake.” Mavuto angakule bwanji, amakhala ndi polekezera.

## **Chilimwe chinaphetsa munda.**

-Munthu wofuna zabwino asamathawe zopinga monga kuuma komanso kulimba kwa dothi, amafunika kupirira.



## **Chilimwe, ndipatse munda.**

-Munthu akafuna kuti adzapeze zabwino m'tsogolo amafunika kukonzekera.

## **Chiloli chinapha ngondo.**

-Ukakhala munthu wachidwi ndi wofuna kudziwa chilichonse, tsiku lina umadzakhala mboni pa mlandu woopsa, mwina n'kupeza mavuto.

## **Chilos chidabwerera lunguzi.**

-Mukanyoza munthu osam'patsa moni chifukwa choti ndi mlendo, tsiku lina mumadzakam'peza kwawo n'kuchita manyazi.

## **Chilungamo chiziyenda ngati madzi.**

-Chilungamo chimafunika chioneke. Tikamachita zinthu zonse, tiyenera kumaonetsetsa kuti tikuchita zinthu mwachilungamo kwa aliyense mosatengera maonekedwe.

## **Chilungamo n'chipongwe.**

-Nthawi zina anthu amadana ndi kumva chilungamo chifukwa chimamveka ngati chipongwe.

## **Chim'mawa chidalambalalitsa fulu bowa.**

-Tizichita zinthu mofatsira ndi mwaluso osati mongofulumira, chifukwa tikamatero tikhoza kuiwala zinthu zofunika.

## **Chimanga cha palikodza amakolola ndi Sakhwi.**

-Ndi bwino kumadziwa zinthu zomwe sungakwanitse. Pali zinthu zina zomwe ngati utazikakamira kwambiri zikhoza kungokubweretsera mavuto ngati chimanga chomwe chili palikodza, lomwe ndi tchire loyabwa kwambiri. Ndi bwino kusiyira Asakhwi zinthu zimenezo.

## **Chimanga chimalola opanda mano.**

-Nthawi zina munthu umapeza chinthu choti

ulibe nacho ntchito pamene munthu wina akuchifunitsitsa.

**Chimasomaso chinakwatitsa mkazi wosam’funa.**

-Mnyamata wosakhala ndi mkazi m’modzi koma kumangoti apa wagwira apa wagwira, mapeto ake amadzakwatira mkazi wosakhala wakumtima kwake, mwinanso kupeza mavuto.

**Chimene chakupundula chitsate, chikupatsa khongozo.**

-Munthu uyenera kudyerera chomwe wavutikira.

**Chimene ukufuna kuti ena akuchitire, iwenso uziwachitira chomwecho.**

-Kuti tizichitira ena zabwino, ndi bwino kumayamba taganiza kaye kuti, “Kodi wina atandichitira zimenezi ndingasangalale?” Ngati tikuona kuti sitingasangalale,

tingachite bwino osazichita.

**Chimkonda cha nsikidzi chidanka ndi maliro kumanda.**

-Osamakonda zinthu zoipa monga chiwerewere, mowa kapena chamba chifukwa mapeto ake ndi imfa.

**Chimkwangukwangu chisititsa makadabo.**

-Kulimbirana zinthu kukhoza kuyambitsa ndewu kapenanso mkangano n'kuwonongetsa zinthu zambiri.

**Chimuyesoyeso cha Khwangwala chinathetsa ana.**

-Si bwino kuyesa kuchita zinthu zoipa monga kusuta chamba chifukwa mapeto ake chimadzakhala chizolowezi n'kudziwononga tokha.

**Chimvano cha mavu choning'a pakati.**

-Ndi bwino kumachita zinthu mogwirizana.

Ngakhale kuti pangano limavuta kusunga nthawi zina, komabe tiziyesetsa kusunga zomwe tagwirizana popewa kukhumudwitsa ena.

### **China n'china Fisi alibe bwenzi, bwenzi lake ndi mdima.**

-Anthu ochita zoipa sakhala mabwenzi abwino, mabwenzi awonso amakhala ochita zoipa.

### **Chinansi cha kholowa chinadyetsa mbatata yapansi.**

-Zinthu zina zimafululika chifukwa cha zinsano zimene zachitika. Makhalidwe oipa monga chiwerewere ndi kuba amayamba pang'onopang'ono. Pamafunika kudziletsa kuchita zinthu zomwe mapeto ake akhoza kukhala kuchimwa kwakukulu.

### **Chinasala chinakanika Fisi.**

-Chinasala ndi chisilamu. Anthu achisilamu

amasala nyama zina. Koma Fisi ndi wankhwiru kwambiri moti sangakwanitse kusiya kudya nyama ngakhale itakhala kapado. Pali zinthu zina zimene sitingakwanitse kuzisintha chifukwa cha chibadwa chathu. Choncho, munthu ayenera kumadziwa zomwe angathe kuchita komanso zomwe sangathe.

### **Chinenepetsa Nkhumba sichidziwika.**

-Ndi bwino kumangoyesa kuchita zosiyanasiyana, chifukwa chimene chingakupulumutse sichidziwika. Osamangodalira chimodzi.

### **Chingaipe sunga, mkucha udzayesa ankhoswe.**

-Chinthu chingaipe, tsiku lina umadzaona pokomera pake.

### **Chingavuwe n'chako.**

-Ngakhale anzathu kapena makolo athu

akhale osaoneka bwino, ndi anthu basi.  
Choncho, tifunika kumawasamalira komanso kuwapirira.

### **Chingwe ndicho chithera msampha mphamvu.**

-Tikamangomvera nkhani zabodza za anthu ena tingadziputire mlandu. Zikhoza kutitsatira n'kupeza nazo mavuto.

### **Chingwinjiri maliralira, chinalira m'msolo wa mbala.**

-Munthu ukakhala wapakamwa, umadzanena zinthu zina kwa ena omwe amafuna kudziwa zimenezo ndipo umapeza mavuto.

### **Chinsanjesanje chinaoletsa mazira a mpheta.**

-Munthu wansanje amachedwa ndi kufufuza mkazi kapena mwamuna wake, potero amadziwitsa ena za khalidwe la mwamuna

kapena mkazi wakeyo n’kudziwonongera banja.

**Chinsisi sichikhala pa anthu awiri.**

-Ukauza mnzako nkhani yachinsisi n’kumukhulupirira, umakhala ukudzinamiza chifukwa nayenso amakhala ndi anzake ena apamtima.

**Chinthu chikataika chimalira mwini wake, monganso mwini wake ali kuchilira.**

-Ngati tatola chinthu chamwini tiyenera kuchibweza kuopera kuti chingatisowetse mtendere mumtima popeza timaoneka ngati tachiba.

**Chinthu ndi mtima, kanthu ndi khama.**

-Pamene waikapo mtima wako, uyenera kuchita khama kuti chinthucho chitheke.

**Chinziri chimanyang’wa ndi tsala lake (lakwawo).**



-Munthu aliyense amanyadira zinthu zake monga zovala, ntchito ndiponso banja lake.

**Chipande cha therere chimakoma n’kuyenderana.**

-Kuti mnzako akuchitire zabwino pafunika kumubwezera zabwino. Choncho, kuti anthu muthandizane pamafunika pakhale ubale weniweni pakati panu.

**Chipande chomwe umawomorera mnzako, nawe adzakuwomorera chomwecho.**

-Ngati ukufuna kuti anzako azikuchitira chifundo, yamba ndi iweyo kuwachitira.

**Chipititsira m’ngunda.**

-Mwambiwu umagwiritsidwa ntchito pamene munthu wanena dala zosagwirizana ndi nkhani kuti asokoneze anthu, makamaka pa mlandu.

### **Chipungu sataya nthenga.**

-Mawuwa amanena za munthu waumbombo yemwe safuna kugawira anzake zinthu.

### **Chipwete mpamtsitsi.**

-Chipwete chimakhala chaminga kuchokera ku mbewu. Chimodzimodzinso khalidwe la munthu limachokera kwa makolo.

### **Chirombo chinafera m'dambo la kamundi.**

-Chifukwa cha nsanje anthu ena amafuna kutchuka pantchito za eni mwina chifukwa choti anamwalira, komabe anthu amawadziwa ndipo mapeto ake amaputa nazo mlandu.

### **Chisakomere Mbuzi kugunda Galu, Galu akaluma ati ndi woipa!**

-Pali anthu ena omwe amakonda kuchitira anzawo zinazake, anzawowo akawachitira zangati zomwezo amaona kuti awalakwira kwabasi.

## **Chisanakondwe chilonda njira, chikakondwa chachenjera.**

-Zotigwera zina zimatikumbutsa nsanga kumudzi koma pa zosangalatsa timachita ngati taiwalako.

## **Chisoni chinapha Nkhwali.**

-Nthawi zina chisoni chikhoza kukubweretsera mavuto. Nkhani yake imati, kalekalelo Njoka inkafuna kuwoloka mtsinje wina. Ndiye popeza palibe chimene ikanachita kuti iwoloke yokha, inapempha Nkhwali kuti aithandize. Nkhwaliyo inamva chisoni zedi ndi mmene Njokayo inkaonekera ndipo inavomera kuti ichitadi zimene Njokayo inkafuna. Inauza Njokayo kuti, “Zizengereze m’khosi mwangamu!” Kenako inanyamuka n’kuuluka. Itafika kutsidya, Nkhwaliyo inauza Njokayo kuti, “Bwanawe, tafikatu. Tsopano ukhoza kutsika kuti uzipita.” Koma

Njokayo inakana kwamtuwagalu kuti sichoka. Pamapeto pake, chisoni chinachitsa kuti Nkhwali ione tsoka la nkhuku.

### **Chisoni chinapha nsemamitondo.**

-Munthu amene umamuthandiza poganizira kuti akusowa thandizo ndi amene amadzakuukira, mwinanso ngakhale kukupha kumene.

### **Chisoni n'kumatenda, kumaliro kumakhala nkhani.**

-Pamene munthu akudwala anthu amakhala ndi chisoni, koma akamwalira, chisoni chonse chimatha popeza amadziwa kuti palibenso chimene angachite. Mwina ena amayamba kukamba mbiri ya womwalirayo, zabwino kapena zoipa.

### **Chiswe chikaboola chikwa, chayambira patali.**

-Munthu ukakhala ndi cholinga n'kuchita

khama, umapeza zimene ukufuna.

Ungatanthauzenso kuti vuto likamaonekera ndiye kuti layambira patali.

**Chiswe chimalowa m'mphasa yongoimika.**

-Munthu waulesi amakumana ndi zovuta zambiri.

**Chiswe chimodzi sichiumba chulu.**

-Ngati titamathandizana tikhoza kugwira bwino ntchito zathu mpaka kumapeto.

**Chithupsa chosatumbula sichigonetsa tulo.**

-Munthu ukapalamula kapena ukakhala ndi mlandu, mtima sukhala pansi, umada nkhawa mpaka mlandu utakambidwa.

**Chitoletole chidaphetsa manja.**

-Munthu wakuba tsiku lina amadzapezana ndi tsoka monga kudulidwa manja.

## **Chitosi cha nkhuku yachilendo chimatalika.**

-Mlendo akafika pamudzi n'kulakwa, kulakwa kwake kumaonekera kwambiri ngakhale kuti nawonso eni mudzi amalakwa mwina kuposa mlendoyo.

## **Chitsa chagwede chinagwetsa nkhalamba.**

-Kulakwa kwa ana kukhoza kusowetsa mtendere munthu wamkulu. Zochita za ana zimavutitsa akulu.

## **Chitsime chakele chimaphetsa ndi ludzu.**

-Osamanyoza zinthu kapena anzathu akale chifukwa tsiku lina tidzawafunanso. Choncho ngati timawanyoza sadzatilandira.

Mwambiwu ungatanthauzenso kuti tikasiya kuchita zoipa tifunika kuchita khama kuti tisabwererenso ku zochita zoipazo.

## **Chitsime chimadziwika kuti ndi chakuya chikauma.**

-Munthu wabwino amadziwika akapita. Mwachitsanzo, ena amazindikira kuti mkazi kapena mwamuna wawo anali wabwino banja likatha. Nthawi zambiri amazindikira zimenezi akakwatirana ndi chilombo.

## **Chitsiru chimafa ndi ludzu mwendo uli m'madzi.**

-Pali anthu ena omwe amavutika zinthu zoti zikhoza kuwathandiza zili m'nkhonde. Mwachitsanzo, kumavutika ndi njala dimba ali nalo.

## **Chitsiru chinaomba ng'oma, ochenjera navina.**

-Nthawi zina anthu ooneka ngati opusa ndi ofooka amatha kuchita zodabwitsa motero kuti anthu odziyesa ochenjera n'kutengerapo phunziro.

### **Chitsiru chinaona nkhondo.**

-Si bwino kunyoza munthu chifukwa santha kuchita zinthu zina. Nayenso akhoza kukhala ndi mbali ina yomwe amachita bwino.

### **Chitsiru nachonso chili ndi amake.**

-Ana kapena ziweto zimadziwa makolo komanso mbuye wawo. Munthu sulephera kuzindikira chinthu chako.

### **Chitsulo chimanola chitsulo chinzake.**

-Anthu ochita zofanana amathandizana. Kuti munthu akhale ndi luso amayenera kumatengera anzake.

### **Chitukuko ndi kupirira.**

-Kuti atsikana kapena azimayi atchene, kaya ndi m'mutu, amafunika kupirira ululu. Mwachitsanzo, ena amapsa ndi livuloni koma samasiya.



**Chiwindi cha Nkhandwe chalaka mwini msampha.**

-Chomwe chakanika munthu wakale kapena wanzeru, mwana sangachithe.

**Chiyipira achaje, amake amati mwana.**

-Ngakhale anthu ena atamanyoza munthu chifukwa cha maonekedwe kapena khalidwe lake, makolo ake ndi abale ake amamukonda, sangamutaye kapena kumunyoza.

**Chizolowezi cha namkholowa chidaululitsa mbatata.**

-Si bwino kuchita khalidwe loipa chifukwa likhoza kukubweretsera mavuto.

**Chizolowezi cha namkholowa chidazulitsa mbatata yapansi.**

-Zinthu zina zimaaululika chifukwa cha zinanso zimene zachitika. Makhalidwe oipa monga chiwerewere ndi kuba amayamba

pang'onopang'ono. Pamafunika kudziletsa kuti usachite zinthu zomwe mapeto ake akhoza kukhala kuchimwa kwakukulu.

### **Chizolowezi chidadya mzuzya.**

-Zotsatira za zizolowezi zoipa ndi mavuto monga matenda, milandu komanso imfa.

### **Chizolowezi chinalowetsa nsabwe kumutu.**

-Ukamacheza ndi anthu ochita zoipa nawenso umayamba kuchita zoipa.

### **Choipa chitani mbiri siigonera.**

-Mbiri imamveka msanga. Ngakhale utayesetsa kuimphimba anthu amamva. Koma sipapita nthawi amayamba kuiwala.

### **Choipa chitsata mwini.**

-Palibe munthu amene angachite choipa n'kuthawa, tsiku lina ndithu amadzakumana ndi zotsatira za zoipa zimene anachitazo.

## **Choipa ndi mnyanga ya njovu.**

-Munthu ukhoza kumachita zoipa n'kumaganiza kuti sichidzaululuka. Koma monga mnyanga ya njovu sitheka kuibisa, choipacho tsiku lina chimadzaululika ndipo munthu umadzalangidwa.

## **Choka m'mbuyo Khwangwala atole mphutsi.**

-Umafunika kupereka mpata kwa anzako kuti akhale omasuka pang'ono. Osamatsekereza mwayi wa ena.

## **Cholira Njovu chidalira minyanga.**

-Aliyense ali ndi ufulu wogwira ntchito imene akufuna popanda kukakamizidwa.

## **Chonona chifumira ku dzira.**

-Maonekedwe ndi makhalidwe a munthu amakhala ochokera kwa makolo ake.

**Choopera patali, nyani anadzipha yekha.**

-Si bwino kumangoopera chinthu patali.

**Chosadziwa anausa mvula m'dziwe.**

-Nthawi zina tikhoza kumaganiza kuti tikuthawa mavuto n'kudzilowetsa m'mavuto aakulu mmalo mongopirira n'kuyesa kuthetsa vutolo. Mwachitsanzo, munthu amene wadzimangirira amati akuthawa mavuto.

**Chosadziwa ndi nkhondo, adausa nkhondo padziwe.**

-Nthawi zina tikhoza kumaganiza kuti tikuthawa mavuto n'kudzilowetsa m'mavuto aakulu mmalo mongopirira n'kuyesa kuthetsa vutolo. Mwachitsanzo, munthu amene wadzimangirira amati akuthawa mavuto.

**Chosamva adachiphikira m'masamba.**

-Anthu amene samvera malangizo

amakumana ndi zokhoma kapena kufa kumene. Wina akakulangiza pamafunika kumvera.

### **Chosatha n'chiyani?**

-Chilichonse chimatha pakapita nthawi.

### **Chotola salanda.**

-Kutola kanthu si kuba, koma ukatenga pakhomo pa munthu osapempha.

### **Chozemba chinakumana ndi chokwawa.**

-N'kovuta kuthawa mavuto kapena milandu chifukwa nthawi zina pothawapo umakumana ndi vuto lina lalikulu. Nthawi zina munthu amazemba, koma tsiku lina amadzagwidwa.

### **Chozemba chinalinda kwawukwawu.**

-N'kovuta kuthawa mavuto kapena milandu pamoyo wamunthu chifukwa nthawi zina pathawapo umakumana ndi vuto lina

lalikulu.

**Chozingwa sichilira nkhata.**

-Tikakhala pamavuto pafunika kuyamba kudzithandiza tokha osamangoyembekezera kuthandizidwa ndi ena. Tikadzithandiza tokha enanso adzatha kutithandiza.

**Chule anadabwa m'madzi muli mwake.**

-Pali zinthu zina zomwe zimachita kuonekeratu kuti sizimakhala choncho.

**Chule anadabwa madzi atafika m'khosi.**

-Mawuwa amanenedwa munthu akamadabwa ndi zinthu zomwe zimayenera kuchitika pamoyo wathu.

**Chule wodzikuza adaphulika.**

-Sibwino kumadzikuza chifukwa umatha kudzichititsa manyazi pagulu.

**Chulu sichiyendera chiswe, chiswe  
chimayendera chulu.**

-Chithu ukachifuna umafunika uchite  
chinthucho.

**Chulukechulu n'ngwa njuchi, umanena  
za iyo yakuluma.**

-Pokamba nkhanu pafunika kunena zenizeni  
m'malo momangozungulirazungulira.

Mwambi wu umanenedwanso pakakhala  
anthu ambiri amene akuganiziridwa kuti  
alakwa, koma pamapeto pake amapezeka  
m'modzi. Ungatanthauzenso kuti chinthu  
chimene chimakuchititsa chidwi ndi chimene  
ukuchidziwa bwino. Ngakhale patakhalala  
zinthu zochulukira, umanena za chimene  
chakuchititsa chidwi.

**Chulukechulu ngwa chambo, doko n'la  
ntchira (kambuzi).**

-Ngakhale ogwira ntchito akhale ambiri,

komabe, eni ntchito kapenanso amene akugwira molimbika amadziwika.

**Chulukeychulukey ngwa njuchi, umaloza yomwe yakuluma.**

-Pokamba nkhanu pafunika kunena zenizeni m'malo momangozungulirazungulira.

Mwambiwiwu umanenedwanso pakakhala anthu ambiri amene akuganiziridwa kuti alakwa, koma pamapeto pake amapezeka m'modzi. Ungatanthauzenso kuti chimene chakudolola n'chimene umachitchula Ungatanthauzenso kuti chinthu chimene chimakuchititsa chidwi ndi chimene ukuchidziwa bwino. Ngakhale patakhalazinthu zochuluka, umanena za chimene chakuchititsa chidwi.

**Chulutsa masamba, ungagwire nsete.**

-Mwambiwiwu umanenedwa pouza munthu kuti achulutse zonena kuti asagwidwe.



## **Chuma chili m'nthaka.**

-Ukalimbikira kulima, udzapeza zofuna zako.

## **Chuma chimuka pa chuma chinzake.**

-Anthu amene ali ndi chuma ndi amene amapeza chuma china.

## **Chuma chothamangira chimapatsa matsoka.**

-Kususukira kulemera kungatipalasire moto.

## **Chuma ndi mchira wa khoswe, suchedwa kupululuka.**

-Chuma sichichedwa kutha ngati mmene umachitira mchira wa khoswe. Ukaugwira, umangopululuka. Ngati sukuchisamalira bwino, chimatha chonse phu! Ukakhala pabwino usamanyoze anzako chifukwa ndi amene angadzakuthandize ukadzavutika.

# D

**Dala la mwana wankhuku lolira make ali pomwepo.**

-Anthu ena amangodandaulabe ngakhale kuti ali nawo anthu owathandiza. Aliponso ena amene amavutika koma njira yothetsera mavuto awo akuidziwa.

**Dala lidagoneka munda.**

-Kulekerera kumawonongetsa zinthu. Ulesi si wabwino mpang'ono pomwe.

**Dama n'kumeta, mphini ndi chironda.**

-Pofuna kuwonjezera kukongola kwa chibadwa, nthawi zina timadziwononga potsata njira zosayenera.

**Dengu lidawombola mbiya.**

-Ndi bwino kumathandizana. Aliyense ndi wofunika pantchito yake.

## **Dengu silidya.**

-Nsengwa, dengu kapena bwato zimangosunga zinthu zimene mwaikamo, sizimachepa kapena kuwonjezereka. Tizikhutira ndi zimene tili nazo pamoyo wathu.

## **Dikira madzi apite, kenako uziti ndadala.**

-Munthu ukakhala pabwino usamati ndadala, chifukwa ukhoza kukumana ndi mavuto nthawi iliyonse.

## **Dingudingu amanena za mnzake, zake wapsindira.**

-Pali anthu ena omwe amakonda kunena zoipa za anzawo n'kusiya zawo. Munthu aliyense amayenera kumayamba waona kaye zimene amachita asanayambe kunena za anzake.

## **Diso la Nkhwazi.**

-Maso a Nkhwazi ndi akuthwa kwambiri

omaona chinthu chili patali. Mawuwa amanena za munthu amene amaona patali.

**Diso likatuluka, ndi maliro.**

-Maso a munthu akatuluka, ndiye kuti munthu wamalizika.

**Dombolo n'kuwombolana, nthengu anaombola namfuko.**

-Kuti anzako akuthandize pamafunika kuti nawenso uziwathandiza, osamangoyembekezera kuti anthu akuthandize.

**Dombolo n'kuwombolana.**

-Mnzako akukuchitira zabwino nawenso ndi bwino kumuchitira zabwino. Zimakhala bwino kumathandizana.

**Dothi sinkadakudya, ndakudyera ku uchi.**

-Nthawi zina umathandiza munthu osati chifukwa choti umamukonda, koma chifukwa

choti umakondana ndi mnzake.

**Dulani kachere pumbwa anyale.**

-Anthu ena amanyada mwinanso kuzunza anzawo chifukwa cha udindo, ndalama kapenanso makolo awo. Zinthu zotere zikatha, kuzunza ndi kunyada kumathera pomwepo.

**Dyera linapititsa Ntchentche kumanda.**

-Kuchita zinthu mwadyera pa chilichonse, ngakhale chabwino, kumatsekereza zabwino, monga kukwezedwa pantchito.

**Dyeratu, chakudza sichinena.**

-Munthu ngati uli ndi chuma uyenera kusangalala nacho chifukwa zamawa sizidziwika.

**Dzandioneni n'kukhala ndi zako.**

-Osamadzitamira katundu wa eni ake koma wako.

**Dzanja limodzi silikumba mankhwala.**

-Kuthandizana n'kofunika popeza pawekha sungachite zinthu zambiri.

**Dzedzedzedzere (dzandidzandi) salingana n'kugweratu.**

-Kulephera sikutanthauza kuti sungakwanitse kuchita chinthu. Kuti munthu achite bwino amafunika kukumana kaye ndi mavuto.

**Dzenje la pida (pinji) limadziwika n'kuunjika.**

-Anthu akamapanda kukuyankhula kapena kumangokhala ndi msunamo umadziwa kuti pali nkhani.

**Dzera uko sikuyenda, koma tiye kuno.**

-Pophunzitsa ena ntchito kapena zinazake, si bwino kungofotokoza chabe, tizionetsa chitsanzo chabwino kuti malangizo athu akhale aphindu.

## **Dziko la eni ndi mowa, ukaponda waledzera.**

-Munthu ukayenda umayenera kukumbukira kuti ndiwe mlendo. Ukalakwitsa zabwino zako zonse zimaiwalika.

## **Dziko lingagwe.**

-Ukasiya ntchito yomwe munthu umagwira n'kuyamba ina ndiye munthu n'kumakufunsa: “Bwanji mutsirize kaye ntchito yomwe munayamba kaleyi?” Kuyankha kwake mokana umati: “Dziko lingagwe.”

## **Dziko ndi mafuwa, achita kuchilikizana.**

-Munthu aliyense ali ndi mbali yake kuti zinthu ziyende bwino m'dziko kapena m'mudzi.

## **Dziko ndi anthu, nyama ndi mambala.**

-Anthu ndi amene amakometsa dziko. Choncho, pafunika kuti anthu azigwirizana

kuti zinthu ziziyenda bwino pamudzi pawo. Asamangokhala ngati nyama zomwe zimadyana zokhazokha.

**Dziko ndi mafuwa achita kuchinjiriza.**

-Kuti dziko liyende bwino pamafunika anthu ena oliteteza, ena odziwa zamalamulo ndiponso ena olamulira. Osangoti mfumu imodzi yokha ayi. Ngati zitakhala choncho mtendere sungakhalepo.

**Dziko ndi wanu, ndalama ndi wathu.**

-Mawuwa amatanthauza kuti tinabwera kuno kudzapanga ndalama. Amakonda kugwiritsidwa ntchito ndi amwenye omwe amapanga bizinezi.

**Dziko silimaipa, amaipa ndi anthu.**

-Tisamaganize kuti tikachoka pamudzi wina n'kupita kwina chifukwa cha kukangana ndiye kuti kukangana kwatha ayi, chifukwa amene amayambitsa kukangana si malo,



koma anthu.

### **Dzimvere mtolo.**

-Mawuwa amanenedwa pouza munthu kuti wamva zimene zanenedwa, kwatsala n'kuti azigwiritse ntchito.

### **Dzina silifa.**

-Ana akabadwa amatsala ndi dzina la munthu amene anawabereka.

### **Dzinena kuti mafano, udzafa maono adakayera.**

-Mwambiwu umatanthauza kuti kunyoza malangizo a akuluakulu kapenanso zikhulupiriro zamtundu wako kungakubweretsere tsoka. Mpofunika kumanyadzira chikhalidwe chathu komanso kumamvera malangizo.

## **Dzino siliononga nyumba ya msonkhano, koma lirime.**

-Chimene chimachititsa kuti anthu asiye kugwirizana kawirikawiri silikhala dzino, koma pakamwa.

## **Dzira siliola tsiku limodzi.**

-Khalidwe la munthu siliyamaipa tsiku limodzi. Ngati munthu walakwa ndiye kuti anayamba kale kuchita zinthu zoipa, kungoti sankagwidwa.

## **Dzungu limakula kunsonga.**

-Nthawi zina munthu wobadwa pambuyo ndi amene amakhala wamphamvu, wokula bwino ndiponso wanzeru kuposa woyamba kubadwa.

## **Dzungu m'gonera kumodzi.**

-Mawuwa amanena za anthu omwe amangochita zawo. Safuna kumva za ena kapena kugwirizana ndi anzawo.

### **Dzuwa likawomba, wotheratu.**

-Mwayi ukapezeka, kapenanso ukakhala ndi nthawi, mpofunika kuchitiratu zowe ukufuna kuchita, chifukwa mwina tsiku lotsatira kudzakhala mitambo.

### **Dzuwa likung'amba mtengo.**

-Mawuwa amanenedwa zinazake zikachitika poyera anthu akuona.

### **Dzuwa likuwomba mtengo.**

-Mawuwa amanenedwa zinazake zikachitika poyera anthu akuona.

### **Dzuwa limanyenga, mdima umasaka.**

-Pamene walakwira makolo masana, umatha kuthawa. Koma kukada umapitanso kwa makolo ako n'kukalangidwa. Cholakwa sichithawika, nthawi imafika ndipo munthu amalandira chilango cha zimene wachita.

**Dzuwa salozerana, aliyense amaliona  
yekha.**

-Pali zinthu zina zomwe sitimafunika kuchita  
kufotokozera anzathu.

# F

## **Fisi adakana nsatsi.**

-Si zonse zimene anthu amanenera munthu zimakhala zoonza. Ngakhale munthu atakhala wamakhalidwe oipa, pamafunika umboni weniweni tisanamunene kuti wachita cholakwa.

## **Fisi adalira msampha utaning'a.**

-Nthawi zina timataya mtima kapena kugwa mphwayi mavuto athu atatsala pang'ono kutha. Tiyenera kupirira mpaka pamapeto.

## **Fisi akagwa m'mbuna sayankhula kanthu.**

-Munthu akapalamula mlandu amafunika kungovomereza ndi kupepesa m'malo momakula mtima. Mawuwa anganenedwenso ngati munthu akusowa choyankhula akagwidwa ndi mlandu.

## **Fisi akagwa m'mbuna, mawa adzalandira nkhwangwa.**

-Munthu akachita choipa, zivute zitani amakumana ndi mavuto a zimene wachitazo. Choncho ndi bwino kungovomereza ndi kupepesa m'malo momakula mtima. Mawuwa anganenedwenso ngati munthu akusowa choyankhula akagwidwa ndi mlandu.

## **Fisi akagwira sataya.**

-Munthu suyenera kutaya chinthu chimene umachidalira komanso chimakuthandiza monga ntchito, chipembedzo ndi zina.

## **Fisi akakhuta salilira pomwepo.**

-Pamene munthu wapeza mwayi wina, usamawanyang'wire amene akupatsa mwayiwo monga makolo, aphunzitsi ndi akuluakulu a pantchito, chifukwa angakulande zomwe wapezacho.

### **Fisi akatola fupa sadyera pomwepo.**

-Sibwino kumangouza aliyense za mwayi umene tapeza monga udindo chifukwa angayambe kuona kuti ndife onyada.

### **Fisi akazingwa amadya udzu.**

-Munthu ayenera kumakhutira ndi kangachepe kamene wapeza akakhala pamavuto.

### **Fisi amakhalabe fisi, ngakhale atasintha tchire.**

-Munthu woipa ndi woipa, sangasinthe chifukwa choti wasintha malo.

Chimodzimodzinso chinthu choipa, sichingasanduke chabwino ngakhale utachichita pa zolinga zabwino.

### **Fisi atolapo tsoka.**

-Munthu ukakhala wakhalidwe loipa monga kuba ndiye chinthu n'kusowa pakhomo, anthu amangoti ndiwe, ngakhale palibe

umboni wokwanira wachitadi zinthuzo ndiwe.

### **Fisi ayamika ake maluwa.**

-Munthu amakonda kuyamikira zinthu zake n'kumaona kuti n'zabwino kuposa zonse.

### **Fisi ndi Mbuzi sizigonera limodzi.**

-Mawuwa amanena za zinthu zomwe ndi zosayenera kukhalira limodzi kapena kugwirizana. Mwachitsanzo, anthu odana, sayenera kumakhalira limodzi chifukwa mapeto ake akhoza kuphana.

### **Fisi saopa mdima.**

-Munthu amene amakonda zoipa saopa anthu kapena zinthu zoopsa ndi zonyansa. Amayendanso ndi anzake omwe ndi oipa.

### **Fodya amakoma ngokoketsana.**

-Mawuwa amatanthauza kuti moyo wa munthu umakoma ndi kugawana zinthu monga nzeru, zakudya, zovala ndi zina.



### **Fodya amakoma ngwamnzako.**

-Mawuwa amatanthauza kuti chinthu chanzako n'chimene chimaoneka chokoma kuposa chako.

### **Fodya m'panazale.**

-Ana amatengera zimene makolo awo amachita.

### **Fodya n'kukhomo.**

-Munthu wina akapeza mnzake ali mnyumba mwake ndi mkazi wa mnyumbamo.

Pomufunsa kuti “Ukutani m'nyumba mwangamo?” amati, “Ndikupempha fodya.”

Mwini wakeyo amati: “Nanga kupempha fodya amachita kulowera m'nyumba.”

Mwambiwu umatanthauza kuti tizichita zinthu modzilemekeza kuti tisasokoneza maganizo a anthu ena.

**Fodya wako ndi uyo ali pamphuno,  
wapachala ngwa mphepo.**

-Munthu ayenera kumakhutitsidwa ndi zomwe ali nazo, chifukwa zimene amafuna kapena amamva akhoza osadzazipeza pamoyo wake.

**Fodya wako ndi uyo ali pamphuno.**

-Tizidalira zinthu zomwe tili nazo kusi yana ndi zomwe tikungoganizira.

**Fulukutufulukutu kuti anzake kumudzi aziti akulima.**

-Sibwino kumangodzitama kapenanso kumachita zinthu modzionetsera. Ndi bwino kumagwira ntchito zooneka ndi maso m'malo momangodzitama. Ndi bwino kumachita zimene umanena.

**Fupa lokakamiza limagulula dzino.**

-Zinthu zokakamiza sizichedwa kutha ndipo nthawi zina zimaononga zinthu zina.

### **Fupa lokakamiza limaswetsa mphika.**

-Osakakamiza munthu kuchita zomwe sakufuna monga kukwatira, chifukwa akapeza mavuto akhoza kudzatiririra.

### **Fupa lokakamiza silichedwa kuswa mphika.**

-Osakakamiza munthu kuchita zomwe sakufuna monga kukwatira, chifukwa akapeza mavuto akhoza kudzatiririra.

### **Fwinyiririfwinyiriri adachedwa kudzuka, chinthu chidam'mbwandira.**

-Kukhala fwinyiriri n'kudzipindabe pogona m'malo modzuka n'kumakagwira ntchito. Nthawi zina kukonda kwambiri chinthu china kukhoza kutibweretsera mavuto, monga kungachitire kumangokonda kugona.



### **Galu adaipitsa yekha alendo.**

-Mwambiwu umanena za munthu amene wadziwonongera tsogolo pochita zinthu zosayenera.

### **Galu akati phethi, wataya nyama.**

-Pogwira ntchito kapena pochita chinthu chilichonse, monga maphunziro, sipamafunika kuyang'ana m'mbuyo kapena kugwa mphwayi koma kudzipereka ndi mtima wonse. Ukapusa umapezeka kuti wataya mwayi.

### **Galu ndi galu basi.**

-Munthu amene ali ndi khalidwe kapena chizolowezi chinachake zimavuta kuti asinthe.

### **Galu sasowa mbuyake.**

-N'zofunika kuti nthawi zonse tizikumbukira amene amatithandiza, monga makolo ndi ena makamaka tikakhala pabwino.

### **Galu sauwa fupa lili m'kamwa.**

-Anthu ena akakhala pabwino amaiwala za umphawi wawo ndipo sasamala za anzawo.

### **Galu ukam'ponyera mafupa, sachoka pakhomo.**

-Munthu ukakhala woolowa manja kapena wamsangala, anthu satha phazi pakhomo pako.

### **Galu umamudzuma asananye.**

-Munthu akayamba kuchimwa kapenanso zinthu zikamalakwika, timafunika kumuthandiziratu zinthu zisanafike poipa.

### **Galu wa mfumu ndi mfumu ya Agalu.**

-Amene ali m'maudindo ena monga nduna,

amaimira mtsogoleri wamkulu, choncho ngakhale atakhala kuti samatsuka m'kamwa, timafunikabe kumawalemekeza.

**Galu wadyera (wolusa) anapita ndi goli lake.**

-Tisamachite chinthu ndi mtima wongofuna kusangalatsa ena ngati mmene amachitira Galu amene anasochera ndi goli lake.

**Galu wamiliri anaba nyama n'kuoloka nayo mtsinje.**

-Munthu wopirira ndi amene amapindura nthawi zambiri. Khama limathandiza kuti munthu apeze chomwe akufuna.

**Galu wamiliri anaoloka mtsinje.**

-Munthu wopirira ndi amene amapindura nthawi zambiri. Khama limathandiza kuti munthu apeze chomwe akufuna.

### **Galu wamkota sakandira pachabe.**

-Akuluakulu akamatichenjeza ndiye kuti alinga ataona kuopsa kwa zimene tikuchitazo. Choncho, ndi bwino kumawamvera kuti tipewe mavuto. Mwachitsanzo, galu wamkota, sangangokanda popanda kanthu. Mutafufuza mukhoza kupeza kuti pali nyama.

### **Galu wandifera m'khwapa.**

-Mawuwa amaneneda potanthauza kuti zangovuta koma tinayesetsa.

### **Galu wofewerera anapita ndi khongozi (goli).**

-Munthu akakhala wotengeka ndi zonena za ena komanso madandaulo a ena amasochera.

### **Galu wouwa saluma.**

-Munthu woyankhulayankhula nthawi zambiri amakhala wopanda mnzeru kapena wopanda mphamvu.

**Gola akasowa Nkhuku, amatola udzu.**

-Gola kapena kuti mphamba, imakonda kugwira Nkhuku. Koma zikavuta, imatha kudya udzu. Tisamangoyembekeza zabwino nthawi zonse. Nthawi zina munthu amakumana ndi mavuto.

**Golo! kumtondo, kumunda kulibe ndime.**

-Mawuwa amanena za munthu waulesi, yemwe amakonda kudya koma n’kumakana kugwira ntchito.

**Gomo likagumuka, zako umadyeratu.**

-Pamavuto munthu amayenera kuchita chilichonse kuti adzipulumutse.

**Gona n’kuphe sali kutali.**

-Mawa si kalekale, ngati mmene zimakhallira ndi munthu amene wauzidwa kuti aphedwa mawa. Nthawi imadutsa mofulumira kwambiri.



### **Gona n'kuphe sikutali.**

-Mawa si kalekale, ngati mmene zimakhalira ndi munthu amene wauzidwa kuti aphedwa mawa. Nthawi imadutsa mofulumira kwambiri.

### **Gonu, kwacha; masiku adyana.**

-Munthu aliyense ayenera kukhala wokonzekera kugwira ntchito chifukwa zamawa sizidziwika.

### **Gule aliyense amakoma potsiriza.**

-Chinthu chilichonse chimakhala chovuta komanso chosasangalalatsa ukamachiyamba. Koma ukachizolowera chimayamba kukusangalatsa.

### **Gule n'guleje, umakumbuka podya nkhwani.**

-Osamakomedwa ndi zosangalatsa za m'dzikoli n'kufika poiwala Mulungu kapena kuiwala zoti ukhoza kukumana ndi mavuto

kapena kufa kumene.

**Gule ndi wa aliyense, kulakwa n’kuthyola mwendo.**

-Munthu aliyense ali ndi ufulu wokhala, kuchita komanso kuyankhula chimene akufuna. Vuto limakhalapo ngati atachita zinthu zophwanya malamulo.

**Gulo akasowa mtengo, amazungulira chitsa.**

-Pamlandu munthu ayenera kugwiritsa ntchito umboni uliwonse umene uli nawo. Chimodzimodzinso pamoyo wathu, ngati tasowa chinthu tiyenera kupeza china choti chilowe m’malo mwake.

**Gumula zikulake.**

-N’zosavuta kupeza zolakwa za wina, kuwononga zinthu, komanso kugwiritsa ntchito zomwe wina wapanga. Koma kuti upange zako pamakhala matatalazi.

### **Gunda umvetse.**

-Pofuna kudziwa zoonazzenizeni, munthu umayenera kufunsa kapena kuchita zinthuzo.

### **Gunya sasenda, amene wasenda wakhuta.**

-Mukamadya mbatata, anthu anjala sasenda, akayamba kusenda ndiye kuti ayamba kukhuta. Choncho, tikamagwira ntchito, zomwe tingathe kusiya osazigwiritsa ntchito tibataye nazo nthawi.

### **Gwada utame, ndikuuze chinapha mako.**

-Mawuwa amanenedwa munthu akamalimbikitsa mnzake kuti asabise chomwe wabwerera, kuti akatero nayenso amuuze zinthu zina zachinsisi.

### **Gwada, umvetse.**

-Pofuna kumvetisa kanthu kenake pafunika kudekha, kudziphetsa ndi kupempha kuti wina akuthandize.

## **Gwadugwadu ndiko chikulu, chilili ndiko kupusa.**

-Kugwada pamene munthu wamkulu akuyankhula ndi ulemu komanso kumasonyeza kukhwima maganizo.

Kungoima ukamayankhula ndi akuluakulu ndi mwano komanso kuperewera nzeru.

## **Gwira mpini, kwacha!**

-Mawuwa amanenedwa akamachenjeza munthu waulesi kuti ayambe kugwira ntchito.

## **Gwira pali moyo.**

-Munthu amayenera kuteteza moyo wake posamalira zinthu zimene zimamuthandiza, monga ntchito kapena katundu.

## **Gwirize n'kodze.**

-Munthu woyang'anira katundu wa ena ndi gwirize n'kodze moti sakhala ndi ulamuliro pa katunduyo.

# I

## **Idakula nyanga poopa malunje.**

-Kuti munthu akule ndi moyo ndiponso makhalidwe abwino, ayenera kumalemekeza akuluakulu ndiponso kumadzisamalira monga nyama imene imakula nyanga poopa kuyenda m'nkhalango.

## **Ikachuluka pakamwa, siipenya pathumba.**

-Pantchito pakachuluka anthu, ntchito siyenda, mmalo mwake zimachuluka ndi nkhani.

## **Ikadza njala, umadya kontho.**

-Munthu ukakhala pamavuto umachita zinthu zomwe sungachite uli pamtendere.

## **Ikadza njala, usamataye gaga.**

-Munthu aliyense amafunika kusamalira chuma chake, chifukwa akachiwononga,

tsiku lina amadzachifuna akadzakhalapamavuto.

**Ikadza njala, usamataye mtondo.**

-Munthu aliyense amafunika kusamalira chuma chake, chifukwa akachiwononga, tsiku lina amadzachifuna akadzakhalapamavuto.

**Ikakuthawa imawawa nsuzi.**

-Munthu wina anagwira Njiwa ndipo anasangalala kwambiri chifukwa ankadziwa kuti nsima ya tsiku limenelo ikayenda. Koma ali mkati moganiza zimenezi, Njiwayo inamupulumuka n'kuthawa. Munthuyo anapsa mtima n'kuyamba kuikuwira Njiwayo n'kumaiuza kuti, "Iweeeeeeeee, umawawa msuzi!" Phunziro ndi lakuti osamanyoza chinthu chikapita.

**Ikaola imodzi, zawola zonse.**

-Pamudzi munthu akakhala wamakhalidwe

oipa monga wakuba, anthu amangoti mudzi wonse ndi wa anthu akuba ngakhale wakuba ali m'modzi yekha. Kulakwa kwa munthu wina kukhoza kukhudza anthu ena.

**Ili ndi amake simagwa m'mbuna.**

-Anthu amene amalangiza ana awo ndipo anawo namvera malangizo awo, kawirikawiri amakula bwino popanda mavuto ambiri.

**Iliko nja usiku, mkamwini anajiwa dzanja.**

-Si bwino kuyembekezera zinthu chifukwa zikapanda kubwera timadzagwira njakata.

**Imfa ilibe odi.**

-Imfa siipanganika, imabwera nthawi yosayembekezereka. Choncho, timafunika kukonza moyo wathu wauzimu kuti tikhale ndi tsogolo labwino.

**Imfa siisankha, imatenga mkulu ndi mwana yemwe.**

-Aliyense azikhala wokonzeka kuti tsiku lina adzamwalira.

**Imfa siona nkhope.**

-Imfa potenga munthu siyang'ana kuti uyu ndi ndani.

**Imfa sithawika.**

-Ngakhale munthu atachita zotani kuti asamwalire, mapeto ake amafabe.

**Ine-ine sin'theka pofula uchi.**

-Si bwino kumangomva zathu zokha komanso kumamva malangizo a ena ndinso kugawana nawo zomwe tili nazo. Umbombo suthandiza.

**Ine-ine, sindim'tenga.**

-Si bwino kumachita zinthu modzikonda pamalo, mapeto ake umataya mwayi wopeza



zabwino. Anthu sagwirizana ndi munthu amene amachita zinthu modzikuza.

**Inswa ikaola imodzi, zaola zonse.**

-Pamudzi munthu akakhala wamakhalidwe oipa monga wakuba, anthu amangoti mudzi wonse ndi wa anthu akuba ngakhale wakuba ali m'modzi yekha. Kulakwa kwa munthu wina kukhoza kukhudza anthu ena.

# J

## **Jekete sapisira.**

-Mawuwa anganenedwe ngati wina wachita zinthu zabwino kwambiri moti sitingachitirensa mwina koma kumuyamikira. Anganenedwenso ngati wina akuyesa kuchita zosatheka. Tisamachite zinthu zosagwirizana ndi chizolowezi chathu, monga kupisira jekete.

## **Jelasi siipindula.**

-Njiru kwake n'kuwongonga zinthu komanso kubwezera zinthu m'mbuyo. Palibe chimene munthu angapindule ngati atamachita jelasi.

# K

## **Kachaje sikachepa, kachepa n'kamalonda.**

-Tiyenera kuthokoza tikapatsidwa zinthu mwaulere ngakhale zitakhala zochepa. Koma ngati tagula ndipo zinthuzo sizinakwane pa mlingo wake, tiyenera kudandaula.

## **Kachepa alibe bwalo, ali ndi bwalo ndi kangachepe.**

-Si bwino kumaderera zimene wangopatsidwa, kumangothokoza.

## **Kachepa kayenda, kakafa n'kophika.**

-Pochita cholakwa munthu umaona ngati chaching'ono. Koma chikaululika chimasanduka chachikulu komanso chochititsa manyazi.

## **Kachepa n'kovala, kakudya sikachepa.**

-Chovala chimodzi simungathe kuvala anthu

awiri nthawi imodzi. Koma chakudya ngakhale chitachepa bwanji mukhoza kugawana. Mawuwa amanenedwa poitanira ena kuti adzadye nawo chakudya.

### **Kachepa, n'kuona msandulizo.**

-Vuto limachepa ngati tili ndi ena omwe angatithandize.

### **Kachepera maso, kamwa lilanda.**

-Pali zinthu zina monga chakudya, milandu, zomwe poziona zimakhala ngati zochepa koma kuti tizidye kapena kuzikamba zimakhala zazikulu. Tisamaderere zakudya kapena kunyozetsa nkhani.

### **Kachinyiza anang'amba thumba.**

-Si bwino kukakamiza wina kuchita chinthu chomwe sakufuna, chifukwa mapeto ake timapezeka tawononga, m'malo mokonza.

### **Kachinziri kamatupa patsala lake.**

-Munthu amamasuka akakhala kwawo. Akhoza kudya kapena kuchita zinthu zomwe kukanakhala kuchilendo sakanachita.

### **Kachipande katherere kamakoma n'kuyenderana.**

-Anthu amene amakhala bwino amafunika kumayenderana komanso kupatsana zinthu. Amafunikanso kuthandizana zikavuta, m'malo momangoyembekezera kuti munthu m'modzimodzi azitichitira zabwino. Mnzako akukuchitira zabwino nawenso ndi bwino kumuchitira zabwino.

### **Kachirombo kofula m'njira katama mano.**

-Munthu aliyense pamene akuyamba kuchita chinthu, monga banja kapena kulima munda, amafunika kuona kaye ngati angakwanitse. Amafunikanso kuona ngati ali ndi zonse zofunika kuti akwaniritse

chinthucho. Mwachitsanzo, si bwino kulilowa banja ukumadalira ena kuti adzakuthandiza kapena kumabereka ana ukuwerengera kuti amalume adzawaphunzitsa.

### **Kadapota nyanga kamadya ndi mvumbi.**

-Tiziganizira za tsogolo lathu. Kanyama kena kankaopa mvula ndipo sikankatuluka kupita kukadya moti kanaonda. Ndiye mvula itatha kanapita kukaba chakudya ndipo kanaphedwa. Kakanadya bwino nthawi ya mvula bwenzi kali ndi moyo nthawi yosowa chakudya.

### **Kaduka ka chinangwa.**

-Mawuwa amatanthauza nsanje. Chifukwa cha nsanje, chinangwa chikazulidwa sichiphukanso kuopa kuti anthu angabwerenso ndi kudzathyola masamba ake kuti akapange ndiwo (chigwada) kapena kudzachizulanso.

### **Kaduwa kokongola kamakopa Njuchi.**

-Anthu amatengeka ndi zimene akuona. Mwachitsanzo, amuna amakopeka ndi kukongola n'chifukwa chake akazi amadziphoda kuti akope njuchi.

### **Kadya n'kena mbiri n'nja Khoswe.**

-Pali anthu ena chifukwa cha maonekedwe awo anthu amaganiza kuti ndi amene achita zoipa. Tisamaweruze munthu potengera maonekedwe kapena potengera zimene anachita m'mbuyomu. Komanso munthu akakhala woipa kapena wochenjeretsa amasowa mtendere, chifukwa chilichonse choipa amangoti wachita ndiwe.

### **Kadyole pamzinda adathetsa anzake.**

-Kusyasyalika kapena kuti kuuza munthu zinthu zonama n'cholinga choti umusangalatse kungangoonongetsa zinthu. Ndi bwino kumauza anthu chilungamo koma

mwachikondi.

**Kadzidzi amalemekeza nkhalango yake.**

-Aliyense ali ndi zinthu zimene zimamuthandiza komanso kuchititsa kuti azilemekezeka.

**Kadziwa mwini mpeni wa m'chiuno.**

-Sitingathe kudziwa zambiri za anthu ena monga maganizo, mavuto kapena madandaulo awo.

**Kadziwa mwini msampha wa m'chipeta.**

-Ndi munthu amene watchera msampha mu udzu kapena kuti m'chipeta amene amadziwa pamene uli. Choncho, sitingathe kudziwa zambiri za anthu ena monga maganizo, mavuto kapena madandaulo awo.

**Kadziwa mwini nkhuto wa Fulu.**

-Sitingathe kudziwa zambiri za anthu ena monga maganizo, mavuto kapena



madandaulo awo.

**Kadzola fumbi kalekeni, kali ndi nyimbo.**

-Munthu akayamba kuchita zinazake ndiye kuti pali chimene chikumulimbitsa mtima.

**Kagwa m'khutu satong'ola, atong'ola n'kam'maso.**

-N'zosatheka kubweza mawu atayankhulidwa kale. N'chifukwa chake m'pofunika kumasamala ndi zimene timayankhula kuopa kuyambitsa chipwirikiti.

**Kagwa m'maso ndi kako.**

-Osamawerengera zinthu zimene sunazilandire, mwina sizibwera. Chomwe uli nacho ndiye chako.

**Kagwa m'maso tola.**

-Mwambiwu ukunena za wakuba amene amatenga chilichonse chomwe waona.

## **Kaitana kavula, ukachedwa upeza katavala.**

-Ukaitanidwa umafunika kupita mofulumira, chifukwa ukachedwa umakapeza zimene amakuitanirazo zitatha. Kuchita zinthu panthawi yake komanso mosazengereza pamene waitanidwa n'kofunika kwambiri. Ukachedwa umakapeza zatha kale.

## **Kaitana kavula, ukachedwa ukakapeza katabopha.**

-Ukaitanidwa umafunika kupita mofulumira, chifukwa ukachedwa umakapeza zimene amakuitanirazo zitatha. Kuchita zinthu panthawi yake komanso mosazengereza pamene waitanidwa n'kofunika kwambiri. Ukachedwa umakapeza zatha kale.

## **Kakachenjeretsa sikanona.**

-Nthawi zambiri amene amakonda kuyankhulayankhula kapena ochenjeretsa

amakhala opanda nzeru. Chimodzimodzinso okongola, amangokongola nkhope koma n'kukhala opanda nzeru kapena opanda khalidwe.

**Kalongoda sapsa madzi amodzi.**

-Zinthu zina zimafunika khama kuti zitheke. Komanso kuti munthu achite bwino amafunika kuthandizidwa kangapo.

**Kako n'kako, kamwini katukwanitsa.**

-Kanthu kako ukhoza kukagwiritsa ntchito m'mene ukufunira koma kamwini ayi.

**Kako n'kako, kamwini sakandira.**

-Ukabwereka chinthu, sukhalani ndi ufulu wochigwiritsa ntchito mmene ukufunira. Ngati ukufuna kumagwiritsa ntchito chinthu momasuka, ndiye ungachite bwino kungopeza chako.

### **Kako ndi ako wadya.**

-Si bwino kutenga zinthu zimene si zako.  
Chomwe munthu wadya ndiye chako  
chenicheni chifukwa palibe angakulande.

### **Kako ndi ako kali m'mimba, kali padera si kako.**

-Munthu uziwerengera chimene uli nacho,  
osati chomwe ukuganiza kuti ungadzakhale  
nacho.

### **Kako sikanunkha.**

-Umateteza abale ako komanso anzako.  
Anthu akamawanenera zoipa,  
umawakometsera ngakhale zitakhala kuti  
amachitadi zinthuzo.

### **Kakonda mnzako mlekere, mawa kakonda iwe.**

-Osachita nsanje ndi zinthu kapena mwayi  
wa ena, mawa ukhoza kudzakhala mwayi  
wako.

## **Kakudza kokha kamalaula.**

-Kuti upeze chinthu chabwino umayenera kuchivutikira. Chinthu chongobwera chokha n'chosadalirika. Choncho, si bwino kukhala munthu waulesi.

## **Kale silibwerera.**

-N'kupanda mnzeru kumalilira zakale. Ndi nzeru kumaganizira za mawa mmalo momataya nthawi kuganizira zinthu zomwe zinachitika kale ndipo sungazisinthe ngakhale pang'ono.

## **Kali kokha n'kanyama, tili awiri n'tianthu.**

-Kukhala awiri si mantha, mumathandizana nzeru. Koma munthu wokonda kuyenda yekha kapena kuchita zinthu payekha amavutika kwambiri. Palibe munthu amene angathe kuchita zonse payekha, choncho ndi bwino kumadalirana.

### **Kalikonse kamakhala ndi chiyambi.**

-Palibe chimene sichikhala ndi poyambira.

### **Kalikonse kouluka kamatera.**

-Tingatchuke kapena kulemera bwanji, tsiku limadzafika loti timadzasauka kapena kudzamwalira n'kusiyana nazo zonse. Moyo umanyenga.

### **Kalindelinde adalinda chiswe.**

-Mlesi amataya mwayi wogwira ngumbi pamene zituluka. Popeza wachedwa kudzuka, amapeza zatha ndipo amangopeza chiswe.

### **Kalionera adaphika ntchentche kuyesa ana a Njuchi.**

-Munthu ukamatengera makhalidwe oipa a anthu, amene umakumana ndi mavuto ndi iweyo. Osamatengera zoipa zomwe ena amachita.

### **Kalira-ulendo salira, ndi mtu uchepa.**

-Munthu akamapita kwinkwake kukafuna zinthu monga zovala kapena zakudya, amayenera kutenga zimene angapeze. Akhoza kubwerera opanda kalikonse ngati atamaderera n'kumasiya zinthu.

### **Kalowa m'bwalo kali ndi nyimbo.**

-Munthu akayamba kuchita zinazake ndiye kuti pali chimene chikumulimbitsa mtima.

### **Kalowa m'bwalo kayanza malo.**

-Zimakhala zovuta kuimitsa chinthu chimene chayamba kale. Zinthu zina zimachitika mwadzidzidzi chifukwa cha zinazake, ndipo pambuyo pake zimadziwika.

### **Kalowa m'bwalo, sikatuluka.**

-Zinthu zosangalatsa zimavuta kuzisiya.

### **Kalowa m'khutu kayala mphasa.**

-Chomwe munthu wamva chimakhazikika.

### **Kalulu anamva mawu oyamba.**

-Mawu oyamba ndi amene amakhala aphindu komanso ndi amene anthu amagwira. Tizichenjera tikamanena zinthu chifukwa anthu amagwira mawu anthu oyamba.

### **Kalulu anatuma njovu.**

-Mwambiwu utanthauza pamene munthu wolemekezeka akuchita zinthu zina atatumidwa kapena m'malo mwa anthu ena onyozeka.

### **Kamakuwa ndi kakumsampha, kam'diwa sikayankhula.**

-Wina akagwidwa ndi ndalama yobedwa, sayankhula. N'zachidziwikire kuti ndi amene anatenga ndipo amugwira basi.

### **Kamanenepetsa sikadziwika.**

-Ndi bwino kumayesa njira zosiyanasiyana monga kulima komanso kugwira ntchito.



Osamangodalira chimodzi.

**Kamanga zula.**

-Ndi bwino kumathetsa zimene zikuyambitsa mavuto ako, vutolo lisanakule.

**Kamapikula nkhalo ndi katsekera.**

-Mwambiwu umanena za munthu amene amakonda kuchepetsa zinthu, pomwe zotsatitira zake ndi zazikulu.

**Kamata m'kati, ng'oma ya chimbulimbuli.**

-Mawuwa amanena mokokomeza za munthu amene amaoneka ngati wabwino pamaso koma muntima mwake muli chiwembu.

**Kamba amanyerera amene wamtola.**

-Pali anthu ena omwe umati ukawathandiza amabweza chipongwe kapenanso kukubweretsera mavuto.

**Kambalame kam'kamwa sikanona.**

-Anthu ambiri sakonda kucheza ndi munthu

wolongolola ndipo nthawi zambiri munthu wotereyu amakhala wopanda khalidwe ndipo anthu amamuthawa.

### **Kambalame kolawira kadakhuta nyongolotsi.**

-Tikamayesetsa kuchita zinthu moyambirira, monga kulimba munda, timapeza mphindu lalikulu. Koma ngati tayamba mochedwa, timakumana ndi mavuto ambiri n'kupeza phindu lochepa.

### **Kambaleme kochenjera sikachedwa kukoledwa paulimbo.**

-Kuchenjeretsa komsamva nako malangizo kumaika munthu pamavuto aakulu ngati mmene zimakhala ndi mbalame yomwe imangoti zungulizunguli. Pamapeto pake imapezeka yakatera paulimbo.

### **Kambuku sangasintho manga ake.**

-Zimakhala zovuta kuti munthu asiye zinthu

zimene anazolowera.

### **Kambuzi kapambuyo kadalinda mkwapulo.**

-Kuchita zinthu mochedwa kumapezetsa mavuto. Zimakhala ngati mbuzi imene ili m'mbuyo, munthu akamafuna kukwapula amakwapula imeneyoyo. Ndi bwino kumakhala patsogolo pochita zinthu.

### **Kamodzikamodzi ndi mtolo.**

-Zinthu zikuluzikulu zimayamba ndi zinthu zing'onozing'ono. Mwambiwu umatiphunzitsanso kuti kuchita zinthu mwachifatse n'kothandiza kusiyana n'kuchita zinthu mopupuluma.

### **Kampango woyera kumimba.**

-Mawuwa amanenedwa ndi munthu amene akukana mlandu ponena kuti, “Ndilibe mlandu ndi munthu chifukwa palibe umboni wokwanira.”

### **Kamtande alemba pali khola.**

-Munthu akakhalitsa kapena kuima penapake kwa nthawi yaitali, ndiye kuti akudikira chinachake.

### **Kamtengo kamwana n'kamene amaphera njoka.**

-Anthu anzeru amatha kulephera kuchita zinthu zing'onozing'ono, amawathandiza ndi anthu amene amaoneka ngati opanda nzeru.

### **Kamtsitsi kadagwetsa abambo.**

-Osachepetsa tchimo kapena cholakwa. Tiyenera kulapa chifukwa lingadzatipezetse mavuto m'tsogolo.

### **Kamwana m'chokere, ukulu n'kuona kako.**

-Mawuwa amanenedwa pakakhala chakudya chochepa. Amasonyeza kuti ngakhale chakudya cha mwana, munthu ukhoza kukhuta. Ndi bwino kumavomereza zinthu zikavuta.

### **Kamwini kalibe nkhoko m'nkhalu.**

-Munthu ukapita kwa eni, sumajijirika mpaka kufika pomauza anthu kuti, “Tisunge chakudya chinachi kuti tidzadye m'mamawa.” Kapena kumakanganirana nawo zakudya zomwe zinatsala dzulo. Ndi bwino kumakhala munthu woupeza mtima tikakhala kuchilendo.

### **Kandimverere adakanena za m'maluwa.**

-Zongomva chabe sizikhutiritsa. Pamafunika pakhale umboni womveka bwino, apo ayi ndiye umafunika kupita komweko kuti ukadzionere ndi maso ako.

### **kandimverere adamva zam'maluwa.**

-Ngati tikukayika kapena sitikudziwa zoyenera kuchita ndi bwino kufunsa kuti tichite zinthu moyenera.

### **Kangachepe n'kachipongwe.**

-Tisamaikire kumbuyo munthu wolakwa

chifukwa cha msinkhu wake. Si onse amene amachita chilungamo komanso chipongwe sichichepa.

**Kangachepe n'kang'oma, mkulu saomba chitsa.**

-Tizikhutitsidwa ndi zomwe tili nazo kapena tapatsidwa. Mwachitsanzo, munthu wopemphetsa samafuna kuti amupatse zodzadza thumba.

**Kangachepe, fungo n'lamake.**

-Anthufe timatengera makhalidwe ena kuchokera kwa makolo. Komabe, tiyenera kayesetsa kuchita zomwe tingathe kuti tisinthe makhalidwe oipa.

**Kangachepe, kako n'kako ndithu, kamwini sakandira.**

-Kanthu kako ukhoza kukagwiritsa ntchito m'mene ukufunira koma kamwini ayi.

### **Kangakanga adathyola nyani mchira.**

-Si bwino kumaganiza kuti ukhoza  
kukwanitsa kuchita chilichonse wekha  
chifukwa ukadzapeza mavuto udzasowa  
wokuthandiza.

### **Kangakanga anathyola nyau.**

-Si bwino kumaganiza kuti ukhoza  
kukwanitsa kuchita chilichonse wekha  
chifukwa ukadzapeza mavuto udzasowa  
wokuthandiza.

### **Kangakanga kanakanga.**

-Si bwino kuti munthu udzikhala wodzikonda  
kapena woumira chifukwa tsiku lina  
zikadzakuvuta umadzasowa wokuthandiza.

### **Kangaonde kalira mtembo.**

-Munthu aliyense ayenera  
kumalemekezedwa, osayang'ana mmene alili.

### **Kangaonde kamakoma ndi mchere.**

-Zinthu zooneka monyozeka zimatha kukhala zosililika chifukwa chowonjezera tina n'tina.

### **Kankhuku kachilendo sikachedwa kugwidwa.**

-Chinthu kapena munthu wachilendo pamalo nthawi zambiri amadedwa. Chilichonse chikalakwika amati wachititsa kapena wachita ndi iyeyo.

### **Kansalu kakafupi, malamulo tho!**

-Mwambiwu unayamba chifukwa cha khalidwe la amuna ena omwe amagulira akazi awo nsalu yosakwanira n'kumalongolola kapena kukhazikitsa malamulo ambirimбири. Osamavuta kwambiri tikhala ndi zinthu kapena tikachita chinachake.

### **Kanthu kakakhala kako, sikaneneka.**

-Ngati nkhani ikukukhudza, si chapafupi



kuinena. Ambiri zikatero amangokhala du!

**Kanthu kali kuchala.**

-Kuti udziwe za chinthu, uyenera kuuzidwa ndi amene akuchidziwa bwino.

**Kanthu kali m'makonda Buluzi akhumbira khonde.**

-Zokonda zimasiyanasiyana, choncho mnzathu akamakonda zinazake, tisamuseke chifukwa zokonda zathunso zikhoza kukhala zoseketsa kwa anthu ena.

**Kanthu kali m'malira, Kalulu adalilira makutu.**

-Pofunsira ntchito kapena mbeta munthu azisankha yekha m'malo momusankhira chifukwa makonda amasiyanasiyana.

**Kanthu kali m'mwayi, m'kamwini mnzanga wadya phiko.**

-Anthu ena amakhala ndi mwayi pagulu

kapena pamudzi.

**Kanthu kali munye.**

-Munthu umadziwa zinthu kuchokera kwa ena. Mwachitsanzo, kuti udziwe nkhani inayake zimadalira kuti ena akuuze.

**Kanthu kalikonse m'chifuniro, Buluzi anakana bweya.**

-Munthu aliyense ayenera kumakhala ndi ufulu wochita zimene akufuna.

**Kanthu kandikhalira pamphuno.**

-Mawuwa amanenedwa munthu akakumana ndi mavuto omwe palibe chimene angachite kuti awathetse. Zimakhala ngati vutolo lamuyandikira kwambiri moti palibe chimene angachite kuti alimbane nalo.

**Kanthu kavumbu ndi m'manja, m'magona mosambasamba.**

-Pamoyo wathu tizikhala okonzeka

kukumana ndi zilizonse zotigwera, monga matenda komanso zina zosayembekezereka.

**Kanthu koyambira sikachedwa kuoneka.**

-Anzathu akatilangiza pa nkhani inayake tiyenera kuchita kapena kusintha, tisamazenengereze chifukwa zimadzaonekadi.

**Kanthu n'kako uvundukura nupenya.**

-Zinthu zako suziopa. Ukhoza kuchita nazo chilichonse chimene ukufuna.

**Kanthu n'kako, kamwini kadalira madzi.**

-Zinthu zako suziopa. Ukhoza kuchita nazo chilichonse chimene ukufuna popanda kuopa aliyense.

**Kanthu n'kako, kamwini n'kamwini.**

-Zinthu zako suziopa. Ukhoza kuchita nazo chilichonse chimene ukufuna popanda kuopa aliyense.

**Kanthu n'kako, kobwereka sikalimba m'chiuno.**

-Zinthu zobwereka zimakhala zosadalirika, choncho ndi bwino kumasamala chimene wabwereka kuti ukachibweze chili bwino.

**Kanthu n'kako, waona adakhuta thope.**

-Tisamafulumire kusiya kuchita chinthu chimene chingatithandize kukhala ndi tsogolo labwino monga sukulu.

**Kanthu n'kavumbu, kadavumbula mende pachisa.**

-Chinthu china chimatha kuululitsa chinthu china chomwe chinali chobisika.

**Kanthu n'kugwirizana, fisi adam'landa mbuzi.**

-Kuthandizana n'kofunika. Ukamachita zinthu limodzi ndi anthu ena mogwirizana mumatha kupanga zambiri.

**Kanthu ndi khama, phwiti anakwatira njiwa.**

-Ngati titakhala ndi khama tikhoza kuchita zinthu zazikulu.

**Kanthu umaona, chilungulira ndi nthenda.**

-Tikangomva m'thupi kupweteka timangoti ndi malungo. Tiziyamba tadziwadi chimene tikudwala tisanamwe mankhwala.

**Kanyambitira sikanafe.**

-Mawuwa amanena za munthu amene akukakamira khalidwe lopanda pake, monga kuledzera, kuba komanso kutukwana. Pamapeto pake munthu wotereyu amadzakumana ndi mavuto aakulu mwinanso kufa kumene.

**Kaomba nkhadze n'kena, ithobwa otsata kuusa m'mthunzi.**

-Nkhadze ukaithyoka imatulutsa mkaka umene ungachititse kuti munthu achite

khungu. Zochita za ana monga kuika mwala panjira zingabweretse mavuto komanso zingachititse ngozi.

### **Kaphovu walowa m'dzombe.**

-Anthu oipa akamakhala pamodzi ndi anthu abwino, amapangitsa kuti abwinowo azioneka oipa.

### **Kapinji mayendayenda kasiya anzake asewera.**

-Kuchenjeretsa kapena kuyendayenda popanda zifukwa zomveka kumabweretsa mavuto.

### **Kaponda mvichili.**

-Mawuwa akutanthauza mawu abodza ochokera kwa munthu amene zokamba zake sizimakhala zoonaka.

### **Kapota nyanga, n'kulunga katachenjera.**

-Ngati nyama yafika poyamba kupota nyanga

ndiye kuti inali yochenjera pothawa alenje ndipo imakhala ndi moyo wautali. Munthu amene wafika pokalamba ndiye kuti anapewa zinthu zambiri zomwe zikanatha kuwononga moyo wake.

### **Kapusa n'kamake, kopanda amake kachenjera.**

-Anthu ambiri amene amakhala ndi makolo awo amapusa. Amachenjera makolo awo akamwalira. Umasiye umaphunzitsa zambiri.

### **Kasiyagoli.**

-Mawuwa amanena za munthu yemwe amanena bodza lotsekemera n'cholinga choti zinthu zimuyendere bwino. Anganenedwenso ponena za munthu amene wapulumuka pamlandu chifukwa chodziwa kuyankhula.

### **Kasule wa m'chikho cholimba kuwawa.**

-Munthu amene amachita zoipa amakumana ndi mavuto oopsa ngati mmene chikho

cholimba chimatulutsira madzi kapena mowa wowawa.

**Kathabwalika thumba lamwala lokanika kusoka.**

-Awa ndi mawu okokomeza onena za munthu waukamberembere, tambwali.

**Kati deru kaopsa mlenje.**

-Kanthu sikachitika popanda chifukwa kapena choyambitsa chake. Ndiye kachizindikiro kangachepe bwanji tizikhala nako tcheru.

**Kaulamchokero adaika phale padzuwa.**

-Tikamafuna kuchoka pamalo kapena pamudzi, tisamachoke titawonongapo chifukwa mawa tidzafuna kubwererakonso.

**Kaulere sikachepa.**

-Tiyenera kumathokoza tikapatsidwa zinthu ngakhale zitakhala zochepa.



### **Kawalewale adapweteka m'dayeretsa.**

-Tizichenjera ndi zosangalatsa zomwe pamapeto pake zimabweretsa mavuto.

### **Kawerewere kadautsa njovu.**

-Ngati sitisamala, chinthu chaching'ono chitha kubutsa mavuto aakulu monga mmene kamoto kakang'ono kamayatsira nkhalango.

### **Kayenda m'sana kapenya malowo.**

-Ngati pamlandu munthu akuyankhula m'maso muli gwa, ndiye kuti ali ndi podalira.

### **Kayenda m'sana katamanda maoloko.**

-Tizidalira abale ndi alongo athu chifukwa ndi amene amadzatigwira dzanja tikadzakumana ndi mavuto.

### **Khalidwe silifanana ndi kudziwika.**

-Munthu akhoza kukhala wodziwika koma wopanda khalidwe.

### **Khama lidaphetsa mbewa zapachulu.**

-Tikafuna kupeza chinthu tiyenera kuchita khama kwambiri. Koma tikachita khamalo, tizidyerera thukuta lathu.

### **Khasu la apongozi lopanda chimbetete.**

-Munthu sungagwiritse ntchito chinthu chobwereka m'mene umachitira ndi chako. N'zofanana ndi kubwereka khasu la apongozi n'kumaona kuti silingakuthandize chifukwa lilibe chimbetete kapena kuti kachibonga koswera zigulumwa.

### **Khasu limaposa amako ndi atate wako.**

-Munthu umayenera kumadzidalira pamoyo wako pogwira ntchito m'malo mokhala mlesi.

### **Khasu lobwereka silichedwa kuthyoka.**

-Chobwereka suchedwa kuchita nacho ngozi.

### **Khola ndi mathole.**

-Khola lodalilika silikhala ndi ng'ombe

zikuluzikulu zokhazokha. Limafunika kukhala ndi ng'ombe zazing'ono zomwe zimatchedwa mathole. Ana ndi tsogolo la dziko.

### **Khoswe akakhala pamkhate sapheka.**

-Kumakhala kovuta kuti uweruze mlandu wa m'bale wako makamaka akapezeka kuti iyeyo ndi amene ali wolakwa.

### **Khoswe amaluma n'kuuzira.**

-Khoswe amati akaluma amauzira kuti munthu asamve kupweteka kwambiri. Tikamanena zinthu ndi bwino kumachita zinthu mozindikira kuti tisakhumudwitse ena. Mwachitsanzo, tikamapatsa ena malangizo, ndi bwino kumawapereka mwachikondi. Kumakhala ngati taluma n'kuuzira.

### **Khoswe sagona ndi nyungu.**

-Nyungu ndi nthangala za mawungu zomwe

ena amazigwiritsa ntchito ngati mtedza. Mwambiwu umatanthauza kuti zinthu zodana sizikhalira pamodzi. Komanso sungaika munthu wakuba pamalo omwe pali zinthu zomwe angabe.

**Khoswe wapatsindwi anaululitsa wapadzala.**

-Chinthu china chimatha kuululitsa chinthu china chomwe chinali chobisika.

**Khotekhote ngwa njoka, umatsata kwaloza mutu.**

-Pofuna kumvetsa nkhani ndi bwino kupeza mutu wa nkhaniyo.

**Khotekhote ngwanjira, palinga mtima mpomwepo.**

-Ngakhale njira yopezera chinthu itakhala yaitali, ngati munthu waikapo mtima umachipeza.

## **Khoza limapita ndi mwini dzanja.**

-Sungakakamize munthu kuchita zimene sakufuna.

## **Khwangwala wamantha adafa ndi ukalamba.**

-Munthu akasamalira moyo wake amakhala ndi moyo wautali. Koma tambwali amafa nthawi yake isanakwane. Munthu wamantha amakhala zaka zambiri ndi moyo chifukwa manthawo amamuthandiza kuti asamachite mphulupulu zomwe zingachititse kuti afe msanga.

## **Kodi kuimirira kwakupindulitsa chiyani, anzako akupindula ndi werawera?**

-Tizigwira ntchito molimbika kuti tipeze zosowa zathu. Polima timawerama osati kuimirira.

## **Kodi mtengo wopanda tsinde mudauona?**

-Chilichonse chimakhala ndi poyambira

pake.

**Komekome ngwa m'kamwa, kampeni kali pafunkha.**

-Pali anthu ena omwe amasangalala ndi anzawo pakamwa pokha, koma mumtima mwawo muli chiwembu.

**Komwe wachoka osamatsekako ndi mwala, koma mayani.**

-Ndi bwino kumasiyana bwino ndi anthu ukamachoka pamudzi, chifukwa tsiku lina udzabwererako.

**Kondwerekondwere samatha, kumbuka zili kudza.**

-Posangalala pamafunika kumaganizira zam'tsogolo.

**Konsekonse mpeni wansengwa.**

-Tiyenera kumachitirana zabwino kapena kumathandizana. Tisamangodikira kuti ena

azitithandiza ifeyo n’kumangokhala phwi  
osawathandiza. Zikatero nawoso amatopa  
n’kusiya kutithandiza.

**Konza kapansi kuti kam’mwamba katsike.**

-Ngati ukufuna kulandira zabwino kuchokera  
kwa anthu enaake umayenera kuonetsa  
khalidwe labwino kuti anthuwo akopeke.  
Munthu ukafuna kuti anthu akuchitire  
chabwino, umafunika kuyamba ndiweyo  
kuwachitira zabwino.

**Kopanda ntchito umataya.**

-Chilichonse ndi chaphindu panthawi yake.

**Koyenda sawononga pakumwa.**

-Munthu ukakhala kwanu si bwino  
kumachitira alendo mwano.

**Kubala kwa chule ndi kwa thesi  
n’kumodzi.**

-Mawuwa amatanthauza kuti onse ndi anthu

ngakhale atakhala kuti ndi osiyana khungu, chikhalidwe, msinkhu, kukongola ndi zina zotero.

**Kuchedwa kumphero mseche uchuluke.**

-Mawuwa amanenedwa akaona kuti azimayi akuchedwa kubwera kuchokera kumadzi kapena kuntchini. Amaona kuti kumeneko amachedwa ndi kunena miseche.

**Kuchenjera kwa Kalulu kunaphetsa Ankhwere.**

-Pali anthu ena odziwa kuzunguza lirime kwambiri, omwe amatha kuika anzawo m'mavuto ndi zonena zawo. Tiyenera kuchenjera ndi anthu oterewa.

**Kuchenjera kwa Nkhandwe, kolangiza ena kuti adule michira chifukwa wake waduka.**

-Osamapusitsa ena n'cholinga choti nawonso agwere m'mavuto, kapena kuti mufanane.



### **Kuchenjera n'kosadya nako zabwino.**

-Munthu wochenjeretsa anzake amadzakhala pamavuto aakulu anzakewo akasiya kuchita naye zinthu.

### **Kucheza sikudzala mtanga (dengu).**

-Kucheza kuyenera kukhala ndi malire n'cholinga choti tigwire ntchito.

### **Kuchilendo, tema mbamu zofanana ndi eni nyumba.**

-Ukakhala kuchilendo umafunika kumachita zimene eni ake akuchita.

### **Kuchiza nthenda n'kuyambiza.**

-Kuyambiza n'kuchita zinthu moyambirira. Kuti munthu athane ndi matenda, amafunika kuwatulukira akangoyamba kumene. Akakula amavuta kutuluka m'thupi. Komanso angathanthauze kuti, kuti mwana akhale ndi khalidwe labwino umayenera kumugwira dzanja

n'kumamutsogolera, akalakwa osalephera kumupatsa chilango kuti awongoke.

**Kuchoka m'chiwaya n'kugwera pamoto.**

-Mawuwa amatanthauza kuchoka pa vuto lina n'kulowa m'mavuto ena aakulu kwambiri.

**Kuchoka muukonda n'kuleza.**

-Ukakhala pamavuto si bwino kumakokanso mavuto ena poyamba kuyankhula zambirimbi. Ndi bwino kumadekha kuti uchoke muukonde wa mavuto akupanikizawo.

**Kuchotsa mbola n'kuzula.**

-Kuti munthu achoke m'mavuto, ayenera kusiya chinthu kapena khalidwe limene lamuika m'mavutolo.

**Kuchulukana n'kwabwino, kumaipira kutha msuzi m'mbale.**

-Kuchulukana n'kwabwino, kumangoipira kuti zinthu sizichedwa kutha. Koma pakakhala ntchito imayenda ndithu.

**Kudandaula sikuthetsa m'landu koma kuyankhulapo.**

-M'malo momangodandaula ndi bwino kuchita khama kuti vuto lathulo lithe.

**Kudandaula sikuthetsa njala koma kusunja.**

-M'malo momangodandaula ndi bwino kuchita khama kuti vuto lathulo lithe. Kusunja ndi kupempha kwa ena kuti akuthandize.

**Kudumpha dzenje n'kulionera patali.**

-Ukadziwa vuto ukhoza kupeza njira yolipewera.

### **Kudya kudamanitsa vimvi mapiko.**

-Tisamachedwe kuchita zinthu zimene zingadzatithandize m'tsogolo. Vimvi inachedwa kupita kokalandira mapito chifukwa cha kudya. Pamene imapitako inapeza mapiko atatha.

### **Kudya kwa mnzako sungamwere madzi.**

-Munthu azidzidalira yekha pogwira ntchito m'malo modalira ena. Sungamawerengere kuti chifukwa choti wina wadya ndiye kuti iwe umwera madzi, madziwo akapeza chiyani m'mimbamo popeza amadya ndi mnzako! Nafenso tisamadalire kuti ena agwire ntchito kuti atithandize, tizichita khama.

### **Kudya lapi, kulima kwete.**

-Pali anthu ena omwe amasangalala pakudya, koma akauzidwa kuti agwire ntchito amakana kapena amanamizira kudwala. Munthu amayenera kudya thukuta

lake. Kuti munthu apeze chinthu amayenera kuchivutikira. Ena kuwauza kuti, “Iwe tiye kumunda,” amayankha kuti, “Ndikudwala ineeeeeee!” Koma kuwauza kuti, “Tiye kumowa,” uwamva akuyankha kuti, “Bola ndikhocha kudzikoka.”

### **Kudya n’kudya, umakumbuka polowa.**

-Tikakhala pabwino tisamaiwale kumane tachokera kapena mavuto omwe takhala tikukumana nawo.

### **Kudya n’kudyabe, kumbuka uko unachokera.**

-Tikakhala pabwino tisamaiwale kumbuyo, tizikumbukira makolo, achibale komanso aphunzitsi omwe anatithadiza.

### **Kudya n’kuika.**

-Aliyense ayenera kudya zimene wapeza.

## **Kudya n'kunyambitira komanso kunyong'olera.**

-Si kulakwa kusonyeza poyera kuti wakhutitsidwa ndi zimene wachita kapena wapatsidwa.

## **Kuti ndidye ndiponda muno, otsala ngam'kamwa.**

-Mwambiwu m'Chichewa chamakono umanena za munthu amene akunena kuti, “Kuti ndipeze chakudya ndiponda muno, sindikusamala zomwe anthu atanene chifukwa angokhala am'kamwa.” Tisaleke kuchita zinthu zofunikira poopa manong'onon'go. Anthu sadzaleka kunong'ona akaona wina akuchita zinazake.

## **Kudya pawiri kunang'ambitsa fisi miyendo.**

-Tizichita chinthu chimodzi pa nthawi imodzi.

**Kudya za m'gomo yankhwangwa, za m'khasu osadzidya.**

-Tiyenera kukhala anthu okhulupirika, osunga chinsinsi. Pali zinthu zina zomwe sitingaima pachulu n'kumanena.

**Kudyerana masuku pamutu.**

-Mawuwa amanena za kuchenjeretsana. Anganenedwenso ngati wina akuchitira zake zopanda chilungamo pomuchenjeretsa. Timanena kuti, “Akumudyera mnzake masuku pamutu.”

**Kudza kwa mafinya ndi minga pomweponso.**

-Mawuwa amanenedwa anthu akagwira wakuba limodzi ndi katundu amene waba.

**Kudzikuza kwa Udzudzu kouza Njovu kuti ukupanga mdidi.**

Kudzikuza si kwabwino. Udzudzu wina unali pakhutu pa njovu. Njovu imaoloka mulatho,

ndiye imati ikamayenda, mulathowo  
unkangoti teketeke. ndiye kaudzudzu kaja  
kananena kuti, ‘Koma ndiye tikutekesa  
mulathotu!’

### **Kudzinga ngati Mtiri, tionera Mende kutha.**

-Mtiri ndi mtundu wina wa mbewa ndipo  
mbewayi imakhala yofatsa. Kufatsa  
kumawombola. Osamapupuluma ngati  
mende wothawa moto, yemwe amaonedwa  
ndi osaka mbewa n’kuphedwa. Tizikhazikika  
kuti tione m’mene zithu zithere.

### **Kudziwa kukoma kwa nyama n’kulinga utaidya.**

-Kuti munthu anene kuti chinthu ichi  
n’chabwino, amayenera kuyamba wakhala  
nacho.

### **Kudziwa mphafa ya Buluzi n’kung’amba.**

-Ngati ukufuna kudziwa bwino nkhani



inayake, umayenera kufunsa komanso kukhala wodekha.

**Kudziwana n’kutherana thumba lamchere.**

-Kuti udziwane ndi munthu umayenera kukhala naye kwa nthawi yaitali komanso kuchita naye zinthu zambiri.

**Kudziwika sikufanana ndi kukongola.**

-Si nthawi zonse pamene munthu angapeze mwayi chifukwa cha maonekedwe abwino koma makamaka chifukwa cha khalidwe labwino.

**Kudzudzulana kumamanga mudzi.**

-Kulankhulana momasuka kumathandiza kuti zinthu ziyende bwino pamalo.

**Kufa n’komwe, Tambala alira.**

-Ngakhale titamwalira sikuti tambala angasiye kulira. Mwambiwu umatanthauza kuti tikalakwa, ngakhale tidzikometse kwa

anthu, chilango chimakhalapobe. Komanso sikuti zinthu zingaima padzikoli ifeyo titamwalira.

**Kufula sundwe (khwimbi) ndi nzeru.**

-Sundwe ndi chakudya chakalekale. Kuti munthu atulutse chakudya chakele ndiye kuti anasunga penapake. Choncho, popeza zamawa sizidziwika, ndi nzeru kumasunga zoti zidzatithandize pamavuto.

**Kufuna Lumbe chifukwa cha mthenga, koma osadya nyama yake.**

-Anthu ena amakukonda chifukwa cha zabwino zimene uli nazo, zikatha amakuthawa.

**Kufunsa ndi kudziwa njira.**

-Ngati sukudziwa zinazake, m'malo mongozichita, ndi bwino kufunsa kaye kuti uzichite bwino.

### **Kugona m'kuka n'chitatu.**

-Mwambiwu umanena kuti kugona m'kuka, kapena kuti nyumba ya mayi ako, ndi uchitsiru wotheratu. Munthu akakula amafunika kudziimira payekha. Choncho, si bwino kumadalira makolo nthawi zonse kuti atithandize.

### **Kugona pakati n'kuyambirira.**

-Kuti munthu upeze malo abwino pagulu, kaya ukukagona kumaliro, umayenera kufulumira kwambiri. Ndi bwino kumachita zinthu moyambirira ngati ukufuna zikuyendere bwino. Pofuna kuchita zinthu ndi bwino kuzichita mosachedwa.

### **Kugonagona kumapangitsa tsitsi kufula.**

-Mawuwa amatanthauza kuti kukhala ndi moyo, kapena kuti kugona masiku ambiri, kumachititsa tsitsi liyere kapena kuti ukalambe. Akuluakulu ndi amene amadziwa

bwino zapadzikoli. Choncho, ndi bwino kumawafunsa malangizo pa nkhani zosiyanasiyana.

**Kuika mkute n’kupangana.**

-Munthu akamachita zinthu ndi ena, ndi bwino kumayamba mwapangana, osamangochita zokomera munthu mmodzi.

**Kuipa khope kumaombola.**

-Kusakhala wokongola kumapangitsa kuti upewe mavuto ena. Mwachitsanzo, mtsikana akhoza kumaliza sukulu chifukwa choti anthu sankakufunsirafunsira.

**Kuipa satsanzirana.**

-Si bwino kumatsanzira anzako akamachita zoipa.

**Kuipira mduliro mutu uli wako.**

-Pali ena omwe amadulira tsitsi lawo n’kupezeka kuti sakuoneka bwino.

Mwambiwu umatanthauza kuti nthawi zambiri anthufe timaipitsa zinthu zathu zomwe zinali zokongola poganiza kuti zikongola kwambiri.

**Kuiwala kulibe mankhwala.**

-Kuiwala n'kosapeweka.

**Kukana chimbudzi n'kuvomera mikodzo.**

-Mwambiwu umanenedwa munthu akamakana chinthu chomwe chili ndi umboni wodziwikiratu.

**Kukana kali kutsaya.**

-Mawuwa amanenedwa ngati munthu akukana zinthu zomwe akudziwa kuti wachita. Nthawi zinanso ena amakana pali umboni wooneka bwino woti achita chinthucho ndi iwowo.

**Kukana nsalu ya akulu nkuviika.**

-Mawuwa amanena za mwana wamwano,

yemwe wangolandira nsalu ya munthu wamkulu kuti aichapa koma iyeyo n'kungoiviika. Atamufunsa ngati wachapa anawalozera nsalu yomwe wangoviikayo kuti wachapa. Mawuwa angagwirensa ntchito kwa munthu wodzichepetsa, anthu akamamuyamikira kuti wachita bwino. Iye angayankhe modzichepetsa kuti, “Kukana nsalu ya akulu n'kuviika.” Akuluakulu akatituma, si bwino kukana koma kungochita zomwe tingathe.

### **Kukankha konjuta.**

-Mawuwa amanena za munthu amene akupereka chifukwa chosamveka bwino chomwe walepherera kuchita zinazake.

### **Kukhala awiri si mantha.**

-Anthu akakhala awiri amatha kuchita zinthu modalirana ndipo amatha kuthandizana wina akapeza mavuto.

### **Kuyenda awiri si mantha.**

-Anthu akakhala awiri amatha kuchita zinthu modalirana ndipo amatha kuthandizana wina akapeza mavuto.

### **Kukhala kumunda n'kuona ndime.**

-Osamangodzichemerera ndi pakamwa pokha, koma anthu aziona ntchito za manja athu.

### **Kukhala kwa eni n'kuomba m'manja.**

-Munthu ukakhala kwa eni umayenera kumalemekeza anthu amene wawapeza.

### **Kukhala kwa eni ndi kuweteka.**

-Munthu ukakhala kwa eni umayenera kufatsa. Ukamachita matukutuku amakuthamangitsa.

### **Kukhala m'chiluli n'kuyambirira.**

-Mawu akuti kukhala m'chiluli akutanthauza kukhala ndi zochuluka. Tisamazengereze

tikafuna kuchita kanthu. Tisamachedwe pochita zinthu.

**Kukhala owolowa manja n’kulinga uli ndi kanthu.**

-Munthu yemwe alibe kalikonse sangagawire ena zinthu, nanga azitenga kuti?

**Kukhululukira mamina a fodya.**

-Anthu amene amafwenkha fodya, amatha kufwenkhera limodzi ndi mamina n’kuwakhululukira chifukwa cha fodyayo. Pamene munthu waitana munthu m’modzi yekha, ambiri amene sanaitanidwe angatsatire, choncho woitanayo amanena kuti, “Ndakhululukira mamina a fodya.” Mwambiwu ungatanthauzenso kuti kanthu kakang’ono kakhoza kubweretsa mavuto aakulu.

**Kukoma kwa dziko n’kulinga utakhalako.**

-Kukhala ndi umboni weniweni wa chinthu



n’kulinga utachiona komanso kukhala nacho.

**Kukoma kwa mnzako ndi kamba wako.**

-Kuti munthu udziwe khalidwe la munthu, umafunika kungoyang’ana amene amacheza nawo. Munthu ukhoza kuweruzidwa chifukwa cha khalidwe la anzako. Mbiri yako ikhoza kuipa kapena kukoma chifukwa cha amene umayenda nawo.

**Kukoma ndi kuwonjezera.**

-Zinthu zimakongola kapena kukhala bwino kwambiri ukamazikongoletsa kapena kuziwonjezera.

**Kukondwa ndi kuonetsa mano.**

-Kusangalala kwenikweni kumaoneka. Pali ena omwe amasekerera n’kumaoneka ngati adya tsabola.

### **Kukula mphuno sikudziwa kumina.**

-Kuchenjeretsa sikusonyeza kuti munthu amadziwa zonse.

### **Kukula mutu si nzeru.**

-Nzeru zenizeni zimaoneka ndi zosankha za munthu, osati chifukwa choti anabadwa kale kapena ndi wamkulu mutu.

### **Kukula saimbira maseche.**

-Munthu asamadikire kuti ena achite kumuuzza kuti wakula. Ayenera kusintha yekha n'kumachita zinthu ngati wamkulu.

### **Kukwatira chiwiri kudakoma.**

-Chinthu chilichonse chili ndi poipira ndi pabwino pake. Mwachitsanzo, munthu amene wakwatira chiwiri, amati akamuthamangitsa uku amapita kwinako. Koma banja loteroro limakhalanso ndi mavuto osaneneke monga nsanje komanso kusasonyezedwa chikondi chokwanira.

**Kukwatira mkazi wokongoka  
n'chimodzimodzi kudzala mtengo  
wamango m'mbali mwa njira.**

-Mavuto amene wakwatira mkazi wokongola  
ndi munthu amene wadzala mtengo  
wamango m'mbali mwa njira, amafanana  
chinthu chimodzi: Onse amavutika ndi anthu  
akuba!

**Kukweza bankha patsekera.**

-Munthu sungakweze bankha patsekera,  
likhoza kuthyoka. Munthu wamkulu  
asamachite zibwana kapena kumasewera ndi  
ana.

**Kulamula Vumbwe n'kulinga uli ndi  
Nkhukhu.**

-Munthu usamapalamule kapena kuputa  
dala mavuto ulibe pothawira. Kuti ulamulire  
anthu umayenera kukhala ndi ndalama  
kapena mphamvu.

### **Kulanda mwana n'kudyetsa.**

-Munthu ungathe kutenga ndi kulera mwana ngati ungakwanitse kumudyetsa bwino.

### **Kulanga nyani n'kuphwanya mutu.**

-Poweruza mlandu, si bwino kumawiringula. Umafunika kunena cholakwa chenicheni chimene munthu wachita. Ukatero zimakuyendera.

### **Kulasa mtengo n'chamuna chomwe.**

-Mlenje wina anaphonya Njati n'kukhapa mtengo. Ngakhale anaphonya, komabe anachita chamuna ndithu. Ndi bwino kuti nafenso tiziyesetsa kuchita khama pochita zinthu, zizichita kukanika zokha.

### **Kulaula n'kuzula m'mera.**

-Mawuwa amanenedwa munthu akayankhula mosabisa mawu kapena kuti mwatchutchutchu.

### **Kulawa kumatha mphika.**

-Osamakhala munthu wokomedwa ndi zinthu chifukwa ukhoza kukumana ndi mavuto.

### **Kulemera ndi kudya, ukavala malaya akubera.**

-Palibe amene angakulande chimene wadya, choncho kulemera ndi mmene umadyera osati zinthu zimene anthu ena akhoza kukubera n'kukhala zawo.

### **Kulemera ndi kudya.**

-Kudya bwino n'kumene kungasonyezedi kuti munthu ndi wolemera. Palibe amene adzalowe m'manda ndi katundu. Akuba akhoza kukubera katundu wako koma sangakubere chimene chalowa m'mimba.

### **Kuli zii, azimu adutsa.**

-Anthu akangoti zii amati azimu adutsa chifukwa safuna phokoso. Mawuwa

anayamba chifukwa cha zikhulupiriro zoti kunja kuno kuli mizimu.

### **Kulibe manda a mbeta.**

-Aliyense amakaikidwa kumanda akamwalira. Choncho, tisamade nkhawa ena akamatinena kuti timwalira tisanakwatiwe kapena kukwatira.

### **Kulimana pamsana.**

-Mawuwa amatanthauza kuchenjeretsana. Akakhala kuti amene wachenjeretsedwa ndi mmodzi, amati amulima pamsana.

### **Kulimbikira mtunda wopanda madzi.**

-Mawuwa amatanthauza kulimbikira kuchita zinthu zomwe sungaphulepo kanthu. Angatanthauzenso kuwerengera zinthu zosakhala zenizeni.

### **Kulinda mdima ndi nthanthi zako.**

-Nthanthi ndi nkhani kapena nthano.

Mawuwa amanena za munthu amene akungonena nkhani mozungulira mpaka mdima kugwa. Tikamanena zinthu ndi bwino tizipewa kunena nkhani mozungulira. Ndi bwino kumangotumbula.

### **Kulinji akudza ndi njira.**

-Tikamakhala tizikonzekera chilichonse. Zinthu zimatha kusintha mwadzidzidzi.

### **Kulirira kuutsi.**

-Mawuwa amanenedwa ngati wina wakumana ndi mavuto chifukwa chosamva ndiye akuyesa kuphumba anthu m'maso kuti asadziwe kuti akuvutika chifukwa cha kusamvako. Amakhala ngati wakhala pamene pali utsi kuti anthu aziti akulira ndi utsiwo, chonsecho akulira chifukwa cha ululu.

### **Kuliza ng'oma yowambawamba.**

-Mawuwa amanenedwa ngati wina wachita

zimene ena amayembekezera. Kapena ngati wachita zinthu zimene enanso amafuna. Mwachitsanzo, mkazi amene wafunsiridwa zili zoti nayenso amamufuna angavomere poyankha mwamanyazi kuti, “Mwayimba ng’oma yowambawamba.”

### **Kuloza ndi chala.**

-Mawuwa amanenedwa ngati munthu wina anachita zinthu zomwe zamubweretsera mavuto monga kuba kapena kuchita mwano.

### **Kulumpha dzenje n’kulionera patali.**

-Vuto silivuta kuthana nalo ngati walionera patali. Ndi bwino kumakonzekera tisanakumane ndi mavuto.

### **Kumana anzako n’kudzimana wekha.**

-Ukathandiza mnzako umakhala ngati wadzala, mawa adzakuthandiza iweyo.



### **Kumana n'kubisa.**

-Si bwino kumanamiza ena.

### **Kumana n'kudzipha.**

-Ukathandiza mnzako umakhala ngati wadzala, mawa adzakuthandiza iweyo.

### **Kumanda kulibe chisoni.**

-Kumanda kumatenga aliyense, kaya ndi mphawi, wamkulu kapena amene sanalidyerere dzikoli.

### **Kumanda kumapita anthuanthu, n'kusiya zitsiru.**

-Anthu abwino sakhalitsa padzikoli.

### **Kumanda sankira dumbo.**

-Mawuwa amatanthauza kuti tikakhala pamavuto tisamaloze ena chala kuti ndi amene akuchititsa.

**Kumanda sikupita mtolo wa udzu,  
kumapita mtembo wa munthu.**

-Kaya munthu amachita zabwino chotani,  
tsiku lina adzamwalira n’kupita  
kunsabwerera.

**Kumanga khobwe ndi m’mawa.**

-Pofuna kuchita zinthu ndi bwino kuzichita  
mopanda chidodo kapena mosachedwa.

**Kumanga mlaza m’maso.**

-Pofuna kukwatira pamafunika kulimba  
mtima. Umafunika kukhala ngati wamanga  
nsalu m’maso kuti usachita manyazi.

**Kumanga mwamanga, koma anyamkalere.**

-Anyamkalere ndi timaulusi tomwe timangoti  
balalabalala munthu akamanga zinazake.  
Tiyenera kuonetsetsa kuti chilichonse  
chathadi tisananena kuti tamaliza.

## **Kumanga nyumba panjira n'kumangira alendo.**

-Apaulendo samatha pakhomo pako ukamanga m'mbali mwa msewu, amabwera kudzapempha malo ogona.

## **Kumanga sumanga kawiri.**

-Pali zinthu zina zomwe zimafunika kuzichita kapena kugwirizana kamodzi kokha monga kumanga banja.

## **Kumangitsa madzi m'masamba.**

-Nthawi zambiri anthu sasunga malonjezo. Akachita zimenezi amakhala ngati akumangitsa mnzawoyo madzi m'masamba kapena kuti amupusitsa.

## **Kumangitsa madzi m'mayani.**

-Nthawi zambiri anthu sasunga malonjezo. Akachita zimenezi amakhala ngati akumangitsa mnzawoyo madzi m'masamba kapena kuti amupusitsa.

### **Kumawerengera mtengo wake.**

-Mawuwa anachokera ku zimene Yesu ananena zoti, “Ndani amene amene akafuna kumanga nsanja sayamba wakhala pansi ndi kuwerengera mtengo wake?” Ndi bwino kumakonzekera tikafuna kuchita chinthu kuti tisachilephere anthu n’kutiseka.

### **Kumayenda kuti uwone agalu amichombo.**

-Ukayenda m’madera ena a dziko umaona zinthu zachilendo. Si bwino kungokhala pamodzimidzi. Kumayenda kuti uphunzire zinthu.

### **Kumbire adamka nawo kumanda.**

-Si bwino kuzolowera kuchitiridwa chinthu chifukwa udzavutika amene amakuchitirawo akadzachoka kapena kumwalira.

### **Kumbire adanka nawo.**

-Tisamadalire munthu m’modzi yekha. Ndi bwino kugawanako mnzeru kuti ena

akadzamwalira zinthu zisadzaima.

Mwambiwa unachokera pa mawu omwe anthu ena ankanena akamafuna kuti wina awafunire mankhwala. Ankangoti, “Mukatikum bire mankhwala.” Anapitiriza kupemphabe mpaka munthuyo anamwalira. Akanakhala anzeru akanafunsa munthuyo kuti awauze mitengo yake kuti azikakumba okha.

### **Kumbuyo kulibe maso.**

-Zimene zinachitika kale sitingazisinthe. Tiyenera kumaganizira zam'tsogolo zomwe tingazisinthe.

### **Kumene kutalire n'kunsonga.**

-Mawuwa amatanthauza kuti amene atagonje ndi wamng'ono. Anthu akamamenyana, amene amayamba kulira ndi ana ndiye anawo akuyerekezedwa ndi kunsonga. Mawuwa amanenedwa pamasewera poderera

ena kuti ndi ana.

### **Kumeneku n'kukonza chitseko chimera chitatha.**

-Mawuwa amanenedwa poseka munthu wozengereza. Ena amazengereza kupalira m'munda. Mbewu zawo zikayamba kuwonongeka mpamene amayamba kupalira. Ena angamaone kuti chimera chawo chikubeda, koma n'kumangonyalanyaza. Akamaganiza zoti akonze chitseko chawo, amapeza kuti chimera chija chatha.

### **Kumira pachipande.**

-Mawu okokomeza omwe amatanthauza kuti munthuyo akunama mopanda manyazi.

### **Kumva mawu a akulu n'kuchezera.**

-Mawuwa amatanthauza kuti, kuti munthu amve zimene akuluakulu akukambirana amafunika kukhala maso osagona. Amene akufuna zinthu zimuyendere ayenera

kumvera zimene akuluakulu akumuuzza  
chifukwa aona zambiri pamoyo wawo.

**Kumwamba ndi kumwamba, pansi ndi  
pansi.**

-Tiyenera kumanena zimene tikudziwa osati  
zongopeka.

**Kunama n'kudzipha.**

-Anthu samathandiza munthu wabodza  
akakhala pamavuto.

**Kunda adafa ndi diwa.**

-Kunda ndi mbewa yaikulu. Mbewayi imatha  
kufa ndi diwa ngakhale kuti ndi yaikulu.  
Kanthu konyozeka kangathe kupweteka  
ngakhale munthu wamkulu.

**Kunena kuti manda akufewa, n'kuika  
munthu ali m'maso.**

-Malangizo othandiza amachokera kwa  
munthu amene waona zambiri pamoyo wake.

## **Kunena kwa ndithendithe Nanthambwe adadzitengera tsoka.**

-Munthu uyenera kumanena utaganiza bwinobwino, m'malo mongonena kuti nkhani ithe chifukwa zikhoza kukubweretsera mavuto.

## **Kunena kwa ndithendithe Nanthambwe adazitengera.**

-Si bwino munthu kudzitama kapena kulonjezeratu chinthu zotsatira zake zisanadziwike kwenikweni chifukwa mwina zotsatira zake zitha kukuika m'mavuto kapena kukutsutsa. Si bwino kumafulumira kuyankhula kapena kuulura zinsinsi za ena chifukwa ukhoza kupalamula.

## **Kunena ndi mtima umodzi.**

-Mawuwa amatanthauza kunena mosatsimikiza.



## **Kungapande tambala kudzacha.**

-Ndi mawu amene anthu amadzilimbitsa nawo mtima akakhala paulendo. Amadziwa kuti ngakhale pangapite masiku, koma adzafika kawo.

## **Kunja kuli kutali.**

-Munthu asamaderere dziko chifukwa dziko silitha, amatha ndi anthu.

## **Kunkira nsale n'kumodzi.**

-Nsale ukamakula umakulira kofanana. Nafenso tizichita zinthu mogwirizana komanso mofanana kwambiri ngati amodzi.

## **Kuno n'kunja kudayanja lichero.**

-Ukalempera usamanyoze anzako, zamawa sizidziwika.

## **Kunong'oneza bondo.**

-Mawuwa amatanthauza kudandaula utakumana ndi mavuto chifukwa cha

kusamva kapena kunyalanyaza machenjezo.

**Kunyaza Katumbu n'kuvuula mono.**

-Katumbu amakonda kuba msomba m'mono.

Kuthana naye n'kungovuula monowo.

Chimodzimodzinso ndi ena omwe amachita zinthu zosokoneza monga kuba, kuti uthane nawo umafunika kumatseka chitseko chako ndi loko.

**Kuolokera pakangaude.**

-Kukhala ndi mwayi wopulumuka m'mavuto mosadziwika bwino.

**Kuombera mapira pamutu.**

-Kuchenjerera mnzako pomubisira zoyenera kuchita kapena kusamuuza zoonza zenizeni.

**Kuona chidameta Nkhanga mpala.**

-Kukumana ndi mavuto kapena kukhauka.

**Kuona Fisi si kubadwa kale.**

-Mawuwa amatanthauza kuti ngakhale

mwana akhoza kudziwa zambiri kuposa munthu wamkulu.

**Kuona maso a nkhono n'kudekha.**

-Kudekha komanso kuugwira mtima kumathandiza kuti upeze zabwino. Munthu wofatsa amadziwa komanso kuona zambiri kuposa munthu wopupuluma.

**Kuonda saombezero.**

-Ngati takumana ndi mavuto, tisamathamangire kuloza ena zala.

**Kuonerana m'kodi.**

-Mawuwa amatanthauza kunyozana, kudererana kapena kuchitirana mwano.

**Kuonerana m'madzi.**

-Mawuwa amatanthauza kunyozana, kudererana kapena kuchitirana mwano.

**Kuopa n'kukhala pambuyo ngati mchira.**

-Munthu amene akufuna kuchita bwino

ayenera kuona mmene ena akuchitira.

**Kupata kumasiyana.**

-Anthu amapeza zinthu mosiyana, ena amapeza zambiri kuposa anzawo.

**Kupata n'kosiya.**

-Anthu amapeza zinthu mosiyana, ena amapeza zambiri kuposa anzawo.

**Kupatsa n'kudzala, kunama n'kukazinga.**

-Ukathandiza mnzako umakhala ngati wadzala, mawa adzakuthandiza iweyo.

**Kupatsa n'kuika, kunama n'kukazinga.**

-Ukathandiza mnzako umakhala ngati wadzala, mawa adzakuthandiza iweyo.

**Kupatsa n'kuyikiza.**

-Ukamathandiza anzako, nthawi ina nawonso amadzakuthandiza.

**Kupempha si kuba.**

-Kuuza munthu kuti akuthandize si

kulakwa.

**Kupenya kumwamba n'kukhala ndi Nkhuku.**

-Munthu ukakhala ndi chinthu umayesetsa kuchiteteza monga munthu akakhala ndi Nkhuku amayesetsa kuziteteza kwa Mphamba.

**Kupenya pawiripawiri kudathyola khosi.**

-Ndi bwino kusankha kuchita chinthu chimodzi m'malo mochita zambirimбири nthawi imodzi.

**Kupepera kulibe mankhwala.**

-N'zovuta kusintha kapena kuthandiza munthu wopepera.

**Kupha Galu wachiwewe n'kulelemeza mpini.**

-Pofuna kugwira munthu wochenjera kwambiri pamafunika kumufatsira komanso

kumutenga bwino.

**Kupha mbalame ziwiri ndi mwala umodzi.**

-Kupeza mwayi waukulu kwambiri  
mosayembekezereka.

**Kupha Mkango ndi kuweteka.**

-Pofuna kuchita zinthu pamafunika kufatsa  
ndi kupeza nzeru yeniyeni.

**Kupha n'kupha umakumbuka poguza.**

-Tisanayambe kuchita chinthu tiziyamba  
tadzifunsa kuti, 'Kodi zimenezi zitha bwanji?'

**Kupha Njoka n'kudula mutu.**

-Kupha njoka kumafuna kuimenya mutu.  
Kuthetsa nkhani n'kulinga utadziwa chimene  
chayambitsa. Kuti uthane ndi vuto  
umafunika kuthana ndi chimene  
chikuyambitsa vutolo.

**Kupha Njoka n'kumutu.**

-Kupha njoka kumafuna kuimenya mutu.

Kuthetsa nkhani n'kulinga utadziwa chimene chayambitsa.

### **Kuphera Nkhumba pamsikiti.**

-Kuchitira ena zinthu zosayenera komanso zolakwika malinga ndi chikhalidwe kapena mwambo wawo.

### **Kuphunzira kumakathera kumanda.**

-Pa moyo wa munthu pamakhala zambiri zoti uphunzire ndipo umaphunzirabe mpaka kudzamwalira. Ena amati kumwalirako ndi phunzironso palokha. Nanga umakhala kuti unamwalirapo ngati? Umaphunzirira pomwepo kumwalira.

### **Kuphunzira sikutha.**

- Pa moyo wa munthu pamakhala zambiri zoti uphunzire ndipo umaphunzirabe mpaka kudzamwalira. Ena amati kumwalirako ndi phunzironso palokha. Nanga umakhala kuti unamwalirapo ngati? Umaphunzirira

pomwepo kumwalira. Kungoti kumatha ukakhala kuti wamwalira.

### **Kupsa n'kupsa thuza.**

-Kawirikawiri zolakwa zazing'ono tikaziikira mang'ombe zimaoneka zazikulu.

### **Kupulumukira m'kamwa mwa mbuzi.**

-Kupulumuka pa mlandu chifukwa chonena bodza. Nkhani yake imati, tsiku lina anyamata awiri anapeza mbuzi itamangidwa pamtengo wina ndipo anaganiza zoti aibe. Atangoyamba kumasula chingwe cha mbuziyo, mwini wake anabwera ndipo anawafunsa kuti, “N'chifukwa chiyani mukumasula mbuzi yanga?” Anthuwo anayamba kuchita mantha. Koma m'modzi anati, “Tinaona kuti pano palibe msipu wabwino, ndiye tinaganiza zoti tikaimangirire pamtengo uwo. Taonani msipu wake ukungoti biriwiribiriwiri, kukongola. Zoon



mbuziyi ife ndi njala msipu uli m'khonde?”  
Mwini mbuziyo atamva zimenezi  
anawakhulupiriradi. Koma mbuziyo  
inkadziwa kuti anthuwo akunama. Ndiye  
chifukwa choti sitha kuyankhula, akubawo  
anapululumukira m'kamwa mwa mbuzi.

### **Kuputa ndewu n'kuimirira.**

-Munthu amene akufuna kumenyana ndi  
mnzake amati akayamba mnzake amaimirira  
kuti amenyane naye. Ukamayamba kuchita  
chinthu umafunika kukhala ndi zonse  
zokwanira kuti izimalizitse. Ukamawaputa  
mavuto umafunika kulimba nazo.

### **Kuputa Vumbwe n'kulinga uli ndi Nkhuku.**

-Kuti anthu azikonda kubwera pakhomo  
umafunika kumawadyetsa bwino.  
Ukamaputa chinthu umafunika kumakhala  
ndi podalira.

### **Kusadziwa n'kufa komwe.**

-Munthu ukakhala mbuli palibe chingakuyendere.

### **Kusafunsa kudadyetsa njuchi.**

-Kufunsa kumathandiza kuti tisakumane ndi mavuto.

### **Kusafunsa kudamwetsa posamba.**

-Kufunsa kumathandiza kuti tisakumane ndi mavuto.

### **Kusafunsa kudaphikitsa tsabola.**

-Kufunsa kumathandiza kuti tisakumane ndi mavuto.

### **Kusafunsa kudapsetsa Tambala.**

-Kufunsa kumathandiza kuti tisakumane ndi mavuto.

### **Kusalowa m'nyumba salumbira.**

-Munthu sunganyanyale kuti sudzachitanso chinthu chomwe chili chofunika kwambiri

pamoyo wako, monga kulowa m'nyumba mwako.

### **Kuseri kulinji?**

-Ngakhale mafumu amanyozedwa kumbali. Munthu sungadziwe zomwe ena amanena kuseri.

### **Kuseri kumvenji?**

-Munthu ukakhala pawekha zambiri zimakupita.

### **Kuseri kutukwanitsa a Chiwere.**

-Ngakhale mafumu amanyozedwa kumbali. Munthu sungadziwe zomwe ena amanena kuseri.

### **Kuseri kwecheche, adagwidwa msanasana.**

-Pakhalekhale choipa chilichonse chimene chimachitidwa mseri, chimadzaonekera poyera.

### **Kusiya fumbi.**

-Limeneli ndi bodza lonenedwa ndi munthu nthawi yamavuto. Nthawi zinanso angatanthauze kupulumuka pamlandu chifukwa chodziwa kuyankhula mochenjera. Angatanthauzenso kuthawa ndi liwiro lalikulu.

### **Kusiya n’kute n’kulinga utatolatola masana.**

-Mwambiwu umatanthauza kuti munthu amene amapeza zochepe, sakhala ndi zambiri zosunga.

### **Kusochera ndiko kuphera kulupsa.**

-Akamati munthu wataika ndiye kuti wachita zinthu zomwe sumafuna kuchita kapena walephera kuchita zomwe amafuna.

### **Kuswa mtedza chokhala n’kwabwino.**

-Kuti ntchito igwirike bwino pamafunika kuifatsira.

### **Kutapa nzeru m'thumba la Likongwe.**

-Mawuwa amanena za munthu amene amayamba kaye wafunsa ena asanachite zinthu. Kuchita zimenezi kumathandiza munthu kuchita zinthu mwanzeru.

### **Kutaya udzu womwetamweta.**

-Mawuwa amatanthauza kutaya mwayi wopezapeza.

### **Kutchena ndi kupirira.**

-Kuti atsikana kapena azimayi atchene, kaya ndi m'mutu, amafunika kupirira ululu. Mwachitsanzo, ena amapsa ndi livuloni koma samasiya.

### **Kutemetsa nkhwangwa pamwala.**

-Kutaya mwayi pogwiritsa ntchito chinthu mosayenera. Mawuwa angatanthauzenso kukanitsitsa.

### **Kukana kwam'tuwagalu.**

-Mawuwa amatanthauza kukanitsitsa.

### **Kutengera zinthu pamgong'o.**

-Kutenga zinthu udyo kapena kumva zinthu molakwika. Si bwino kumazezeduka kapena kumajijirika kwambiri.

### **Kuthamanga sikufika.**

-Kuchita zinthu mofulumira kwambiri kumabweretsa mavuto kapena kuwonongetsa zinthu.

### **Kuthawa mtswatswa wako womwe.**

-Kunamizira kukana chinthu chomwe wachita ndiwe wemwe.

### **Kuthawa ndewu si mantha, koma kusamala mano.**

-Kupewa zinthu zobweretsa mavuto ndi nzeru kusiyana ndi kuzichita n'kupeza mavuto.

### **Kuthyola ndiwo n'kuwerama.**

-Munthu akafuna kupeza zinthu amafunika kugwira ntchito molimbika.

### **Kutola fulu ndi kulawira.**

-Ngati munthu ukufuna kugwira ntchito bwino ndi bwino kulawira.

### **Kutola khobwe n'kum'mawa.**

-Munthu akafuna kuchita chinthu amafunika kuchichita mwansanga.

### **Kutola khobwe ndi m'mawa.**

-Tisamazengereze tikafuna kuchita kanthu. Tisamachedwe pochita zinthu ngati omwe akukolola khobwe, akachedwa khobwe yense amathera pansi n'kuthetheka. Tikafuna kugwira ntchito ndi bwino kulawira kapena kuchita moyambirira n'kufunika.

### **Kutola nkhwangwa ndi mpini womwe.**

-Mawuwa amanenedwa pamene munthu

wachita mwayi waukulu kwambiri umene samayembekezera.

**Kutola si kuba.**

-Kutola kanthu si kuba, koma ukatenga pakhomo pa munthu osapempha.

**Kutsutsa Galu n'kukumba.**

-Ngati munthu akukana kuti sanalakwe pamafunika kukhala mboni yoti imutsutse. Si bwino kutsimikizira chinthu usadapeze umboni wokwanira.

**Kutsutsa ngomwa n'kuivulira.**

-Potsutsa munthu umafunika kukhala ndi umboni weniweni.

**Kutukwana samangira mtanda.**

-Munthu uyenera kumachita manyazi ukapanga chinthu cholakwika.



**Kuuma kwa mutu kumachititsa kuti pakamwa patsegule m'mimba.**

-Anthu opanda nzeru ndi amene amalongolola kwambiri.

**Kuutsa mapiri pachigwa.**

-Mawuwa amanenedwa ngati munthu wachititsa kuti anthu ayambane, kaya ndi apachibale kapena ena adera.

**Kuvala khoza ndi kuwolowa dzanja.**

-Khoza ndi chibangiri. Kuti munthu avale chibangiri amafunika kufewetsa dzanja lake. Kuti munthu azikondedwa kapena kupatsidwa zinthu amafunika kukhala wopatsa. Komanso munthu wopatsa sachita kudikira kuti ena amupemphe kuti awathandize.

**Kuwerengera madzi a mphutsi.**

-Mayi wina amawiritisa madzi kuti aphere mphutsi, koma mlendo ankaganiza kuti ndi

madzi a nsima. Mawuwa amatanthauza kuwerengera zinthu zosakhala zenizeni.

**Kuwerengera mbewa ndi michira yomwe.**

-Kuwerengera ndi zinthu zoti palibe zomwe.

**Kuweta Galu ndi kum'ponyera chakudya.**

-Mwambiwu umatanthauza kuti kuti munthu akhale ndi ana kapena anthu ena, amafunika kuwadyetsa komanso kuwasamalira.

**Kuwongola mtengo mpoyamba.**

-Kuti munthu akhale ndi makhalidwe abwino ayenera kuphunzitsidwa kuyambira ali wam'ng'ono.

**Kuyandikana si kuyanjana.**

-Kudziwana si kukhala pamodzi ayi, koma kuyenderana.

**Kuyasamula n'kupempha, mwana wa mfulu adziwa yekha.**

-Kuyasamula n'kupempha mosafuna

kuonetsera. Choncho, munthu wachifundo amadziwa yekha chochita.

**Kuyenda awiri si mantha.**

-Anthu mukakhala pagulu mumathandizana komanso mumalimbitsana mtima.

**Kuyenda koma pamodzi.**

-Anthu mukakhala pagulu mumathandizana komanso mumalimbitsana mtima.

**Kuyenda m'mawa n'kudya nawo.**

-Munthu akafuna kugwira ntchito yake bwino amafunika kulawira.

**Kuyenda n'kupiringizika.**

-Paulendo sungadziwe pomwe ukafikire.

**Kuyenda n'kuvina.**

-Munthu ukakhala kwanu, si bwino kumachitira mwano alendo, chifukwa tsiku lina ukayenda udzawapeza ndipo adzakuchitira zoipanso. Munthu sudziwa

kuti mawa ukapezeka kuti. N'zotheka kufika kumene sumaganizira kuti ungafikeko.

**Kuyenda ndi kuseri kwa phazi.**

-Mawu onena kuti chinthuchi sindichikhulupirira kuti chingachitike, koma chikadzachitika ndidzakhala ndi chimwemwe kwambiri.

**Kuyenda usiku si kuona fisi.**

-Kuyenda usiku ndi kuyenda ndi mdima waukulu, kunja kuli zii ndi zoopsa zosiyanasiyana. Koma si kuti nthawi zonse amene amayenda usiku amakumana ndi afisi.

**Kuyenda utsi uli tsitu.**

-Kuyenda ngati munthu wosazindikira.

**Kuyera ndi madzi a nyemba.**

-Zinthu zina zimangokongola m'maonekedwe pomwe si zokongola kwenikweni.

### **Kuyimba nthungululu pamaliro.**

-Ngati munthu sukulongosola mbali yako pamlandu, anthu sangadziwe kuti ndiwe wosalakwa. Umakhala ngati ukuimba nthungululu pamaliro zonse si zimene umafunika kuchita. Ngati anthu akukuimba mlandu, umafunika kulira nkhawa zako zonse.

### **Kuzima chinutu uzimba ukalipo.**

-Chinutu ndi moto womwe alenje amayatsa pofuna kuvumbulutsa nyama. Nthawi zina ndi bwino kumazimitsa motowo chifukwa mawa mudzafunanso kusaka. Tiyenera kumasamala ndi zinthu zomwe timagwiritsa ntchito. Komanso, kulemekeza amene amatisamala ndi chinthu chofunika kwambiri.

### **Kuzingwa kwa Kalulu kukapsa.**

-Anthu ambiri amakhala osangalala ngakhale

ndi zochepa zomwe ali nazo. Koma zimene amadalira monga makolo akamwalira, amakhala m'mavuto aakulu, osowa nawo pothawira.

**Kwa amake a mwana ndiko kuli madyera.**

-Mwana kapena munthu aliyense amasangalala kwa amayi ake chifukwa mayi sanganyoze mwana wake.

**Kwa ena n'chitsiru, amake ati mwana.**

-Makolo amakondabe ana awo ngakhale atakhala ndi mavuto ena.

**Kwa eni kudyetsa nthanga dzungu ukulifuna.**

-Munthu ukakhala kwa eni umakhala wopanda ufulu wochika kapena kuyankhula chilichonse chimene ukufuna. Tiyenera kukhala odzichepetsa tikakhala kwa eni.

**Kwa eni kuika moyo, kuipira kudwala.**

-Ukakhala kwa eni umapululumuka zoipa  
zochokera kwa abale, koma ukadwala  
umakumbukira kwanu.

**Kwa eni kulibe “mkuwe,” ukakuwa  
wadzikuwira nkhondo.**

-Munthu ukakhala kwa eni sumalamulira,  
ukachita zimenezi amatha kukuthamangitsa.

**Kwa eni kulibe mkuwo, mutu wa nkhuku  
n’chiwalo.**

-Ukakhala kwa eni umachita zomwe kwanu  
sukanachita monga kudya mutu wa nkhuku  
pomwe kwanu umadya ziwalo zofewa.

**Kwa eni kusunsitsa msuzi ndiwo  
ukuzifuna.**

-Munthu ukakhala kwa eni umalephera  
kuchita zomwe ukadachita uli kwanu.

### **Kwa eni uyenda umayeteka.**

-Kuchilendo sukhala ndi ufulu wochita kapena kuyankhula chilichonse chimene ukufuna.

### **Kwa eni, kapitolosi umaika m'kamwa.**

-Munthu ukakhala kwa eni umakhala opanda ufulu wochika kapena kuyankhula chilichonse chimene ukufuna. Tiyenera kukhala odzichepetsa tikhala kwa eni. Kapitolosi ndi ndevu za pamlomo.

### **Kwafa galu kulibe mbiri.**

-Munthu wosadziwika akalakwa, choipa chake sichidziwika kwambiri. Munthu wodziwika akalakwa, mbiri imapita patali.

### **Kwagwa chauta.**

-Mawuwa amanenedwa kukachitika mliri womwe wapulula anthu ambiri kapena kukachitika maliro.



### **Kwagwera mtengo wanthambi sikusowa.**

-Anthu otchuka akalakwa mbiri imafala kwambiri, koma osatchuka nkhani yake sidziwika kwenikweni.

### **Kwakuchera unname.**

-Pali anthu ena omwe kukangocha ntchito imakhala kunena miseche. Ukanena zabodza suchedwa kugwidwa.

### **Kwakula kometa, waperewera kundwe (pawudala).**

-Pogwira ntchito pamafunika anthu okwanira. Mawuwa amanenedwa ikakhala kuti ntchito ndi yambiri koma anthu ndi ochepa.

### **Kwalusa n'kulinga wina atajiwa.**

-Timachenjera kwambiri pavuto ngati wina zamuonekera.

**Kwanu n'kwanu, m'nthengo mudalaka njoka.**

-Osamanyoza kwanu chifukwa zinthu zikakuvuta umabwerera kwanu.

**Kwanu sikutalika.**

-Kwanu kungatalike bwanji, umachita zotheka kuti ukafikeko.

**Kwapsa kwamera, koma kwatsala thengo.**

-Zinthu zikachitika sizitheratu, mwachitsanzo mlandu ukhoza kutha koma anthu n'kumasungiranabe chakukhosi.

**Kwatsala tchire moto umapita komweko.**

-Chaona mnzako lero mawa chidzaona iwe.

**Kweza Mbawala m'mwamba.**

-Osamadziika dala m'mavuto pokhala dala pamalo oipa kapena kuchita zosayenera.

# L

## **Ladza dzinja, ana anole mano.**

-Mavuto akakupanikiza kumakumbukira kuti amatha ndipo chisangalalo chimabwera.

## **Lakoma thendo, nyama ilowa m'mano.**

-Nyama ndi yokoma kwambiri koma kuipa kwake imalowa m'mano. Munthu akakhala ndi moyo wosalira zambiri savutika.

## **Lambulire, nawe ndidzakulambulira.**

-Zinthu zimayenda mukamathandizana.

## **Laponda diwa lamphawi.**

-Nthawi zina munthu amapeza mwayi womwe samayembekezera.

## **Lekani! manong'onong'o adadzutsa njovu.**

-Zinthu zazing'ono zimatha kuyambitsa zazikulu. Mwachitsanzo, phokoso laling'ono

lingachititse kuti njovu idzuke n'kupha anthu.

**Lende n'kukankhana.**

-Mnzako akukuchitira zabwino nawenso ndi bwino kumuchitira zabwino.

**Katungwe n'kukankhana.**

-Zimakhala bwino kumathandizana.

**Lero lomwe lidadetsa Nthengu.**

-Nthawi zina ndi bwino kudikira pochita zinthu chifukwa tikachita mofulumira nthawi zina zinthuzo sizichitika bwino. Kuchita zinthu modekha kumathandiza kuti zinthu zisasokonekere. Mwachitsanzo, nthengu inkafuna kuti aimalize kuipenta tsiku lomwelo. Chifukwa chosafuna kubweranso mawa, anaipaka penti wakuda.

**Lero muchira ndi madzi okha.**

-Mkuluwikowu umatanthauza kuti pakhomo

palibe chakudya.

**Lero zakumana mbombo zokhazokha.**

-Anthu a makhalidwe ofanana akakumana pamakhala mavuto, palibe angapusitse mnzake.

**Likawomba wotheratu.**

-Mwayi ukapezeka, kapenanso ukakhala ndi nthawi, mpofunika kuchitiratu zomwe ukufuna kuchita, chifukwa mwina tsiku lotsatira kudzakhala mitambo. Si bwino kumachita zinthu mochedwa mwayi ukapezeka. Ndi bwino kumachitiratu zinthu mwayi ukadalipo.

**Linda madzi apite, kenako uziti “ndadala.”**

-Osamapupuluma kunena kuti zinthu zili bwino, chifukwa pamapeto pake ukhoza kupusa utakumana ndi mavuto. Si bwino kudzitama vuto lisanathe.

**Linda mphepo iwombe kuti uone maliseche a Nkhuku.**

-Pakagwa mavuto m'pamene umadziwa khalidwe lenileni la mnzako.

**Lirime ndi nkhondo.**

-Mawu akhoza kuyambitsa nkhondo. Ndi bwino kumaganiza kaye tisanayankhule kuopera kubweretsa mavuto titayankhula zopanda nzeru.

**Liuma lidakumbitsa Mbewa zapachulu.**

-Nthawi zina makani amachititsa kuti uvutike kwambiri. Mwachitsanzo, kuti munthu ukumbe mbewa zapachulu umafunika kukhala ndi mphamvu. Ngati munthu ukufuna kuchita chinthu monga kukumba mbewa zapachulu, uyenera kuchita khama. Kusamva kungachititse kuti munthu akumbebe mbewazi n'kukhula.

## **Liwiro la mumchenga n'kuyambira limodzi.**

-Ngati ukufuna kuti zinthu zikuyendere bwino, ndi bwino kuyambira limodzi ndi anzako.

## **Liwiro lilibe manyazi, chikakula patuka.**

-Sitingathe kulimbana ndi Njovu ikakalipa. Tiyenera kungothawa basi. Si bwino kumayesetsa kuchita zinthu zomwe tikudziwa bwino kuti sizingatheke.

## **Lonjezo linadulitsa mutu wa Yohane.**

-Uyenera kukwaniritsa zimene walonjeza.

## **Lungalunga mpobadwa, chilema chidza ku usana.**

-Munthu ukhoza kulumala utakula kale. Munthu akhoza kubadwa ali bwinobwino n'kukhala ndi chilema atakula kale chifukwa cha matenda kapena ngozi.

Ungatanthauzenso kuti munthu ukhoza

kuyamba bwino koma pamapeto pake  
n'kusokoneza zinthu.

**Lungalunga mpobadwa, chilema chimadza  
utakula.**

-Munthu ukhoza kulumala utakula kale.  
Ungatanthauzenso kuti munthu ukhoza  
kuyamba bwino koma pamapeto pake  
n'kusokoneza zinthu.



# M

## **M’bakadya adalinda kwawukwawu.**

-Kuzengereza kapena kukomedwa pochita zinthu kumabweretsa mavuto.

## **M’bakadyam’bakadya adachoka fumbi lili koboo.**

-Kuumirira zinthu ndi koipa.

Osamakomedwa kuchita zinthu zomwe tikudziwa kuti zikhoza kutibweretsera mavuto.

## **M’chenicheni, mpeni wa Chiwoko.**

-Mpeni wa a Chiwoko ndi mpeni wakuthwa konsekonse. Mwambiwu umanenedwa ngati munthu waweruza mopanda chilungamo mlandu wa m’bale wake. Munthu akaweruza mlandu wa m’bale wakeyo mokondera amati ndi mpeni wa Chiwoko.

### **M'chiuno mwa mwana simufa Nkhuku.**

-Mwana ngakhale achite zabwino zotani sayamikiridwa chifukwa anthu ena amati mwana sangachite zinthu zopambana.

Mwachitsanzo, mwana akhoza kuvina bwino kwambiri, koma anthu sangamufupe Nkhuku. Nthawi zambiri anthu amene amalimbikira ntchito sadyerera, amadyerera ndi mabwana awo.

### **M'dzaonanji adaona Mbawala yake tsiku lamvula.**

-Munthu wonyozeka amadzapeza mwayi womwe sitinauyembekezere chifukwa choti wachita khama.

### **M'dziko la akhungu, wadiso limodzi amakhala mfumu.**

-Anthu olongosokako ndi amene amalamulira.

## **M'kamwam'kamwa mudatha lichero la mapira osaviika.**

-Tisamangofulumira kulonjeza kuti tidzachita chinachake, chifukwa tikadzalephera tidzachita manyazi.

## **M'madzi munanyenga Chule.**

-Mawuwa amanena za munthu amene amadzitukumula chifukwa cha maonekedwe kapena kudzisamalira kwake, kumangofuna kukhala wosiyana ndi anzake kumene wapita.

## **M'mera m'poyamba.**

-Ndi bwino kumachita zinthu moyambirira. Ngati ukufuna kuti ana ako akule bwino, ndi bwino kuyamba kuwalangiza kuyambira ali aang'ono. Kutu tidzakolole zambiri, timafunika kudzala moyambirira. Kuchita zinthu moyambirira n'kofunika kwambiri.

### **M'mimba ndi m'chipala.**

-Ngakhale ana obereka mayi m'modzi amatha kukhala osiyana m'maonekedwe, makhalidwe komanso zochita zawo. Pa chipala ndi pamene amasulira zinthu zosiyanasiyana monga makasu, mipeni, zikwakwa ndi zina.

### **M'mphechepeche mwa njovu sapitamo kawiri.**

-Ngati munthu wapulumuka pa vuto mwamwayi, si bwino kubwereza kuchitanso zomwezo.

### **M'mwemo anakhazikitsa tsindwi pakhudu (pambali).**

-Munthu waulesi amawononga zinthu ngakhale zake zomwe.

### **M'nyumba mukasowa ufa, sataya mkute.**

-Tisamawononge zinthu zathu ngakhale titakhala pabwino, chifukwa tikhoza kudzazifuna mawa.

**M’nyumba yamwini saotcheramo mbewa.**

-Si bwino kumachita chilichonse chomwe timachita kwathu tikapita kuchilendo chifukwa mwina eni akewo sasangalala nazo.

**M’thengo saikizamo bowa.**

-Munthu ukakhala ndi chinthu ndi bwino kuchisamala chifukwa ukapusa anzako akhoza kukutolera.

**M’thumba lamwini sapisamo dzanja.**

-Osamayamba zinthu podalira ndalama za m’thumba la munthu wina.

**M’thunzi umodzi suthera nkhani.**

-Ndi bwino kukhala odekha m’malo mopupuluma kuti zinthu zina zithe mwachangu.

**M’tsuko sulowa m’chiko, koma chikho ndicho chimalowa mumtsuko.**

-Munthu waudindo ndi amene amapatsidwa

ulemu, koma iyeyo sachita zimenezo kwa ena omwe ndi otsika.

**M'yang'ana dzuwa adasochera.**

-Ngati tikukayika kapena sitikudziwa zoyenera kuchita ndi bwino kufunsa kuti tichite zinthu moyenera.

**Mabatani akunsana amakumanga ndi anzako.**

-Timafunika kuthandizidwa ndi anthu ena.

**Mabingu a mvula anathawitsa mkamwini kumudzi mvula isanagwe.**

-Osamapupuluma kusiya kuchita zinthu chifukwa cha zinthu zomwe sitikutsimikizira ngati zingachitikedi.

**Machokero a pabwalo.**

-Munthu akatsanzika kuti akubwera kukatenga chinachake ndiyeno osabweranso, anzake amanena kuti, “anangonama kuti

akukatenga chinthu, anali machokero a pabwalo.”

**Madoli (matodwe) adafera mchenga woyera.**

-Zinthu zina zimangokongola m’maonekedwe zili zosathandiza kwenikweni.

**Madoli anafera mchenga woyera.**

-Pali zinthu zina zomwe zimaoneka zabwino zomwe pambuyo pake zikhoza kutiika m’mavuto.

**Madzi adzadza, mlamba usangalale.**

-Munthu ukapeza zinthu zabwino umafunika kusangalala.

**Madzi akataika sawoleka.**

-Zinthu zikataika kapena zikasokonekera, zimakhala kuti zasokonekera basi.

**Madzi amachuluka ndi a m’njira.**

-Zinthu zazikulu zimayamba

pang'onopang'ono, monga mtsinje  
umadzadza ndi madzi a m'ngalande.

**Madzi amakoma akakhala m'chinkho,  
koma akakhala mumtsinje amapha.**

-Pali zinthu zina zoopsa zikakhala malo ena  
kapena zikakhala zambiri.

**Madzi apamwala amatunga ndi amene  
walawira.**

-Ukafuna kuchita chinachake umafunika  
kuchita zinthu mofulumira. Ulesi  
umamanitsa zambiri.

**Madzi apamwala watunga walawira.**

-Ukafuna kuchita chinachake umafunika  
kuchita zinthu mofulumira. Ulesi  
umamanitsa zambiri.

**Madzi n'kulubza, mchenga upita pansi.**

-Mawu onenedwa ndi anthu awiri odziwana  
kuti amuchenjerere munthu wina.



**Madzi odikha ndi amene amalowa pansi.**

-Munthu waphee ndi amene amakhala ndi maganizo akuya kapena oopsa.

**Madzi oyera umasambira kumutu, akuda kumapazi.**

-Alendo mumawapatsa zabwino, zinazo zimakhala zanu.

**Madzi saiwala khwawa.**

-N'kovuta munthu kuleka chizolowezi chake. Si bwino kuiwala makolo kapena zinthu zina zofunika.

**Madzi saiwala mkolokolo.**

-Si bwino kuiwala makolo kapena zinthu zina zofunika. Angatanthauzenso kuti zimakhala zovuta kuiwala zimene unazolowera.

**Mafukufuku sayenda, imayenda ndi nyama.**

-Ngati wafunsira mkazi amayembekezera kuti

uzimuyendera kuti adziwe kuti  
umamukondadi. Munthu akabwereka  
ngongole umamupitira kwawo chifukwa  
kawirikwawiri sangabwere kudzakupatsa  
ndalama yako.

**Mafuta amagwera pa anzake.**

-Ulemerero umabwera pamene pali ulemerero  
kale. Mwayi umakupeza uli pabwino kale.

**Magulugulu a mvula anathawitsa  
mkamwini kumudzi mvula isanagwe.**

-Si bwino kumataya mtima msanga  
tikakumana ndi mavuto kapena tikamva  
zinazake zokhumudwitsa. Tisamapupulume  
kuchita zinthu tisanamvetse bwino nkhani.

**Magwiragwira amapha manja.**

-Kugwiragwira kumabweretsa mavuto.

**Maimvaimva adathawitsa zolo paukwati.**

-Mamveramvera amabweretsa zowawa. Ndi

bwino kuchita zinthu zimene ukuona kuti zikuthandiza m'malo momvera anthu ena.

**Maimvaimva amapha makutu.**

-Si bwino kumangokhulupirira zonena za ena tisanafufuze bwinobwino.

**Makale sapangana adalira m'thumba.**

-Pamakhala chinthu choululitsa zobisika kapena zachinsinsi.

**Makale sapangana.**

-Mawuwa amanenedwa pamene anthu awiri apita kumlandu asanapangane kapena kugwirizana chokanena.

**Makani sawombola munthu.**

-Kumva zako zokha kukhoza kuika munthu pamoto. Munthu amayenera kumamva malangizo a ena. Mwayi umakupeza uli pabwino kale.

**Makasu akalira ndiye kuti alipo awiri.**

-Tiyenera kumathandizana ngati tikufuna kuti tichite zakupsa.

**Mako ndi mako angachepe mwendo.**

-Osamanyoza makolo ngakhale atakhala kuti ndi osaoneka bwino. Chikondi cha pachibale sichitha.

**Mako ndi mako usawaone kuchepa mwendo.**

-Osamanyoza makolo ngakhale atakhala kuti ndi osaoneka bwino. Chikondi cha pachibale sichitha. Tizipereka ulemu kwa makolo ngakhale ali onyozeka.

**Makolo amasamalira ana mano awo akamamera, ana amasamalira makolo mano awo akayamba kuguluka.**

-Ndi bwino kumasamalira makolo chifukwa nawonso anavutika kutisamalira tili ana.

**Makolo atsoka amati, “ndinadya chiyani ine kuti ndibereke chitsilu ngati chimenechi?”**

-Pali ana ena omwe ngakhale tiwalele bwino, amatha kuyamba zawo n’kusokonekera.

**Makondamakonda, Buluzi anakonda khonde.**

-Zokonda zimasiyanasiyana, choncho mnzathu akamakonda zinazake, tisamuseke chifukwa zokonda zathunso zikhoza kukhala zoseketsa kwa anthu ena.

**Makutu achitirana nsanje.**

-Sizingatheke kumamvetsera munthu ndi khutu limodzi, linalo n’kumamvetsera wina. Umafunika kumvetsera m’modzi kaye. Kuchita zinthu ziwiri sikuthandiza.

**Makutu sakhuta ndi kumva, maso sakhuta n’kuona.**

-Sitingakwanitse kupeze zonse zimene

timaona kapena kumva. Ndi bwino kumakhala okhutira.

**Malawalawa anapha milomo.**

-Tiyenera kuchenjera ndi zinthu zomwe timakonda chifukwa pamapeto pake chikhoza kutiika m'mavuto.

**Maliro m'mbale.**

-Mawuwa amatanthauza ndiwo za nyama.

**Maliro n'kulirana.**

-Zovuta zikachitika kapena mavuto akabwera timayenera kuthandizana.

**Malonda amakoma ndi kugulana.**

-Zinthu zimayenda bwino anthu akamathandizana.

**Malonda ali m'maso.**

-Munthu umafunika uyambe kaye waona malonda usanagule.

**Malonda amakoma ndi n'kuikira (banyira).**

-Wamalonda akamapereka banyira, anthu ogula amamukonda.

**Malonda ndi m'maso, pakamwa pamangotenderera.**

-Munthu ukamafuna kugula kanthu umafunika uchionetsetse m'malo mongotengeka ndi zimene otsatsa malondawo akunena.

**Malunje sadya Sakhwi.**

-Tisaope tikafuna chinthu chifukwa cha kuwopsedwa ndi maonekedwe a chinthucho. Si bwino kuopa kunena vuto lathu kuti anthu atithandize.

**Mamveramvera amapasula banja.**

-Osamangotengeka ndi zonena za anthu.

**Mamveramvera anachotsa zolo paukwati.**

-Kumangomvera zonena za anthu kukhoza

kutitayitsa mwayi. Komanso potumiza anthu kuti akatiyimire, tizitumiza okhulupirika kuti nkhani isasokonekere.

### **Manda a mkonzi sakhala akuya.**

-Nthawi zina ngakhale munthu ukhale wabwino chotani pamudzi anthu sayamika. Munthu wina wokumba manda ankathandiza anthu pakachitika maliro. Koma atamwalira anthu anangokumba moti athane nazo ndipo anangolekera m'maondo.

### **Manda sakana maliro.**

-Manda alibe tsankho, amalandira olemera ndi osauka omwe.

### **Mankhwala a utsi n'kuthawa.**

-Munthu ukafuna kupewa zinazake kapena ngati zinazake sizikukusangalatsa ndi bwino kungochokapo.



## **Mankhwala amalimba ndi chizimba.**

-Mawuwa amatanthauza kuti mlandu umazengedwa bwino pakakhala mboni kapena umboni wooneka bwino.

## **Mano a Ng'ona umawaona bwino uli m'kamwa mwa Ng'onayo.**

-Ndi mano ochepa omwe amaonekera pakamwa pa ng'ona. Kungakhale kupanda nzeru kusuzumira kuti uone mano onse a ng'onayo chifukwa ikhoza kukuika m'kamwa. Si nzeru kumachitabe zinthu zomwe zingatiike m'mavito.

## **Mano kunamiza.**

-Mawuwa amanena za munthu yemwe amakusekerera koma mumtima akukufunira zoipa.

## **Mano saona umphawi.**

-Ngakhale munthu akhale wosauka, amafunikabe kudya. Zoti zithu zikuvuta

kupeza, mano alibe nazo ntchito.

**Manong'onong'o amapha ubwenzi.**

-Miseche ikhoza kulekanitsa mabwenzi apamtima.

**Mantha ali n'kuseka, ukali uli ndi maliro.**

-Pamene munthu wachita mantha amathawa kuti adzipulumutse. Koma akalimba mtima kuthawira panja amakadyedwa ndi chilomo.

**Mantha anadyetsa n'nombwe.**

-Chifukwa cha kuopa zirombo anthu ena amaopa kukasaka nyama ndipo amangodyera zopanda pake ngati masamba a n'nombwe. Munthu ukamaopa kugwira ntchito yomwe ingakuthandize umphawi umakukwatira.

**Manunkhanunkha amapha mphuno.**

-Mawuwa amanenedwa pofuna kukhazika mtima anthu pansi, kuti asamangozunguzika

ndi zilizonse.

### **Manyazi adapha Lambe.**

-Lambe ndi mbewa yomwe sinkafuna kutuluka kunja chifukwa cha manyazi moti inafa ndi njala. Tisamachite manyazi kuchita zinthu zofunika.

### **Manyazi anapha kamba.**

-Ukamasowa chinachake umafunika kulimba mtima. Kuchita mantha kapena manyazi kungachitise kuti tizingovutika ngati mmene kamba amachitira kumangobweza mutu wake m'chikamba chifukwa cha manyazi.

### **Manyazi ndi mantha, anakwatitsa mkazi wadiso limodzi.**

-Mnyamata wina anakwatira mkazi wa diso limodzi chifukwa chochita manyazi kumuyang'anitsitsa. Munthu usanafunsire kapena kuchita chinachake chofunika kwambiri, umafunika kufunsa ena komanso

kuonetsetsa kuti wakhutira nacho.

### **Manyi akale sanunkha.**

-Zinthu zakale nthawi zina zimakhala zoti zinkagwira ntchito panthawiyo. Tiyenera kumatsatira zatsopano.

### **Mapanga awiri avumbwitsa.**

-Kuchita zinthu zingapo nthawi imodzi kumachititsa kuti zonse ziwonongeke. Sungachite zinthu ziwiri nthawi imodzi. Mwambiwu umanena za munthu amene anapita m'phanga lina n'kukaona kuti kukudontha kenako n'kuganiza zopita kwina. Atafika kumeneko anaona kuti bolanso kujaku. Ananyamukanso ulendo wa koyamba kunja, ndipo ali m'njira ananyowa.

### **Mapenyapenya amapha maso.**

-Tisamangotengeka ndi zilizonse zimene tikuona chifukwa tikhoza kuona zosaona. Kuyang'anayang'ana zinthu kumabweretsa

mavuto.

**Mapesi kumunda alinda moto.**

-Anthu olimba mtima amafunika kuwasamalira bwino kuti zikativuta atithandize.

**Mapundi amadya n'chika.**

-Munthu wamphulupulu amalangika chifukwa cha zochita zake. N'chika ndi Swiswiri ndipo anthu a mphulupulu amadya Swiswiri chifukwa chosamva.

**Mapundi amaphwanya mpini.**

-Olima mwamphamvu kwambiri amatha kuthyola mpini. Chimodzimodzi munthu wovuta kapena wandewu amakumana ndi mavuto chifukwa cha zochita zakezo.

**Masamba auma.**

-Mwambiwu umanenedwa pamene munthu wina waphwanya pangano.

### **Masewera anabala mwana.**

-Nthawi zina zinthu zangati zongocheza zimatha kubweretsa mavuto aakulu. Ndiye ukaona kuti zayamba kusokonekera, ndi bwino kungochoka.

### **Masewera sakhala paulimbo.**

-Osamachita chibwana ndi zinthu zomwe zikhoza kutiika m'mavuto.

### **Masiku adalinda tsiku kufula.**

-Masiku akachuluka umakumana ndi mavuto ena. Umangofunika kulimbana nawo basi ndipo zimakuyendera.

### **Masiku adameta Nkhanga mpala.**

-Nkhanga inayembekezera kwa nthawi yaitali kuti pangano loti ikametetse likwaniritsidwe. Ndi bwino kumasunga pangano lanthu.

### **Masiku adatsutsa buthu.**

-Munthu akalakwa koma osafuna

kuvomereza, nthawi imafika ndipo zimaululika.

**Masiku ali pakamchira kanyama.**

-Munthu usamataye mtima kuti zimene ukufuna zidzachitika kalekale chifukwa masiku sachedwa kutha.

**Masiku amaoletsa njovu.**

-Nthawi ikamapita, ngakhale zinthu zamphamvu komanso zazikulu kwambiri zimatha kutha.

**Masiku amatha n'kugona.**

-Tikamayembekezera chinthu timafunika kuugwira mtima chifukwa masiku sachedwa kutha.

**Masiku amathera kuchitseko.**

-Masiku sachedwa kupita. Ukamakumana ndi mavuto ndi bwino kudekha chifukwa masiku amavutowo akatha zinthu zikhoza

kukuyendera.

**Masiku anadya atakumana.**

-Ngakhale munthu atachita zoipa mwanseri, tsiku lina zimazadziwika ndipo amachita manyazi.

**Masiku ndi ambiri, ubweya wa nyama kuchepa.**

-Tisamataye mtima nsanga, zabwino zili m'tsogolo.

**Masiku sakoma onse.**

-Nthawi zina timakumana ndi mavuto ndipo pena timakumana ndi zabwino.

Kukumbukira mfundo imeneyi kungatithandize kuti tisamade nkhawa kwambiri zikativuta.

**Maso a nyama ngofiira, sachedwa kutembenuka.**

-Zinthu zimatha kusintha nthawi iliyonse,



choncho tikakhala pabwino tizikumbukira  
kuti zinthu zimatha kusintha nthawi iliyonse.

**Maso a usiku anagona ndi wakhate.**

-Pali zinthu zina zomwe sitingazidziwe,  
mwachitsanzo chifukwa cha m'dima, munthu  
wina anagona ndi mzimayi wakhate.  
Osamasankha kuchita zinthu usanazimvetse  
bwinobwino.

**Maso achule saopsa ovula nyanda.**

-Tisamaope kuuza ena mavuto amene  
tikukumana nawo kuti atithandize. Ngati  
tikudziwa zoonadi pankhani inayake si bwino  
kuchita mantha kunenepo.

**Maso akhuta, m'mimba muli njala.**

-Zokhumba zimakhala zambiri koma zomwe  
umapeza zimakhala zochepa.

**Maso akutali, nyani anadzipha ndi mpeni.**

-Tsiku lina nyani anaona mlenje akuika

mpeni mthumba. Ndiye nayenso atatola  
mpeni ndipo ankafunanso kuchita  
chimodzimodzi koma m'malo mwake  
anadzibaya pamimba n'kufa. Phunziro lake  
ndi loti tiziyamba taonetsetsa bwinobwino  
tisanatengere zochita za ena.

### **Maso ali ndi dumbo (njiru).**

-Maonekedwe okha sangatiuze zambiri za  
chinthu. Sitingadziwe khalidwe la munthu  
pongomuona koma zimadalira kucheza naye  
n'kumudziwa bwinobwino.

### **Maso alibe mpanda.**

-Maso akhoza kuona chilichonse, kaya ndi  
chabwino kapena choipa. Mawuwa  
amanenedwa ngati wina akunena kuti waona  
zinazake zoipa, ndiye potsutsa winayo amati  
maso alibe mpanda.

**Maso alibe kuti uku n'kwa apongozi.**

-Maso amangoona chilichonse, ndipo nthawi zina amaona zinthu mwangozi.

Mwachitsanzo, akhoza kupezeka kuti mwangozi aonera apongozi.

**Maso amaipitsa, kamwa limakonza.**

-Choipa m'maonekedwe nthawi zina chimakhala chokoma ukachidya. Kuyang'ana mbali imodzi monga kukongola kumapusitsa koma mnzeru komanso zoyankhula.

**Maso apatali amawongola mtengo.**

-Zinthu zina zimangokongola m'maonekedwe pomwe si zokongola kwenikweni.

**Maso apatali, phiri limakhala losalala, ukaliyandikira si zigwembe zake.**

-Zinthu zina zimangokongola m'maonekedwe pomwe si zokongola kwenikweni.

### **Maso apatali mkango ukunga nyani.**

-Chinthu chikakhala patali sichidziwika bwino. Tiyenera kuchiyandikira kuti tichione bwinobwino.

### **Maso ndi madiwa.**

-Nthawi zambiri timatengeka ndi zinthu zoipa kapena zabwino chifukwa choti taziona. Mwachitsanzo, ena amachita chiwerewere chifukwa choti aonera zolaula.

### **Maso ndi msampha.**

-Nthawi zambiri timatengeka ndi zinthu zoipa kapena zabwino chifukwa choti taziona. Mwachitsanzo, ena amachita chiwerewere chifukwa choti aonera zolaula.

### **Maso ngati kapachike.**

-Umbombo si khalidwe labwino. Mawu okuluwika otanthauza kuti akasunge chakudyacho mpaka alendo atapita.

### **Maso saadya.**

-Kuona chinthu sindiye kuti uchitenga kapena uchiwononga. Mawuwa amanenedwa munthu akamanena kuti akungofuna kuona sikuti atenga chinthucho.

### **Maso sakhuta.**

-Maso sakhutitsidwa ndi zimene umaona. Tisalole kuti atipusitse.

### **Maso sakhutsa n'kupenya.**

-Kumangoyang'ana zinazake sikungathandize kuti chitheke koma kugwira ntchito. Mawuwa anganenedwenso kwa munthu amene sakhutira ndi zimene ali nazo. Maso amangofunabe kuti aone zina zatsopano.

### **Maso samangira mpanda.**

-Maso akhoza kuona chilichonse, kaya ndi chabwino kapena choipa. Mawuwa amanenedwa ngati wina akunena kuti waona zinazake zoipa, ndiye potsutsa winayo amati

maso alibe mpanda.

**Matako saleka kuperesana.**

-Pamene pali anthu sipalephera kukangana kapena kusemphana chichewa.

**Matako sangatsogole ngakhale atafunitsitsa bwanji.**

-Matako amakhala kumbuyo basi, akhoza kufuna kutsogola koma kwawo n'kumbuyo. Si bwino kumayesa kuchita zinthu zomwe sizingatheke.

**Matama a Kambuzi.**

-Makani opanda ntchito kapena ongofuna pofera.

**Matenda amabwera pagalimoto koma amachoka wapansi.**

-Matenda amabwera kamodzin'kamodzi koma amachedwa kuti achoke.

### **Matenda bisani, maliro tidzamva.**

-Munthu sungathe kubisa zimene zikuchitika pamoyo wako chifukwa tsiku lina zidzamveka. Ndi bwino kuuza ena mavuto athu kuti atithandize. Osamabisa zinthu zimene simungakwanitse kuzibisa.

### **Matukutuku a pida.**

-Mawu amenewa amanenedwa kwa anthu omwe ndi opanda mphamvu koma n’kumachita makani kuti akhoza kulimbana ndi adzitho.

### **Matumbo a Nkhuku amafinyidwa paokha.**

-Osamadzitama pagulu chifukwa tsiku lina zoipa zako zimadzaululika n’kuipitsa mbiri yako yonse.

### **Matupa akumana.**

-Anthu amakani okhaokha akakumana sakuna kugonjerana pokhapokha wina awalanditse.

### **Maungu amafuwa pali moto.**

-Amenewa ndi mawu amene anthu amanena mwana wa makolo abwino akakhala wamakhalidwe oipa.

### **Maungu kubalira kumphuno.**

-Mawawa amanenedwa munthu akamadandaula kuti zabwino zabwera mochedwa.

### **Mavu anapangana kuning'a pamimba.**

-Ndi bwino kumachita zinthu mogwirizana. Ngakhale kuti pangano limavuta kusunga nthawi zina, komabe tiziyesetsa kusunga zomwe tagwirizana popewa kukhumudwitsa ena.

### **Mavuto saona nkhope.**

-Aliyense kaya ndi wabwino, wokongola kaya wotani, amakumana ndi mavuto.



### **Mavuto sasowa.**

-Kulikonse kumapezeka mavuto, palibe angawathawe.

### **Mavuto si maliro okha.**

-Pali zinthu zina zomwe zimasowetsa mtendere kwambiri ngati imfa, monga kusamvera kwa ana komanso zina.

### **Mawa ndi lero lomwe.**

-Mwambiwu anthu amaunena popempha ngati kunena kuti ndi bwino mungondibwereka chifukwa mawa ndi lero lomwe, si kalekale.

### **Mawere awirirana.**

-Mawuwa amanenedwa ngati anthu apachibale sakugwirizana. Mawere kapena kuti mabere amafunika kumakhala limodzi pamtima, koma ngati atakula kwambiri amayamba kupanikizana.

### **Mawonekedwe amapusitsa.**

-Zinthu zina zimangokongola m'maonekedwe pomwe si zokongola kwenikweni.

### **Mawu a akulu amakoma akagonera.**

-Mawu amene munthu wamkulu wanena amadzaoneka kuti anali othandiza pakapita nthawi. Ndi bwino kumawatsatira.

### **Mawu a chitsiru amakoma akagonera.**

-Mawu onenedwa ndi munthu wooneka ngati wopusa amadzakhala othandiza m'tsogolo. Si bwino kumanyoza malangizo a anthu ooneka monyozeka chifukwa nthawi zina amakhala othandiza.

### **Mawu a munthu m'modzi ndi chisa cha njuchi.**

-Ndi bwino kufunsa ena ukamva zinazake m'malo mofunsa m'modzi chifukwa nthawi zina amangooneka okoma koma liri bodza.

### **Mawu a akulu amakoma akagonera.**

-Mawu a akulu amakumbukiridwa pakapita nthawi ndiponso pamene zomwe amanena zachitikadi.

### **Mawu abwino saiwalika.**

-Mawu oona samalephereka, amachitikadi. Komanso mawu abwino, omwe munthu wanena amakumbukiridwa kwa nthawi yaitali.

### **Mawu akuseri.**

-Mawu achinsinsi. Anthu amanena mawu amenewa m'malo monena kuti mawu achinsinsi kapena mawu ena omwe anthu amanena kuseri, mwina kujeda munthu.

### **Mawu amakoma kuti naye mdzakazi azikondwa.**

-Mawu okoma amasangalatsa aliyense. Tiyenera kukhala osamala ndi zomwe timanena kuti tisakhumudwitse ena.

### **Mawu mpoyamba, otsiriza m'mang'ombe.**

-Ndi bwino munthu kusamala mawu oyamba omwe ukufuna kuyankhula chifukwa ndi amene anthu omvetsera amawerengera kuti ndi zomwe wanena.

### **Mawu ndi mphepo, sungawatchere msampha.**

-Tifune tisafune mawu ayenera kupita kulikonse.

### **Mawu ndi ng'oma.**

-Tizichenjera ndi zimene timanena chifukwa tikayankhula sabwerakonso.

### **Mawu ndi oyamba, otsiriza ndi mang'ombe.**

-Pa nkhani, mawu oyamba ndiye amakhala nkhani yeniyeni, obwera pambuyo pake amangokhala mang'ombe.

### **Mawu ngotsogoza (ndi oyamba).**

-Munthu akalephera kunena zoonza pamene wafunsidwa ndiye kuti ndi wolakwa. Tiyenenera kumayamba kaye taganiza bwino tisanayankhule.

### **Mawu okoma anatulutsa Ng'azi kumphako.**

-Anthu ena akafuna kuchitira ena zoipa kapena akamafuna kuwabera amayankhula zosyasyalika, zokokomezeka kuti apusitse munthuyo. Tiyenenera kuchenjeza ndi anthu amenewa.

### **Mawu okoma ndi kamba, oipa ndi ndulu.**

-Mawu abwino amabweretsa mtendere, oipa amayambitsa ndewu, mikangano komanso nkhondo.

### **Mawu okweza ndawamva, am'munsi ndi nkhondo.**

-Mawu abwino amawakweza, oipa amawang'ung'udza kuti ena asamve.

### **Mawu osiyiza adaombola Kalulu.**

-Nthawi zina anthu akatifunsa kuti tifotokoze nkhani tiyenera kukamba nkhani modzigwira, osangonena chilichonse pokhapokha ngati pakufunika kutero.

### **Mawu oswera mpanje (ng'oma) adautsa Fisi.**

-Pakakhala mlandu ndi bwino kungonena zolakwazo, koma ukayamba kufotokoza zidani zimene zinalipo kale, umatosa zambiri.

### **Mawu oyamba anaphetsa Kalulu.**

-Munthu ukafuna kuti umve zambiri umafunika kukhala woleza mtima, osamangotengeka ndi zinthu zomwe sunazimvetse.

### **Mawu salawa, amalawa ndi chakudya.**

-Osamayankhula moyerekeza ngati ukuwalawa kaye.

## **Mayankhayankha a pabwalo anatalikitsa Sakhwi mlomo.**

-Poyankhula tizisamala, osamangochulukitsa mawu osafunika.

## **Mayendayenda amapha mapazi.**

-Kuyendayenda kapena kuthamangathamana kumabweretsa mavuto mwinanso imfa.

Anthu amatha kumwalira chifukwa mapazi awo anawatengera malo olakwika.

## **Mayendayenda amapha miyendo.**

-Kuyendayenda kapena kuthamangathamanga kumabweretsa mavuto nthawi zina.

## **Mbalame ikakhala pauta silasika.**

-Zimakhala zovuta kuweruza mlandu wa m'bale wako.

## **Mbalame ikakula siikhala paphira.**

-Munthu wamkulu ayenera kukhala ndi

khalidwe, monga munthu wamkulu osati ngati mwana.

**Mbalame ikatera pauta silasika.**

-Kumakhala kovuta kuti uweruze mlandu wa m'bale wako makamaka akapezeka kuti iyeyo ndi amene ali wolakwa.

**Mbalame yagwa pa uta.**

-Zinthu zavuta, zimakhala kuti zavuta basi.

**Mbalame yakwawo ndi yakwawo, siiwala kwawo.**

-Palibe angaiwale kwawo ngakhale kutakhala kutali bwanji.

**Mbalame yamchira imamveka ikalira.**

-Munthu waluso amadziwika ndi zimene amachita.

**Mbalame zamthenga zofanana zimamwera chigoba chimodzi.**

-Anthu ochita zofanana amayendera limodzi.



**Mbalame zofanana nthenga zimayendera limodzi.**

-Anthu ochita zofanana amayendera limodzi.

**Mbalame zomwera chigoma chimodzi zimadziwana mthenga.**

-Anthu a khalidwe lofanana amadziwana komanso kuchitira zinthu limodzi.

**Mbaliwali idabutsa chimoto.**

-Zinthu zazing'ono zikhoza kuyambitsa mavuto aakulu ngati mmene kamoto kakang'ono kamayambitsira chomoto chachikulu n'kuotcha nkhalango yonse.

**Mbawala siimwa madzi Galu ali kumbuyo.**

-Munthu sangachite bwino chinthu, anthu ena akamamusowetsa mtendere.

**Mbawala yamantha idapota nyanga.**

-Mantha amapululumutsa, umapewa mavuto omwe anakakubweretsera imfa.

### **Mbeta silola tsiku limodzi.**

-Sungafunsire mbeta n'kukulola koyamba. Tiyenera kukhalabe opirira ngati tikufuna kupeza zabwino.

### **Mbewa yamanyazi inafera kuuna.**

-Mbewa ina sinafune kutuluka kuuna kuthawa utsi chifukwa cha manyazi ndipo inafera komweko. Tisamachite manyazi ndi anthu ena pakakhala zofunikira kuchita.

### **Mbewa zikachuluka siziika masa.**

-Pa ntchito pakachuluka anthu, ntchitoyo siyenda.

### **Mbewa zikachuluka sizitsekera.**

-Anthu akachuluka ntchito siyenda bwino. Aliyense amangosiyira mnzake.

### **Mbewa zikatha amanona ndi aswiswiri.**

-Zinthu zabwino zikatha, zotsikirapo ndi zimene zimakhala zofunika.

### **Mbiri ndi ng'oma.**

-Mbiri imafalikira mwansanga kwambiri ngati ng'oma.

### **Mbiri ya mnzako saimira pachulu.**

-Osamayalutsa mnzako ponena zimene amalakwitsa kwa aliyense.

### **Mbiya ikasweka siibwereranso, ndikafa ndafa ndatha.**

-Chinthu chikaonongeka chimavuta kuchibwezereretsa, monga munthu akafa wafa basi.

### **Mbiya ikasweka siiwumbikanso.**

-Zinthu zina zikachitika, zachitika zatha. Sizingabwererenso ngati kale.

### **Mbombo ndi mwala, mtengo umataya mayani.**

-Mwala sutaya kanthu. Koma mitengo imataya masamba. Mwambiwu umanena za

munthu womana, yemwe safuna kugawira ena zinthu. Munthu wotero amangokhala ngati mwala.

**Mbumba n'kudyetsa.**

-Munthu ukakhala ndi ana kapena achibale umafunika kumawasamalira.

**Mbumba ndi anthu onse.**

-Tiyenera kumasamalira achibale onse mosasankha.

**Mbuto ya Kalulu idakula ndi tadzaoneni.**

-Mbuto kapena kuti malo okhala Kalulu amakhala aang'ono. Anthu atabwera kuti adzawaone, inakula chifukwa chopondaponda. Zinthu zazing'ono zimakula zikamanenedwanenedwa chifukwa anthu amawonjezerapo bodza.

**Mbuzi ikacheuka yasiya mwana.**

-Tiyenera kumachita zinthu tikakakhala ndi

zifukwa zomveka zochitira zinthuzo monga kujomba kuntchito, kusiya ntchito komanso zina.

### **Mbuzi ikalawa zamchere sisiya.**

-Mbuzi ikalawa zinthu zokoma sisiya, imavuta koopsa. Chimodzimodzi ndi munthu amene wayamba khalidwe linalake, zimamuvuta kuti asiye. Amakhala ngati walawa zamchere.

### **Mbuzi ndi mkota.**

-Akuluakulu ndi ofunika pamudzi chifukwa amakhala aona zambiri pa moyo wawo. Ana amatengera zimene makolo awo amachita.

### **Mbuzi ya gudu imafikira kumunsi.**

-Khalidwe loipa limachititsa kuti munthu alangidwe. Tizichita zinthu mosamala kuti tisapalamule.

## **Mchenga woyera unathetsa madondwe.**

-Pali zinthu zina zomwe zimaoneka zabwino, koma pambuyo pake zimabweretsa mavuto aakulu.

## **Mchepera wa Kalulu, mtima ndi phiri.**

-Nthawi zina anthu onyozeka kapena ovutika amakhumba zikuluzikulu.

## **Mdima umasaka.**

-Pamene walakwira makolo masana, umatha kuthawa. Koma kukada umapitanso kwa makolo ako n'kukalangidwa. Cholakwa sichithawika, nthawi imafika ndipo munthu amalandira chilango cha zimene wachita.

## **Mdima wa dzinja udakwatitsa mkazi wonyansa.**

-Zinthu zina zikamachitika zimaoneka ngati tsoka, koma nthawi zina zimabweretsa mwayi. Mwachitsanzo, mkazi wonyansa adakwatiwa chifukwa cha mdima wa dzinja.

## **Mdima wamadzulo umathyola mwendo.**

-Tisamayende ndi anthu oipa chifukwa akhoza kutipaka mavuto.

## **Mesewera sachedwa kubala ndewu.**

-Ukaona kuti macheza kapena masewera akulowera kwinakwake koipa, ndi bwino kungochokapo chifukwa nthawi zina masewera abwinobwino kapena macheza amatha kusintha n'kukhala ndewu ya mtima bii.

## **Meta mpala opanda madzi.**

-Mawuwa amatanthauza kuchenjeretsa munthu kotheratu.

## **Mfiti idzafanso.**

-Munthu ngakhale woipa bwanji amafabe.

## **Mfiti Kuliritsa.**

-Munthu amene amalira kwambiri pamaliro ndi amene nthawi zina amakhala kuti wapha

munthuyo.

**Mfiti yaikazi kulimba moyo.**

-Anthu amene amakhulupirira za ufiti amati mfiti yaikazi ndi imene siimva chisoni popha munthu.

**Mfiti yaikazi kuuma mtima.**

-Anthu amene amakhulupirira za ufiti amati mfiti yaikazi ndi imene siimva chisoni popha munthu.

**Mfiti zimadziwana.**

-Anthu okonda zofanana kaya zabwino kapena zoipa amadziwana.

**Mfulumira adameza nsima yamoto.**

-Tisamafulumire kuchita kapena kunena kanthu chifukwa chotengeka. Chifukwa tsiku lina tikhoza kudzanena kapena kuchita chinthu chomwe chingadzatibweretsere mavuto.



### **Mfulumira anadya gaga.**

-Kuchita zinthu mofulumira kwambiri kumapangitsa kuti munthu apeze mavuto kapena awononge zabwino zonse.

### **Mfulumira sachedwa kugwa m'mbuna.**

-Kufulumira kapena kupupuluma kumagwetsera munthu m'mavuto.

### **Mfumu n'kudzala.**

-Amfumu pamudzi kapena pantchito amakhala ngati kudzala chifukwa nkhani zonse zimakathera kwa iwo.

### **Mfumu ndi mbatata, ukaongola wathyola.**

-Nthawi zambiri anthu omwe ndi otchuka kapena audindo waukulu amavuta kuwalangiza. Ukalimbana nawo umakumana ndi mavuto ndi iweyo.

### **Mfumu ndi nkhuti.**

-Munthu wamkulu kapena mfumu imadziwa

zinthu zambiri zomwe sangaziulule  
wambawamba.

**Mfumu sidyera kuwiri.**

-Mfumu poweruza nkhani siyenera  
kukondera. Komanso si bwino kudikira kuti  
ena atichitire zabwino chifukwa choti  
amatidziwa, chifukwa akadzachoka tidzasowa  
kulowera.

**Mfumu sikoma kuwiri.**

-Mfumu poweruza nkhani siyenera  
kukondera. Komanso si bwino kudikira kuti  
ena atichitire zabwino chifukwa choti  
amatidziwa, chifukwa akadzachoka tidzasowa  
kulowera.

**Mfumu yandewu simanga mudzi.**

-Atsogoleri olongolola kapena okonda ndewu  
amapweteketsa anthu awo. Anthu akaona  
kuti mtsogoleri wawo ndi woipa amasamuka  
pamudzi ndipo mudzi umapasuka.

## **Mfuti yolasa woombera.**

-Nthawi zina zinthu zako zomwe, monga agalu ndi zina ndi zimene zimakupweteka.

## **Mimba imodzi siibala nkhoswe.**

-Anthu apachibale ayenera kumakondana, chifukwa pamawa pamadzabwera zinthu zomwe ungadzafune kuti abale ako akuthandize. Kuchulukana n'kofunika.

## **Mimba ndi mtengakako, phewa ndi mtengakaeni.**

-Munthu ukakhala ndi chuma umafunika kumachidya, apo ayi amadzachichecheta ndi ena.

## **Mimba ndi yanji?**

-Mayi akakhala ndi pathupi sitimadziwa kuti mwana amene adzabadwe adzakhala wotani. Si bwino kumawerengera zinthu zimene sizinachitike.

## **Mimba njosadzitamira.**

-Si bwino kumadzitama chifukwa cha zinthu zomwe sizinachitike. Mwachitsanzo, mayi akakhala ndi pakati, sayenera kudzitama mpaka atabereka.

## **Mimba simapha namwino.**

-Namwino amangothandiza munthu kuti abereke. Ngakhale zitavuta bwanji, sangafe chifukwa cha mimba ya munthu wina. Amangofunika kuthandiza munthuyo basi. Chimodzimodzi pamlandu, ngati tafunsidwa, tiyenera kusachita mantha polongosola zimene tikudziwa chifukwa mimba si yathu.

## **Minga ikabaya, zula.**

-Ukakumana ndi mavuto ndi bwino kupeza njira yothetsera mavutowo.

## **Minga ya pansana amakuzula ndi mnzako.**

-Pali zinthu zina zomwe sitingakwanitse tokha. Timafunika kuthandizidwa ndi ena.

### **Miphika yaphulana.**

-Nthawi zambiri anthu okondana amadziwa zimene mnzawo akusowa. Kuthandizana n'kofunika.

### **Misala si chamba chokha.**

-Pali zinthu zambiri zimene zingachititse kuti munthu akhale mwanjira inayake.

Mwachitsanzo, munthu akhoza kudwala misala chifukwa cha matenda osati kusuta chamba.

### **Miseche ilinda mwini.**

-Anthu akamanena za ena amafunika kusamala chifukwa akhoza kuwapezerera n'kumva zonse.

### **Mitengo yoyandikana imaperesana.**

-Anthu akakhala pamodzi salephera kuyambana.

### **Mivi sumaponya yonse.**

-Poyankhula osamaneneratu zonse chifukwa kusanenako kukhoza kudzakupulumutsa m'tsogolo.

### **Mjedo umalinda mwini.**

-Anthu akamanena za ena amafunika kusamala chifukwa akhoza kuwapezerera n'kumva zonse.

### **Mkamwini asamakule mwendo.**

-Mkamwini ayenera kukhala wofatsa pamudzi m'malo momavuta kapena kulamulira ena.

### **Mkamwini mnzako mpachulu, mtengeze uta.**

-Ndi bwino kumathandizana mnzathu zikamugwera, chifukwa mwina mawa zidzagwera ife. Ndiye ndi bwino kumathandizana.

## **Mkamwini ndi Mlamba, sachedwa kuterereka.**

-Akamwini komanso anthu ena ofunika pantchito tiyenera kuwasamala chifukwa tikawachitira nkhanza amachoka n'kutisiya tikuvutika.

## **Mkamwini sadya gaga, likadza dzinja mpatse.**

-Ngakhale munthu wodyada akavutika, muthandize mosayang'ana za kunyada kwakeko.

## **Mkamwini sawiringula.**

-Ngakhale mkamwini aziona zovuta pakhomo sayankhula. Choncho, tiyenera kuonetsetsa kuti tikuwachitira zabwino. Chimodzimodzinso pantchito.

## **Mkamwini wankhuli adathira thendo la inswa pansanamira.**

-Tiziyamba taonetsetsa tisananyanyale

kuchita zinthu, chifukwa nthawi zina  
tikanyanyala timataya zabwino.

**Mkamwini waumbombo anakabisa mtolo  
wa mapira kumadzi.**

-Tikakhala ndi zinthu ndi bwino  
kumagawirako ena chifukwa tikapanda  
kutero zimawonongeka.

**Mkanda wako ndi umene uli pakhosi.**

-Timafunika kumakhutira ndi zomwe tili  
nazo.

**Mkango ukazingwa umadya udzu.**

-Ukakhala pamavuto susankha, kunyada  
umakusiya kaye apo, n'kuyesetsa kuchita  
chilichonse kuti uthandizike.

**Mkazi m'modzi diso limodzi, akazi awiri  
maso awiri.**

-Munthu ukakhala pamitala sukhala  
pamavuto kwambiri ngati mkazi m'modzi



wamwalira. Mwambiwu umatanthauza kuti ukakhala ndi podalira pawiri suvutika kwenikweni pamodzi pakavuta.

**Mkazi mmodzi ndi diso lopsinya.**

-Si bwino kudalira chinthu chimodzi, chifukwa zikavuta umasowa pogwira.

**Mkazi ndi chitenje, chimathera pakhomo.**

-Mkazi amayenera kukhala pakhomo n'kumasamalirapo bwino.

**Mkazi si m'bale wako.**

-Nthawi zambiri ukakwatira umakonda kwambiri mkazi wako. Ena amafika pomanyoza achibale. Koma banja likatha limawawasa kwambiri moti anthu ake amafika polakalaka wina atamwalira kuti asadzamuonenso. Chikondi chimatha banja likatha.

**Mkazi wa mfumu akati mlomo tololo,  
wataya mudzi.**

-Ngati mkazi wa mfumu ndi wolongolola,  
zinthu zimasokonekera m'mudzi. Koma  
akakhala wofatsa zinthu zimayenda bwino.

**Mkazi wa mfumu asamati khutu petupetu.**

-Mkazi wa mfumu asamakhale wamabodza  
chifukwa akhoza kunamiza mwamuna wake  
n'kupasula mudzi. Mkazi wa mtsogoleri  
ayenera kukhala wodziletsa.

**Mkazi wophika msima yosazizira.**

-Mawuwa amanenedwa potamanda mkazi  
amene amalandira bwino alendo powaphikira  
chakudya chabwino. Mwamuna wakenso  
amalandiridwa bwino akapita kwa anzake,  
m'mawu ena nsima imene anaphika ija  
imakhala ngati ikutenthabe.

## **Mkhalamba msana, usiku ndi kamnyamata.**

-Maonekedwe amapusitsa. Anthu ena amaoneka abwino pamaso, koma kuseri ali zilombo.

## **Mkoma akadadza.**

-Pali anthu ena omwe amaonetsa makhalidwe abwino akakhala kuchilendo, koma akakhazikika amayamba kuonetsa mawanga awo enieni.

## **Mkuntho umodzi supha njoka.**

-Pofuna kuchita zinthu pamafunika khama, osati kungochita kamodzi kokha.

Mwachitsanzo, ngati ukufuna kulangiza munthu kuti asiye khalidwe loipa, umayenera kuchita khama, apo ayi njoka imene ili mwa iye singafe.

## **Mkwita umodzi sulira m'mwendo.**

-Mkwita ndi chibangiri cha m'mwendo.

Chikakhala chokha sichimalira. Zinthu zimayenda bwino kwambiri pakakhala anthu ambiri. Mudzi umatchuka chifukwa cha zochita za anthu onse.

**Mlamumwako ndi Likongwe, akalowa mphanga koma kumutsekera ndi masamba.**

-Ukamuthandiza mnzako amene ali pamavuto ndiye kuti wamutsekera ndi masamba. Koma ukakana kumuthandiza ndiye kuti wamutsekera ndi mwala. Ena akatilakwira tiziwakhululukira.

**Mlandu sagula ndi chipanda cha mowa.**

-Si bwino kuweruza mlandu mokondera chifukwa choti wina watipatsa ziphuphu.

**Mlandu sugwera pamtengo.**

-Kulikonse anthu amalakwirana ndipo palibe amene salakwa. Choncho zikachitika ndi bwino tizikhululukirana.

### **Mlandu suwola.**

-Ngakhale munthu atathawira kutali, mlandu wake amadzaupeza patapita zaka zambiri. Munthu akapalamula amakumana ndi zotsatira za zimene wachita kaya afune asafune.

### **Mlandu uli m'kamwa.**

-Kuyankhula mosasamala kukhoza kutibweretsera mavuto. Mpofunika kumayamba taganiza kaye tisanayankhule. Tisakhale a zikachitika mumvera kwa ife.

### **Mlatho wathyoka, tsopano tiwoloka bwanji?**

-Mawuwa amatanthauza kuti gwero la chithandizo chathu laphwera, ndiye tikhala moyo bwanji?

### **Mleleni bwino aiwale kwawo.**

-Pakhomo pakakhala akamwini kapena alendo timafunika kuwasamalira bwino kuti

asamadandaule n'kukumbukira kwawo.

**Mleme anangowola, sanaike maliro.**

-Mleme umakhala ngati zinthu ziwiri, khoswe komanso mbalame. Mleme utadwala unapita kwa mbalame ndipo zinakana kumulandira. Kenako unapita kwa makoswe ndipo nawonso anamukana. Mlemewo utafa palibe anaika maliro ake moti anangowolera pamtunda. Munthu wopanda anzake enieni amasowa omuthandiza.

**Mlendo ndi amene amadza ndi kalumo kakuthwa.**

-Mpofunika kumamva maganizo a alendo chifukwa mfundo zawo zikhoza kukhala zothandiza kwambiri. Mlendo akhoza kuthandiza pa vuto limene eni mudzi ali nalo.

**Mlendo ndi mame, sachedwa kulakatika.**

-Tisamachite nkhanza ndi alendo chifukwa sakhalitsa. Komanso umbombo

umaonongetsa zambiri. Nkhani yake imanena kuti, kalekale panali mayi wina dzina lake Nasiketi. Nasiketi anali kudziwika kwambiri chifukwa cha umbombo. Tsiku lina anavuula mphale, ndipo atasinja ufa anaganiza kuti ndiwo zimene adyere nsima tsikulo zikhale nyama. Anasinjadi ufa wosalala bwino ndiponso anapezadi nyama yonona bwino imene anakagula pamudzi woyandikana ndi mudzi wawo. Pa nthawiyi Nasiketi anali asanataye matsukwa a mphale ija. Akumaliza kuphika nsima anamva panja munthu wina akuodira. Poonetsetsa anaona kuti ndi mlendo amene sanali kumuyembekezera. Apa nzeru zinamuthera Nasiketi. Ananyamula nsima ndi kuika pamphika wa nyama uja kenako n'kuika mphika wa nyama ndi nsima ija pakamwa pa mtsuko umene munali matsukwa uja. Tsoka ndi ilo nyama ndi nsima ija zinagwera m'matsukwa muja.

Atatuluka panja kuti akumane ndi mlendo uja, mlendoyo anamuuzza kuti, “Pepani ndi wosakhalitsa, ndimafuna mundigawireko madzi akumwa.” Mlendoyo atamwa madziwo ananyamuka n’kumapita.

**Mlendo ndi mame, sakhalitsa.**

-Tisamadane ndi alendo kapena kumawachitira umbombo, chifukwa sachedwa kubwerera kwawo.

**Mlendo ndi Nkhuku yoyera.**

-Mlendo amafunika kusamalidwa bwino.

**Mlendo ndi nkhungu, sachedwa kupita.**

-Tizilandira bwino alendo chifukwa sachedwa kupita.

**Mlendo ndiye amapha njoka.**

-Mlendo ndi amene amathandiza pamavuto ena kapena kupereka mfundo yothandiza kwambiri.



### **Mlendo sathyola mphasa.**

-Alendo sawononga zinthu zambiri, choncho tisamachite mantha kulandira alendo. Sangamalize mphasa yathu pongogonera usiku umodzi wokha.

### **Mlenje wa misampha amafa ndi msampha.**

-Munthu amene amachita zoipa zinazake monga kuba, amadzafa ndi khalidwe lomwelo.

### **Mlirira kwawo andanka ndi madzi.**

-Kuthamanga sikufika. Tisamathamangire kuchita zimene tikufuna chifukwa mapeto ake tikhoza kukumana ndi mavuto.

### **Mlomo wakumwamba ndi wakunsi, pho!**

-Mwambiwu umanenedwa pamene munthu wapandikizidwa ndi mafunso ndiye akusowa choyankha.

### **Mluzu wa agalu ndi umodzi.**

-Munthu wanzeru sadikira kuti amve uthenga wakewake. Pa zochitika zina monga maliro kapena msonkhano timafunika kuchita zinthu mofulumira komanso mogwirizana.

### **Mmene ndalimira ndi msana wanga sindingalephere kudyapo.**

-Munthu amayenera kusangalala ndi ntchito imene wagwira komanso zimene wazivutikira kuti azipeze.

### **Mnyanga sulemera mwini.**

-Ana kapena abale ako ngakhale atakhala ovuta kapena olumala timafunika tisatope nawo chifukwa amadalira ifeyo basi.

### **Mnzako akakuchenjeretsa pogona, iwe umuchenjerere podzuka.**

-Ngati mnzako ali ndi luso linalake lomwe iwe ulibe, uyenera kulimbikira zimene umachita

bwino kuposa iyeyo.

**Mnzako akakutema mphini kumbuyo,  
iwenso umuteme kumbuyo.**

-Mnzathu akatithandiza, ndi bwino  
kudzamuthandizanso akadzavutika m'malo  
mobweza chipongwe.

**Mnzako akakuti konzu, nawe umam'ti  
konzu.**

-Mnzako akukuchitira zabwino nawenso ndi  
bwino kumuchitira zabwino.

**Mnzako akapsa ndevu m'zimire.**

-Tizithandiza anzathu akakhala pamavuto  
chifukwa tsiku lina tidzawafuna.

**Mnzako akapsa ndevu mzimitse, mawa  
adzazimitsa zako.**

-Mnzako akakhala pamavuto muthandize  
chifukwa mawa akhoza kudzakuthandiza  
iweyo.

**Mnzako ali pomwe (mnzako akakhala pafupi).**

-Mwambiwu umanena za munthu amene amaoneka ngati mnzako akakhala pafupi, koma akangokhala kumbali amayamba kukunena miseche.

**Mnzako si amene umadya naye n'kukhuta, koma amene amati zikavuta amabwera n'kudzakuthandiza.**

-Mnzako weniweni amaonekera pamavuto.

**Monga mphuno, maso amatakataka.**

-Tisamachite zinthu modzionetsera.

Osamasonyeza anthu kuti ifeyo ndiye abwino kwambiri kuposa ena.

**Moto umapita kwatsala tchire.**

-Zikagwera ena, dziwa kuti watsala ndi iwe. Ndi bwino kumathandizana kuti nawenso zikakuvuta adzakugwire mkono.

### **Moto wapathupi sakuuza ndi mnzako.**

-Vuto limene ukukumana nalo umalidziwa wekha, suchita kudikira kuti ena akuuze.

### **Moto wopanda masekera umavuta kuyaka.**

-N'kovuta kuweruza mlandu popanda mboni.

### **Mowa m'chimera.**

-Pochita zinthu pamafunika luso logwiritisa ntchito zinthu zofunika kuti zinthu ziyende bwino.

### **Mowa n'kumwera pamodzi.**

-Kuchitira zinthu limodzi n'kumene kungachititse kuti anthu asangalale kwambiri.

### **Mowa n'kumwerana.**

-Kuti chibale chilimbe pamafunika kuyenderana komanso kuthandizana.

### **Moyo kunyenga.**

-Munthu ukakhala ndi thanzi labwino

umakhumba utachita zambirimbiri komanso umatha kunyoza abale ako kuiwala kuti tsiku lina udzadwala.

**Moyo ndi mpamba, usamalireni.**

-Kuti munthu achite chilichonse amafunika kukhala ndi moyo.

**Moyo saika pachiswe.**

-Tiyenera kupewa kuchita zinthu zomwe zingaike moyo wathu pangozi.

**Moyo samanga ndi njerwa.**

-Mwambi wosonyeza kuti umafunika kudya kuti ukhale ndi thanzi.

**Moyo uli ngati anyezi, timausenda tikulira.**

-Moyo ndi wovuta kwambiri. Masiku ambiri amatha munthu akuvutika.

**Moyo uli ngati moto, umafunika kusunphezera.**

-Kuti zikuyendere umafunika kumasamalira moyo wako.

**Moyo wanga ndi kambiya, ndisunga ndekha.**

-Palibe munthu angakusamalire moyo wako koposa mwini wakewe.

**Moyo wanga ndi mbiya, ndisunga ndekha.**

-Munthu aliyense amasamalira moyo wake, choncho zikakuvuta suyenera kuloza munthu wina chala chifukwa udindo wosankha zochita pamoyo wako ulinso m'manja mwako.

**Moyo wathombozi wouma kumodzi.**

-Thombozi ndi mtengo womwe umauma mbali imodzi n'kukhala moyo mbali imodzi koma suferatu. Mawuwa amatanthauza kuti ngakhale tili moyo, koma tikukumana ndi

mavuto ambiri.

**Mpandamachokero, mkamwini anachokera mamina.**

-Kumakhala ndi chifukwa chenicheni pochoka pamalo monga kuchikamwini kapena pantchito. Osamagwiritsa ntchito zifukwa zosamveka.

**Mpandamachokero, anakodzera moto wa ana.**

-Kumakhala ndi chifukwa chenicheni pochoka pamalo monga kuchikamwini kapena pantchito. Osamagwiritsa ntchito zifukwa zosamveka.

**Mpani wa mbewa utsatira mwini.**

-Munthu aliyense amalimbikira kuchita zinthu zake. Amaonetsetsa kuti zachitika bwino kwambiri koposa mmene akanachitira za ena. Ungatanthauzenso kuti choipa chimatsata mwini. Ukapalamula, ngakhale



utathawa kapena patapita nthawi yaitali bwanji, tchimo wachitalo limakulondola, ndipo kenako limakuluma.

### **Mpatse fupa mwana atonthole.**

-Nthawi zina ndi bwino kumalolera kuti ana achite zofuna zawo. Ndi bwino kumaloleza maganizo kapena zimene anthu ena akufuna kuti aphunzirepo kathu.

### **Mpatseni tione chakhalitsa galu pakhomo.**

-Pamudzi pakakhala mapokoso kapena mavuto ena, timafunika kuonetsetsa kuti tidziwe chimene chayambitsa vutolo.

### **Mpeni ulibe bwenzi.**

-Munthu akakhala woipa sakhala ndi bwenzi ndipo anthu amamuopa kuti tsiku lina angadzawachitire zachipongwe. Mpeni umatha kupha ngakhale mwini wa mpeniwo.

## **Mpeni wakuthwa konsekonse.**

-Munthu wokonda kukometsa kuwiri, mthirakuwiri. Munthu wotereyu amati akapita uku, amakatapa nkhani kumeneko n’kupita kukazikhuthura kwina.

Amachitanso chimodzimodzi ndi zimene wamva kumeneko.

## **Mphamba ikasowa Nkhukhu imatola udzu.**

-Ukakhala pamavuto susankha, kunyada umakusiya kaye apo, n’kuyesetsa kuchita chilichonse kuti uthandizike.

## **Mphamvu za Ng’ona zili kumchira.**

-Anthu audindo amakhala ndi mphamvu chifukwa cha anthu omwe akuwalamulira. Choncho, ayenera kumalemekeza anthuwo.

## **Mphamvu zimaphetsa.**

-Kudzitukumula kumabweretsa mavuto. Ukakhala ndi mphamvu kumalemekeza ena chifukwa tsiku lina ungadzakumane ndi wina

wamphamvu kuposa iweyo n'kukumenya.

**Mphawi dziko alidyera ku uchi.**

-Ngakhale munthu wosauka, anthu ena amamuitana kuphwando ndipo amadya nawo zabwino. Kuthandizana n'kofunika.

**Mphawi nayenso ndi mzimu,  
musamunyoze.**

-Munthu aliyense ayenera kulemekezedwa ngakhale wosauka.

**Mphechepeche mwa Njovu sapitamo  
kawiri.**

-Ngati tapulumuka pa zoopsa, monga kwa Ng'ona padziwe, si chanzeru kubwereranso chifukwa mapeto ake tikhoza kugwidwa n'kulephera kudzipulumutsa.

**Mphemvu m'dyera kum'thiko.**

-Mawuwa amanena za munthu wosauka yemwe amapeza zinthu movutikira monga

chakudya ndi zina.

**Mphenzi siimenya mtengo kawiri.**

-Pali zinthu zina zomwe zimachitika kamodzi kokha pamoyo wa munthu. Choncho ndi bwino kumagwiritsa ntchito mwayi umene tapeza.

**Mphelo yakumpoto indachititsa mkamwini kuba m'munda mwa apongozi.**

-Umphawi kapena mavuto ena chisamakhale chifukwa chochitira zoipa monga kuba, kutukwana ndi zina.

**Mphini yobwereza ndi imene imawala.**

-Malangizo obwereza ndi amene amamveka bwino.

**Mphongo ya Chiwala sichepa.**

-Si bwino kunyoza amuna kapena akazi a ena chifukwa ndi amuna kapena akazi awo basi.

### **Mphongo zidana.**

-Nthawi zambiri amuna sachitira amuna anzawo zabwino. Koma akakhala mkazi amatha kumuchira zabwino kwambiri.

### **Mphungu sataya nthenga.**

-Mawuwa amanena za munthu woumira. Mphungu ndi mbalame imene imauluka m'mwamba kwambiri, koma ikagwetsa nthenga, imawakha mthengayo isanafike pansi.

### **Mphuno imodzi silowa zala ziwiri.**

-Si bwino kuchita zinthu ziwiri nthawi imodzi chifukwa nthawi zina umatha kulephera kukwaniritsa zonsezo.

### **Mphuno salota, adawombera mfiti m'manja.**

-Munthu woipa kapena wabwino alibe fungo. Nthawi zina amene timawaona ngati abwino ndi amene amadzatipha. Ukhoza kuchitira

zabwino munthu amene angadzakunyoze patsogolo.

**Mphwanga ndiye wamkulu msinkhu, ngakhale kuti ndinatsogola ndine.**

-Kukhala ndi mnzeru si kubadwa kale kapena kutalika.

**Mphwanga, mukakula bwino ngati mwana wa Mlamba.**

-Ndi bwino kumakhala wochenjera ndiponso kumakhala bwino ndi akuluakulu.

Zikakuvuta anthu omwewa ndi amene amakuthandiza.

**Mphwayi ndi tsoka, ulesi ndi minyama.**

-Munthu wamphwayi sangapeze zimene akufuna. Tizichita khama pazinthu.

**Mphwayi ndi tsoka.**

-Munthu wamphwayi kapena waulesi satukuka ndipo amakumana ndi mavuto

adzaoneni.

### **Mphwayi zilibe mtolo.**

-Ulesi umabweretsa umphawi. Tiyenera kumagwira ntchito kuti tipeze zimene tikufuna.

### **Mpingu saloza ndi chala.**

-Mpingu ndi munthu amene amakhala ndi ulamuliro wovomereza zinthu zofunika. Ngati utamuloza ndi chala ndi mwano. Mwambiwu umatanthazua kuti si bwino kumanyoza anthu omwe angatithandize.

### **Mpotepote m'poyamba, potsiriza n'chingwe.**

-Zinthu zimaoneka zonyozeka poyamba koma zikakula zimatha kupanga zazikulu.

Mwachitsanzo, kuba zinthu zing'onozing'ono kukhoza kudzatibweretsera mavuto aakulu.

### **Mpsalazingo wamukho wapamwala.**

-Mawuwa amanena za munthu amene amakhala wochenjera kwambiri pozemba ntchito kapena mlandu chifukwa chodziwa kuyankhula.

### **Mseche udaombola mbiya.**

-Aliyense ndi wofunika pambali inayake. Ngakhale ena azioneka onyozeka tiyenera kumawalemekeza chifukwa akhoza kudzatithandiza.

### **Mseka pamwamba, m'kati mwa mtima muli zina.**

-Kuonetsa chisangalalo pamaso koma mumtima muli chiwembu.

### **Msika ndi wekha.**

-Kuti zikuyendere umafunika kuchita khama.

### **Msipu suyenda, imayenda ndi nyama.**

-Ngati munthu akusowa chinthu ayenera



kupita kukachifunafuna chifukwa  
sichingamupeze pamene wakhala.

**Msipu wamera m'khola.**

-Kuchita mwayi kuti zimene umafuna  
zachitika mmene umafunira. Kupeza mwayi  
waukulu.

**Msipu wobiriwira udapha mbuzi.**

-Mbuzi itapeza msipu wobiriwira  
inkangodyabe mpaka inaphulika mimba.  
Tisamakomedwe ndi zinthu ngakhale  
zitakhala zokoma bwanji chifukwa pamapeto  
pake tikhoza kupeza mavuto.

**Msirikali wa atate (imfa) ndiye amachotsa  
chimwemwe.**

-Imfa ikamachitika kawirikawiri pakhomo  
anthu sakhala osangalala.

**Msonjoso andautsa amene ali chete.**

-Msonjoso ndi kulozana zala. Nthawi

zambiri anthu akamaloza anzawo chala  
amapangitsa kuti amene anali chete akwiye.  
Ungatanthauzenso kuti nthawi zina anthu  
apachibale akamadana zimapangitsa kuti  
anthu adera alowererepo.

### **Msonkhasonkha unang'amba thumba.**

-Munthu akamangotolera pang'onopang'ono  
osasiya, zimachuluka kwambiri ndipo kenako  
zmawonongeka. Nthawi zina ndi bwino  
kuchita zinthu mosathamanga komanso ndi  
bwino kulimbikira kuti zomwe ukufuna  
zitheke.

### **Msuma sudyera pomwepo.**

-Msuma ndi chakudya kapena zinthu zomwe  
tapatsidwa popemphetsa panthawi ya njala.  
Ndi bwino kukumbukira banja lako chifukwa  
nawonso akufuna kudya. Tiziganizira  
anzathu ovutika.

### **Mtakataka kunsengwa, kumunda kumlaka.**

-Pali anthu ena omwe amajijirika pakakhala zakudya, kunsengwa basi (kale anthu ankapakulira chakudya munsegwa, mbale zisanabwere). Koma akauzidwa kuti akalime amakana.

### **Mtanga umakoma ndi kusomekera.**

-Pochita zinthu pamafunika kuchita khama kuti zimene tikufuna zitheke kaya ndi kusukulu kapena pantchito.

### **Mtaya makoko saiwala, amaiwala ndi m'dya nyemba.**

-Munthu ukakhala pamavuto suiwala wina akakuchitira zoipa, koma wochita zoipazo amaiwala.

### **Mtedza woola umalavulitsa zonse.**

-Kulakwa kwa munthu m'modzi kumaipitsa mbiri ya banja lonse kapenanso dziko.

**Mtengo suphuka masamba usanagwetse akale.**

-Kusinthu kwenikweni kumabwera ngati munthu wasiya zimene amachita poyamba.

**Mtengo umagwera kumene waweramira.**

-Nthawi zambiri ana amachita zimene amaona makolo awo akuchita.

Ungatanthauzenso kuti munthu akakhala wakhalidwe loipa amadzafa ndi khalidwe lakelo. N'kovuta munthu kuleka chizolowezi chake.

**Mtengo usamakome pokwera pokha.**

-Si bwino kumakonda anthu tikamafuna chinachake kuchokera kwa iwo basi, ngati mmene munthu amakwerera mumtengo kuti akangothyola mango basi.

**Mtengo wopanda tsinde mudauonapo?**

-Ngati tikufuna kuona khalidwe la ana ndi bwino tiyang'ane makolo awo. Kutu umvetse

zochita za munthu wina ndi bwino kufufuza mbiri yake.

### **Mthamangira kuotha anasiya moto ukuyaka.**

-Munthu wothamangira kuchita zinthu ndi amene amayambirira kukumana ndi mavuto. Ndiye anzake amabwera n’kudzapeza zabwino, apo ayi amaphunzirira pa tsoka lakelo.

### **Mthanga kunena adapisa Likongwe wa apongozi.**

-Mwambiwu umanena za mkamwini wina yemwe anafulumira kapena kuti kuthanga kunena kuti amene atathawitse Likongwe asamuka pamudzi. Ndiye zinachitika kuti iyeyo ndi amene anathawitsa Likongweyo ndipo zinamuvuta. Tisamalonjeze msanga za chinthu chomwe sitikudziwa kuti chitha bwanji.

### **Mtima suvala nsanza.**

-Munthu akhoza kukhala wosauka, koma mumtima mwake n'kukhala wolemera kwambiri pa zimene amakhumba. Palibe amalota ali wosauka.

### **Mtima uli ngwizi, kadziwe ka mu Likuni.**

-Mwambiwu umanenedwa pofuna kutanthauza kuti wakwiya kwambiri, uli ndi nkwiyo wosaneneka.

### **Mtima ulikuperewera, chanka patali.**

-Ngati mtima sukhumbara chinachake ndiye kuti n'zosatheka kuchipeza.

### **Mtima wabwino ngwaumulungu.**

-Munthu wamtima wabwino amachitanso zabwino.

### **Mtima wake waika pa mfuti.**

-Kuchita mwano kapena kukula mtima chifukwa choti uli ndi podalira.

### **Mtima walasa phaso.**

-Mwambiwu umanena za munthu yemwe wakumbukira kwawo. Ungatanthauzenso kuti ndapeza chokhumba cha mtima wanga.

### **Mtima wamnzako ndi m'thumba, sudziwa chomwe chilimo.**

-Zomwe wina akuganiza n'zovuta kuzidziwa.

### **Mtima wamnzako ndi tsidya lina.**

-Za mumtima wa munthu wina sungazidziwe.

### **Mtolo waukulu suchiza njala.**

-Ndibwino kumayamikira zimene tili nazo ngakhale zochepa.

### **Mtsinje umalimba ndi miyala.**

-Kudya n'kumene kumathandiza munthu kuti akhale wamphamvu.

### **Mtsinje wa Tinkanena udathera mu Siizi.**

-Mawu a akulu amakumbukiridwa pakapita nthawi ndiponso pamene zomwe amanena

zachitikadi. Munthu akakhala wosamva akamalangizidwa zotsatira zake amakumana ndi mavuto.

**Mtsinje wopanda miyala susunga madzi.**

-Miyala ndi imene imathandiza kuti madzi azisungika mumtsinje. Chimodzimodzinso m'mudzi, mfumu imafuna anthu oithandiza pa zinthu zambiri.

**Mtsuko sulowa m'chikho, koma chikho ndicho cholowa mumtsuko.**

-Munthu waudindo ndi amene amalandira ulemu kuchokera kwa otsika, koma iyeyo sapereka ulemu kwa anthuwo.

**Mtunkhatunkha udayatsa lipande.**

-Munthu ukamakhuthulakhuthula mphale, ina imataika. Nafenso tiyenera kukhala anthu okhazikika m'malo momati apa tagwira apa tagwira, tikhoza kugwira posagwira kapena kuwononga zinthu. Lipande ndi



mphale.

**Mudzi umalimba ndi anyamata.**

-Dziko lililonse liyenera kusamalira ndi kunyadira achinyamata chifukwa ndi amene adzakhale atsogoleri amawa.

**Mukanakhala mbewu, tikadangokazinga.**

-Mawuwa amanenedwa akamafotokoza za anthu ovuta kapena ana ovuta. Anthu ena akakwiya amanena mawuwa potanthauza kuti anthuwo ndi amphulupulu omwe sangawasunge pakhomo.

**Mukhoza kusinja chitsiru mumtondo,  
koma uchitsiru wakewo sungamuchoke.**

-N'zovuta kuthandiza munthu wopusa.

**Mulereni ayiwale kwawo.**

-Mwana wamasiye kapena wa ena amafunika kumulera bwino kuti aiwale kwawo kapena mavuto amene akukumana nawo.

### **Mulimbalimba goli lili m'khosi.**

-Munthu ukagwidwa ndi mlandu, ngakhale udziteteteze bwanji zimakhala zopanda phindu chifukwa umboni wonse umakutsutsa.

### **Mulungu amapatsa wolimbika.**

-Tiyenera kumadzithandiza tokha ngati tikufuna kuti Mulungu atithandize.

### **Mulungu amapatsa wopirira.**

-Tiyenera kumadzithandiza tokha ngati tikufuna kuti Mulungu atithandize.

### **Mumphasa yongoima mumabisala zoluma zambiri.**

-Munthu amene wangokhala chete, timuope.

### **Mumphuno imodzi simulowa zala ziwiri.**

-Umafunka kuchita chinthu chimodzi kaye. Ukaphatikiza zingapo umatha kuwononga zonse.

**Mungatero, mwaperekeza mwana wolima.**

-Mwambiwu umanenedwa anthu  
akamadandaula kuti munthu yemwe  
amamudalira pamudzi kapena pakhomo  
wachoka.

**Munthu akamafuna kufa, amayamba ndi  
makutu kutsekeka.**

-Kusamvera kumapezetsa munthu mavuto  
aakulu monga imfa.

**Munthu akatsala pang'ono kufa,  
amayamba ndi makutu kufa.**

-Kusamvera kumapezetsa munthu mavuto  
aakulu monga imfa.

**Munthu azilimba ngati mthiko, chipande  
chilira madzi.**

-Tisamangodalira chithandizo chochokera  
kwa anthu ena ngati chipande, tizilimba  
ngati mthiko n'kumadzithandiza tokha.

## **Munthu ndi Galu, Galu ndi munthu.**

-Nthawi zina Galu amachita zabwino kuposa munthu kapenanso zabwino zomwe zimafanana ndi zochita za anthu ena. Anthu ena kuwachitira zabwino sayamika, pomwe Galu amakugwedezero mchira posonyeza kuyamikira.

## **Mkazi wabwino amaphika nsima yosazizira.**

-Mkazi akamalandira bwino alendo, zimachititsa kuti mwamuna wake akadzipita koyenda anthu adzamuphikire nsima. Zikaterere nsima anaphika mkazi wake ija imakhala ngati sinazizire.

## **Munthu sakula pa kamwini, amakula pa kake.**

-Munthu aliyense sakhala ndi ulamuliro pa chinthu chamwini koma chake. Tiyenera kugwira ntchito kuti tipeze zathu.

### **Munthu salakwira mtengo.**

-Kulikonse anthu amalakwirana ndipo palibe amene salakwa. Choncho, zikachitika ndi bwino tizikhululukirana.

### **Munthu samenyana ndi maliro.**

-Tisamalimbane ndi munthu yemwe ali wofooka kwambiri.

### **Munthu sangadziteme mphini kumbuyo.**

-Timafunika anthu ena kuti atithandize pa zinthu zina.

### **Munthu satola kanthu ndi chala chimodzi.**

-Kugwirizana komanso kuthandizana n'kofunika kwambiri.

### **Munthu wadyera adanka ndi mvula ya mawawa.**

-Munthu wokonda kuchita chiwerewere amafa nsanga potenga matenda.

**Munthu wamagwiragwira samera tsitsi loyera.**

-Munthu wamakhalidwe oipa sakalamba.

**Munthu waphuma adapsa paphewa.**

-Kupupuluma kumawononga zinthu. Ndi bwino kumafatsa.

**Munthu wolemera safa ndi chuma.**

-Tiyenera kukhala ndi chuma kuti chitithandize pamoyo wathu.

**Munthu wongodutsa amene amalowerera mkangano womwe si wake n'kukwiya nawo, ali ngati munthu wogwira makutu a galu.**

-Osamalowerera nkhani imene sikutikhudza. Munthu amene wagwira makutu a galu amafunika kusamala chifukwa akangowasiya makutuwo, galuyo amatha kumuluma.

**Munthu wopanda maso samunamiza maso.**

-Tisamalonjeze zinthu zomwe sitingakwanitse kuchita, monga kuchititsa kuti wakhungu aone.

**Munthu wopata safa ndi chuma.**

-Munthu akamwalira samatenga chuma kumanda. Choncho ngakhale tilemere, si bwino kumayerekedwa chifukwa ndalama sizingatiike m'manda.

**Munthu wosabala amasowa chomutukwanira mwamuna.**

-Mayi amene ali ndi mwana amatha kum'tukwana mwana wake pamene wayambana ndi mwamuna wake. Akakhala wopanda mwana amasowa womutukwana.

**Munthu wosauka sapha nyama ya nguwo.**

-Munthu umayenera kufufuza zinthu mogwirizana ndi mmene umapezera zinthu. Osamafuna zinthu zomwe sungathe

kuzipeza.

**Munthu wotolatola samera ndevu zoyera.**

-Munthu wamakhalidwe oipa sakalamba.

**Musade Vumbwe, akudya nkhukhu ndi Kalulu.**

-Nthawi zambiri pamudzi pakachitika zoipa amaganiza kuti mdani wawo ndi amene wawachitira zimenezo. Koma nthawi zina anthu omwe amaoneka ngati Akalulu ndi amene amakhala atachita zoipazo.

**Musamati ndi masweswe lili dazi.**

-Si bwino kumanyozera zinthu anthu ena akamanena.

**Musamati ndikuthawa mlomo, mlomo uli kulikonse.**

-Kuthawa mlomo ndi kuthawa kulongolola. Mavuto ali ponseponse ndipo sitingawathawe. Amene akufuna kuwathawa kuli bwino



angomwalira.

**Musamaumirire mtunda wopanda madzi.**

-Osamakanirira pa zinthu zomwe zilibe phindu chifukwa zingangotitayira nthawi.

**Musamayese ndi masweswe, ndi dazi.**

-Mawuwa amenenedwa munthu akamatsimikizira kuti zimene akunena ndi zoonazizizeni.

**Musandiike chibanzi pakamwa.**

-Musandiletse kunena zomwe ndikufuna kunena.

**Musandiike dzungu pakamwa.**

-Musandiletse kunena zomwe ndikufuna kunena.

**Musandipatse masamba chifukwa pali kapado.**

-Mwambiwi umanena za kukhutira ndi zabwino zimene munthu ali nazo. Ku Africa

kuno pamene munthu wadyera nyama ndiye kuti paterela. Choncho, amafuna kuiwalako kudya masamba akakhala kuti wapeza nyama.

**Musandiyangire nkhatu pakamwa.**

-Musandiletse kunena zomwe ndikufuna kunena.

**Musandiyese chulu cha ndiwo chokwera ndi nthekwe m'chiuno.**

-Si bwino kuyesa munthu wina ngati wopusa kuti azingokuthandiza nthawi zonse.

Tiziyamikira zimene ena amatichitira.

**Musawongole mbewa yopondaponda.**

-Ukadziwa kuti walakwa ndi bwino kungopepesa osachita makani.

**Musayese ndi masweswe, limeneli ndi dazi.**

-Si bwino kumanyozera zinthu anthu ena akamanena.

### **Mutu ukakula sulewa nkhonya.**

-Munthu ukakhala wamkulu mavuto onse amafikira kwa iwe.

### **Mutu umodzi susenza denga.**

-Palibe munthu amene angathe kuchita zonse payekha. Choncho, ndi bwino kumadalirana komanso kuthandizana.

### **Mutu wodwala Kasire adatema Kadzidzi.**

-Zochita za ena zimatha kubweretsera ena mavuto. Si bwino kulola kupusitsika ndi maonekedwe.

### **Muvi kalase Nungu.**

-Munthu ankafuna kulasa Nungu ndipo Nungu inamulasa ndi minga yake. Nthawi zina choipa chimene munthu akufuna kuchitira mnzake chimatha kumutembenukira.

## **Muvi woyang'anira suchedwa kugwera m'maso.**

-Mavuto owayang'anira amakula kwambiri, monga matenda. Tisamadikire kuti zinthu zifike poipa. Komanso, kuzengereza kumagwetsera munthu m'mavuto.

## **Muvi woyang'anira suchedwa kulowa m'maso.**

-Mavuto owayang'anira amakula kwambiri, monga matenda. Tisamadikire kuti zinthu zifike poipa. Komanso, kuzengereza kumagwetsera munthu m'mavuto.

## **Myang'ana dzuwa adasochera.**

-Munthu amene safunsa nthawi zambiri amakumana ndi mavuto ngati mmene zimakhallira ndi munthu amene amayang'ana kumene kuli dzuwa akamayenda ulendo. Dzuwalo limasuntha ndiye amasokonekera n'kusochera.

### **Mvula ikakuona litsiro sikata.**

-Nthawi zina mavuto akakuyamba sakusiya.

### **Mvula ya mpoto kunyenga mkamwini.**

-Si bwino kutengeka ndi zinthu zomwe zimaoneka ngati si zoipa kwenikweni chifukwa pamapeto pake zimachititsa kuti tidziimbe mlandu kapena tikumane ndi mavuto.

### **Mvula yamvumbi kunyenga ana.**

-Si bwino kutengeka ndi zinthu zomwe zimaoneka ngati si zoipa kwenikweni. Zinthu ngati zimenezi zimachititsa kuti tidziimbe mlandu kapena tikumane ndi mavuto ngati mmene mwana amene wanyowa kapena wadzidetsa ndi matope a mvumbi amachitira.

### **Mvumbi kwa ana, akulu nadya nthanga.**

-Mawuwa amadzudzula khalidwe lodzikonda. Mwachitsanzo, makolo kumadya kapena kumapeza zabwino ana ali pamvumbi,

kapena akuvutika.

**Mvuu zikatha, amakankha bwato ndi kampango.**

-Mavuto satherapo, akatha awa amabweranso ena.

**Mwa limodzi anaonera khumi kutha.**

-Nthawi zina mukagwira wakuba m'modzi amatha kuulula anzake ambiri.

**Mwachaje satafuna.**

-Munthu sangatafune m'kamwa mopanda kanthu. Munthu wina akamadandaula ndiye kuti pali vuto, tiyenera kumumvetsera.

**Mwachaje satafuna.**

-Ndi bwino kumakhutitsidwa ndi zimene uli nazo ngakhale zili zochepa.

**Mwakumbakumba mbewa mwalema, m'sakadandaule ndiwo.**

-Munthu uyenera kuvomereza zotsatira za

ntchito yako. Mwachitsanzo, mbewa zikakukanika kukumba umasowa ndiwo n'kuswera nayo njala.

**Mwala umene amisili aukana umasanduka wapangodya.**

-Nthawi zina zinthu zimene tikuziona kuti n'zosafunika zimakhala zothandiza kwambiri.

**Mwala wogubuduzika sumera ndere.**

-Kusakhazikika pamalo kapena pantchito kumachititsa kuti tisapeze mwayi.

**Mwala woyendayenda suyanga ndere.**

-Kusakhazikika pamalo kapena pantchito kumachititsa kuti tisapeze mwayi.

**Mwalemera nyanga yanga simuidya.**

-Munthu ukazolowera moyo wofewa mavuto suwaganizira.

**Mwamuna koma kumuyang'ana kumimba.**

-Mayi amayenera kudziwa kuti kuti

mwamuna agwire ntchito bwino amafunika kumupatsa chakudya.

**Mwamuna mnzako mpachulu, umalinga utakwerapo.**

-Osamaderera mnzako usanaone mphamvu zake, chifukwa nthawi zina wonyozeka m'maso ndi amene amakutidzimula kapena kukuposa pa chinachake.

**Mwamuna mpamimba, nkhope siisinthu.**

-Mayi amayenera kudziwa kuti pakhomo kuti mwamuna agwire ntchito bwino amafunika kumupatsa chakudya.

**Mwamuna ndi kabudula, amathera moyenda.**

-Mwamuna sakulira malo amodzi. Amafunika kuyendayenda kuti akasake ndalama zothandizira mkazi komanso abale ake.



**Mwamuna ndine ndekha adam'pachika ndi mkuzi.**

-Osamadzikuza chifukwa ena akhoza kutichititsa manyazi ife n'kunyowa.

**Mwana akalilira fupa m'ninkhe.**

-Nthawi zina ndi bwino kumalolera kuti ana achite zofuna zawo. Ndi bwino kumaloleza maganizo kapena zimene anthu ena akufuna kuti aphunzirepo kathu.

**Mwana akalilira nyanga ya nsatsi, m'semere im'fotere yekha kumanja.**

-Munthu akamafuna zinthu zopanda pake ndi bwino kumusiya kuti awone yekha zotsatira zake. Zimenezi zingamuthandize kuti amvetse chifukwa chake mumamukaniza ndipo sangadzabwerezenso.

**Mwana amalira ndi mkodzo wake womwe.**

-Anthu achibwana amachita zinthu zomwe pambuyo pake amadzanong'oneza nazo

bondo n'kumafuna kuti ena awathandize.

**Mwana amaopa kachirombo kakamuluma.**

-Kuti munthu adziwe kuti chinthuchi  
n'choopsa, amaphunzira akakumana ndi  
mavuto.

**Mwana m'nyanja alimbikira mpani wake.**

-Munthu aliyense amalimbikira kuchita  
zinthu zake. Amaonetsetsa kuti zachitika  
bwino kwambiri koposa mmene akanachitira  
za ena. Mawuwa amanenedwanso munthu  
akamachita zinthu zokondera pa mlandu wa  
m'bale wake.

**Mwana ndi bango, akafa amaphuka wina.**

-Mawuwa amanenedwa potonthoza makolo  
omwe mwana wawo wamwalira kuti  
asadandaule Mulungu adzawapatsa wina.

**Mwana sakulira nakubala.**

-Ngakhale mwana ataphunzira bwanji

kapena atakula chamtundu wanji, ayenera kumalemekezabe makolo ake. Angachite zimenezi ngakhale zitakhala kuti aliyense amamulemekeza kwambiri kapena ndi mtsogoleri wa dziko.

**Mwana sasowa amake.**

-Ana kapena ziweto zimadziwa makolo komanso mbuye wawo. Munthu sulephera kuzindikira chinthu chako.

**Mwana ukam'zoloweza kukwera pathandala, saleka.**

-Mwana amachita zimene makolo ake amuphunzitsa. Akamuphunzitsa zabwino, mwanayo amakhalanso wabwino.

**Mwana wa a Matumbo wamwalira, adzanena ndi a M'masomwada.**

-Mkuluwikowu umanena zoti munthu ali ndi njala.

### **Mwana wa amfumu anaotcha uta wake.**

-Chifukwa chodalira udindo wa bambo ake, mwana wa amfumu anaotcha uta wake modzionetsera. Si bwino kunyada kapena kudzionetsera chifukwa zimenezi zikhoza kutayitsa munthu zinthu zambiri ngati chuma.

### **Mwana wa “kaya” sachira.**

-Munthu wina akamadwala si bwino kunena zokhumudwitsa, koma kumulimbikitsa ngakhale ukudziwiratu kuti sachira. Ena akatifunsa zinazake tiyenera kunena motsindika osati kumakayikira.

### **Mwana wa mfulu ndi mbatata, ukaongola wathyola.**

-Nthawi zambiri anthu omwe ndi otchuka kapena audindo waukulu amavuta kuwalangiza. Ukalimbana nawo umakumana ndi mavuto ndi iweyo.

**Mwana wa mnzako ndi wako yemwe,  
ukachenjera manja udzadya naye.**

-Tizikonda ana a anzathu monga ana anthu  
chifukwa tsiku lina anawo mwinanso atakula  
akhoza kudzatithandiza, tikhoza kudzadya  
zawo.

**Mwana wa mnzako ndiye ‘kasambe  
m’manja,’ wako ndiye ‘tazingodya!’**

-Tisamachitire nkhanza ana a anzathu.  
Tiziwachitira mofanana ndi ana athu.

**Mwana wa munthu wopatsa sagona ndi  
njala.**

-Munthu ukamakhala bwino ndi anthu,  
ukamawathandiza ndi kuwachitira zabwino,  
ngakhale umwalire ana ako samadzazunzika.  
Amadzawathandiza pokumbukira khalidwe  
lako labwino.

**Mwana wa mwini ndi gaga, saundika.**

-N’zovuta kuthandiza mwana wa mwini

kusinthwa khalidwe. Ukamupatsa chilango amaona ngati nkhanza. Ena ngakhale akadzakula amatha kudzakuthawa n'kupita kwa abale awo.

**Mwana wa mwini ndi tsabola wokomera m'kamwa, akagwa m'maso ndi nkondo.**

-Ana a anthu ena akhoza kungooneka abwino pamaso, koma nthawi zina akhoza kuyambitsa chipwirikiti komanso kuwononga zinthu zathu.

**Mwana wa Ng'ombe amadya udzu, anaonekera amake kudya udzu.**

-Ana amatengera makolo awo pa zabwino kapena zoipa.

**Mwana wa Ng'ona ndi uyo ali pamchira, wa pambuyo ngwa Ng'azi.**

-Ngakhale ana amafanana ndi makolo awo, ngati samamvera malangizo awo amadzakumana ndi mavuto, amakhala ngati

ana a Ng'azi.

**Mwana wa Ng'ona salephera kuyangalala.**

-Nthawi zambiri ana amatengera luso la makolo awo. Ng'ona imayendayenda m'madzi chifukwa ndi zimene makolo awo amachita.

**Mwana wa Nkhuku chenjera, Kabawi watulukira.**

-Mawuwa amakonda kunena ndi ogwira ntchito akamachenjeza anzawo kuti abwana kapena owayang'anira akubwera.

**Mwana wa pang'oma salephera kuyangala.**

-Nthawi zambiri mwana amatengera khalidwe la makolo ake.

**Mwana wa Ng'ona alibe makutu, kumva kwake ndi kum'panda.**

-Ngati mwana samvera makolo, nthawi zina ndi bwino kumulanga mwina pomukwapula kapena kumupatsa chilango china.

**Mwana wa Ng'ona sakulira dziwe limodzi.**

-Mwamuna sakulira malo amodzi. Amafunika kuyendayenda kuti akasake ndalama zothandizira mkazi komanso abale ake.

**Mwana waulemu amakodza kwambiri.**

-Munthu waulemu amapeza zinthu zambiri pakati pa anzake. M'mawu ena amadya zambiri zomwe zimachititsa kuti azingokodzakodza.

**Mwandimangitsa madzi m'masamba.**

-N'zosatheka kumanga madzi m'masamba. Choncho mawuwa amatanthauza kuti mwandipusitsa.

**Mwandimangitsa madzi m'mayani.**

-N'zosatheka kumanga madzi m'masamba. Choncho mawuwa amatanthauza kuti mwandipusitsa.



**Mwandiyesa kankhuku kachilendo.**

-Mawu otanthauza kuti mukuyesa ndine mlendo?

**Mwandiyesa “kankhuku kadza ndi yani?”**

-Mawu otanthauza kuti mukuyesa ndine mlendo?

**Mwaupaka matope, mpanje wakanika kulira.**

-Ng’oma ikakhala ndi matope siimveka bwino. Tizionetsetsa kuti zonse zili bwino tisanayambe kuchita zinthu.

**Mwauza Kambuku kugwira pakhosi.**

-Ngati Kambuku wagwira nyama pakhosi ndi kuti yapita imeneyo. Chimodzimodzinso kulekerera anthu kuchita khalidwe loipa kumakhala ngati kulimbikitsa khalidwelo.

**Mwavomera chamutu, mtima wakana.**

-Mawu otanthauza kuti simunavomere ndi

mtima wonse.

**Madzi akatayika sawoleka.**

-Pali zinthu zina zomwe zikachitika,  
sizingathekenso kuzibwezeretsa.

**Mwayi kusiyana.**

-Anthufe timapeza zinthu mosiyana.

**Mwayi ndi mwayi.**

-Ngati munthu wapeza mwayi wochita  
zinazake ndi mwayi wake basi.

**Mwayi sudziwika.**

-Tizingochita zomwe tikuganiza kuti  
zingatithandize.

**Mwayi sufanana.**

-Anthufe timapeza zinthu mosiyana.

**Mwayi sulingana.**

-Anthufe timapeza zinthu mosiyana.

**Mwayi wa munthu mmodzi sangagonere wina pabwalo.**

-Mwayi umasiyana. Tisamachite zinthu chifukwa choti anzathu atachita zomwezo zinawayenera bwino.

**Mwayi wamzama wofukula ndi manja.**

-Mwayi waukulu kwambiri.

**Mwana yemwe amasamba m'manja amadya ndi akuluakulu.**

-Munthu amene ali ndi khalidwe labwino kapena wolimbikira ntchito amakondedwa ndi ena ndipo zinthu zimamuyendera bwino.

**Mwazi ukutuluka pampini.**

-Mawu otanthauza kuti pakuchitika zodabwitsa.

**Mwendo wa amfumu kulemera.**

-Anduna akampempha anthu kuti atumidwa ndi amfumu kuti apemphe thandizo lawo

anthuwo n'kukana ndunazo zimamva mwendo wa mfumu kulemera. M'mawu ena zimaona kuti udindo wawowo ndi wolemera kwambiri.

**Mweranitu, ukadza kuno subwerera, ndigubula.**

-Mwayi kapena nthawi ikapezeka, ndi bwino kuchitiratu chifukwa zamawa sizidziwika.

**Mwezi satungira mkanda.**

-Ntchito iliyonse ili ndi nthawi yake yoyenera kugwiridwa. Kuchita chinthu pa nthawi yolakwika sikuthandiza. Mwachitsanzo, kufuna kulowetsa ulusi pabowo la singano usiku pa kuwala kwa mwezi.

**Mwezi sayanikira ufa.**

-Pali zinthu zina zomwe zimachitika masana okha kapena pa nthawi yake osati nthawi iliyonse.

### **Mwezi uli kumwamba, mitengo ili pansi.**

-Pali zinthu zina zomwe zili kutali zomwe n'zobisika kwa anthu koma zina n'zodziwika kwa aliyense ngati mitengo yomwe ili pansi pano.

### **Mwini phala sada chala.**

-Nthawi zambiri munthu saona kulakwa kwake kapena kwa ana ake.

### **Mwiniwake wapha pa mbewu yake.**

-Mawuma amanena za munthu yemwe amapha anthu a pabanja pake kuti achitire zizimba. Zimenezi ndi zina mwa zimene anthu a ku Africa kuno amakhulupirira zomwe zilibe umboni kuti zimathandizadi.

### **Myendera mwana salema.**

-Munthu akakhala ndi mwana wake satopa kumuyendera. Tikamachita chinthu sitiyenera kutopa mpaka titachikwaniritsa.

# N

## **N'takalamba n'kusiya dziko likali nsonga.**

-Mawuwa amanenedwa munthu akamafuna kunena kuti akufuna kuchoka zinthu zikadali bwino, pamalo pasanaipe.

## **Nachonso chitsiru chili ndi mwini.**

-Munthu ngakhale wopusa amakhala ndi m'bale wake amene amamukonda.

Akaphedwa abale ake adzaoneka. Choncho si bwino kunyoza ena chifukwa cha khalidwe kapena maonekedwe awo.

## **Nalikukuti saluma, koma akaluma alibe chivumulo.**

-Pali anthu ena omwe amaoneka a phee, koma tsiku lina ukadzawaputa umadzaona kuti ali ndi ululu woopsa kuposa wa njoka.

## **Namkwichi akaona akazi ndiye amakondwa.**

-Namkwichi ndi mbalame yokonda akazi kwambiri. Mwambiwu umanena za munthu wokonda akazi.

## **Nankholowa ali m'manja n'kulinga utalawa.**

-Pali njira zosiyanasiyana zophikira nankholowa (masamba a mbatata). Tisamaweruze nsanga chinthu tisakuchidziwa bwino.

## **Nankungwi chilanga anzake, mwake sazira.**

-Pali anthu ena omwe amakonda kulangiza anzawo pomwe iwowo sachita zimenezo, kapena alibiretu khalidwe.

## **Nankununkha sadzimva.**

-N'kovuta kuti munthu adziwe za momwe anthu ena amamuonera makhalidwe ndi maonekedwe ake, koma anthu enawo ndiwo

amamudziwa bwino.

**Nanzeze apitira m’kuleza.**

-Timanena mawu amenewa munthu akawomboka pamavuto amene anawapeza kuchokera kwa anthu amene sanamvetse bwino nkhani yonse. Ngati Nanzeze yemwe anapululumuka chifukwa choti anthu sanamumvetse bwino.

**Ndabwerera pakamwa pa Mkango.**

-Mawuwa amenena za munthu amene wapulumuka pamavuto aakulu.

**Ndagunda, dziko lonse landimva.**

-Mawuwa amanena za munthu amene watchuka padziko lonse chifukwa cha ntchito zake.

**Ndakutama kukongola kwako, nzeru zako sindizitama.**

-Mawuwa amatanthauza kuti, ngakhale



munthuyo ali wokongola koma ndi  
wamakhalidwe oipa.

**Ndakwatiwa kumbuyo, kumaso kulira ena.**

-Mawuwa amanena za munthu amene  
wakwatiwa ndi munthu wolemera koma  
mwamuna wake ndi gojo, sangathe  
kumupatsa ana.

**Ndakwatiwa n'kumbuyo komwe.**

-Wakwatiwa ndi munthu wabwino, wachuma  
komanso wakhalidwe labwino.

**Ndalama zidaphetsa Yesu.**

-Anthu ena amachita zolakwa zikuluzikulu  
chifukwa chokonda ndalama.

**Ndalama zikamayankhula, chilungamo  
chimakhala chete.**

-Nthawi zambiri anthu ena amatha kupereka  
ziphuphu kuti mlandu wawo uyende bwino.  
Zimenezi zimachititsa kuti osalakwa

amangidwe kapena chilungamo chisaoneke.

### **Ndalowa m'chala.**

-Mawuwa amatanthauza kudwaladwala.  
Anganenenso za munthu yemwe anali  
wachuma koma anasauka, moti akusowa  
pogwira.

### **Ndam'meta mpala wopanda madzi.**

-Munthu amanena mawuwa potanthauza  
kuti wamuchenjeretsa winawake kapena  
wamukhaulitsa.

### **Ndangotsala madzi amodzi.**

-Mawuwa amatanthauza kuti ndangotsala  
pang'ono kufa.

### **Ndani amene angaike khala lamoto pamalaya ake koma osapsa?**

-Palibe munthu amene angachite choipa  
osakumana ndi zotsatira zake.

## **Ndapakonda adasiya khonde.**

-Kuzengereza pochita zinthu kumapezetsa mavuto.

## **Ndaphwa mafuta, patsala thonje lokha.**

-Mawuwa amatanthauza kuti munthu ali ndi njala. Kuphwa mafuta akutanthauza kuti wapuma koma akumva njala.

## **Ndawonera momwemu mwambi wa gulugufe.**

-Ndi bwino kumakhutitsidwa ndi zimene uli nazo ngakhale zili zochepa.

## **Ndayala mayani, awuma.**

-Ndadikira mokwanira moti ndatopa.

## **Ndewonetsetse adathetsa nkhosa.**

-Kuzengereza kumagwetsera munthu m'mavuto.

## **Ndewu siimanga mudzi.**

-Mikangano komanso ndewu zimapasula

mudzi. M'malo mochita zimenezi ndi bwino kukambirana mwamtendere.

**Ndi bwino kunena maganizo ako udakali ndi moyo, kusiyana n'kumadzawanena ukutsirizika.**

-Osamamangika kunena maganizo ako chifukwa mwina angathandize.

**Ndi mwamuna akadya.**

-Munthu ayenera kuonetsa chamuna chake pogwira ntchito osati pakudya pokha.

**Ndi mwamuna pakudya pokha.**

-Munthu ayenera kuonetsa chamuna chake pogwira ntchito osati pakudya pokha.

**Ndikanadziwa ndikanaphika therere.**

-Mkazi wina ankayembekezera kuti mwamuna wake abweretsa nyama kuchokera ku uzimba. Koma anadandaula mwamuna wake atabwerako chimanjamanja. Mawuwa

amanenedwa zinthu zimene umayembekezera zikakhala kuti sizinachitike, ndiye ukudandaula kuti bola ukanachita zinthu zina.

**Ndikhale nawo analanda malo.**

-Si bwino kumangolola anthu osadziwika bwino kuti mukhale nawo pamudzi kapena kuwapatsa udindo chifukwa pamapeto pake amakhala eni mudzi. Tizisamala ndi anthu omwe sitikuwadziwa bwino.

**Ndikudula tsitsi ndi mano.**

-Mawuwa munthu amawanena akakhala kuti wavutika kapena wasauka kwambiri.

**Ndim'khulupirira adam'gonetsa m'nkhufi.**

-Munthu amene umamudalira, nthawi zina ndi amene amakukhumudwitsa kwambiri.

**Ndimveke ndine adaphetsa fisi.**

-Kususukira kutchuka kumabweretsa tsoka.

## **Ndinatha Ngombo ndi Akamundi, kuli Achanga ndisanafike.**

-Munthu amanena mawuwa podandaula kuti akanadziwa kuti zabwino zili kutsogolo akanadikira. Amakhala kuti anafulumira kuchita zinazake n'kutaya mphamvu zake pachabe.

## **Ndiwonetsetse adathetsa nkhosa.**

-Kuzengereza pochita zinthu kumapezetsa mavuto.

## **Ndodo imodzi siipha njoka.**

-Mawuwa amanenedwa pofuna kulangiza ena kuti afunika kumachita zinthu mobwereza osati kamodzi kokha.

## **Ndodo ya ana ndi imene amaphera njoka.**

-Osamanyoza maganizo a ana. Nthawi zina mnzeru zawo ndi zimene zimathandiza pamavuto, monga njoka ikalowa m'nyumba umatha kutenga ndodo yomwe mwana

amaseweretsa n'kuphera njoka.

**Nena chilungamo n'kuthawa.**

-Nthawi zina munthu ukanena chilungamo anthu amakuda. Koma kunena chilungamo n'kofunika. Choncho, zimakhala bwino kunena chilungamo koma umafunika kusamala chifukwa ukhoza kukumana ndi mavuto.

**Nena poipa kuti pabwino patuluke.**

-Munthu ukamafuna kudzudzula choipa umanena ngati nthabwala kuti nkhaninkhani ituluke n'kukonzedwa.

**Ng'oma imalira ikaona inzake.**

-Anthufe timafunikira anthu ena kuti zinthu zitiyendere bwino. Mwachitsanzo, kuti munthu usangalale ndi phwando umafunika anzako.

## **Ng'oma silira yokha.**

-Ng'oma ikamalira ndiye kuti wina akuimenya. Chimodzimodzi munthu, akamadandaula pakakhala kuti penapake pali vuto.

## **Ng'oma yolira bwino sichedwa kung'ambika.**

-Munthu ukatchuka kwambiri usamadzitame chifukwa kutchukako sikuchedwa kutha. Zikamakuyendera bwino kwambiri dziwa kuti zikhoza kukusokonekera.

## **Ng'ombe ya mnzako sumaiitana.**

-Tisamale ndi zinthu za ena kuti nawonso asamale zinthu zathu.

## **Ng'ombe yaukali imagwa m'mbuna.**

-Munthu ukakhala waukali, anthu samakuchenjeza ngati pena pali zoopsa chifukwa amaopa kuti uwakalipira. Munthu wofatsa ndi amene amathandizidwa ndi ena.



**Ngakhale chitsiru nachonso chili ndi amake.**

-Aliyense anganyanse bwanji, angaipe bwanji, amakhala ndi abale ake komonso anthu amene amamukonda.

**Ngakhale matakoto atafunitsitsa bwanji, sangakhale kutsogolo.**

-Pali zinthu zina zomwe sitingakwanitse kuchita ngakhale titafunitsitsa bwanji.

**Ngakhale nkhalango ikamapsa, Birimankhwe sasintha mapondedwe.**

-N'zovuta kusintha zimene unazolowera.

**Ngakhale wapamtima, usamuuze mawu onse akukhosi.**

-Mnzako amene umamukhulupirira amakhalanso ndi anzake moti chinsinsi chimene wamuuza amakauzanso anzakewo nkhaniyo n'kufala.

**Ngaluwe idalira msampha utaning’a.**

-Mawuwa amanena za kulephera kupirira vuto litatsala pang’ono kutha.

**Ngati mtengo wauwisi ukuyaka, ndiye wouma ungatani?**

-Mawuwa amanenedwa ngati munthu wolimba kapena amene amachita bwino zinazake walephera. Ngati zotere zitachitika ndiye kuti ena omwe si olimba amangogweratu. Zimene zavuta anthuanthu, ofooka sangazithe.

**Ngati n’zotheka kuwapha ndi uchi, n’chifukwa chiyani ukufuna kuwapha ndi chiphe?**

-Kumagwiritsa ntchito njira imene ukuona kuti ndi yabwino kwambiri.

**Ngati umakonda bwenzi lako, usamubwereke ndalama.**

-Nthawi zambiri nkhani za ndalama

zimachititsa kuti anthu asiyane. Tizisamala pa nkhani yobwereka ena ndalama. Ngati munthu timagwirizana naye kwambiri, tingachite bwino osamubwereka ndalama chifukwa akhoza kungotikhumudwitsa.

**Ngongole imakoma potenga, koma pobweza imawawa.**

-Ukamatenga ngongole zimasangalatsa koma kuti ubweze pamakhala nkhani. Tiziganiza kaye tisanatenge ngongole.

**Nguluwe inalira nsampha utaning'a.**

-Nguluwe itagwidwa pansampha analimbana nawo mpaka kutsala pang'ono kuduka.

Koma m'malo molimbikira inatopa ndipo inayamba kulira. Anthu atamva kulirako anabwera n'kudzaipha. Osamataya mtima msanga tikakhala pamavuto.

**Nguluwe ya ana sinona.**

-Nguluwe imene yabereka ana ambiri

imakhala yoonda. Chimodzimodzinso ndi munthu yemwe ali ndi ana ambiri kapena amene amamudalira ambiri. Chifukwa ndalama zake zimachuluka kopita, satukuka. Tizikhala ndi ana omwe tingakwanitse kuwasamalira.

### **Nguwo yobwereka siilimba m'thupi.**

-Nguwo ndi nsalu. Nsalu yobwereka simachedwa kugwa chifukwa umakhala sunaizolowere. Tisamadalire za ena, tizipeza zathu.

### **Ngwazi nayonso imafa ndi mpeni umodzi.**

-Ukakhala wamphamvu si bwino kumadzitama chifukwa umagwa ndi kanthu konyozeka.

### **Njala ikadza umaimangira kacheke.**

-Kacheke ndi lamba kapena nsalu imene anthu amamanga pamimba. Ukakhala pamavuto monga njala uyenera kuumanga

mtima kuti usaganize zakuba. Ngakhale zinthu zivute bwanji ndi bwino kupitirizabe kuchita chilungamo.

### **Njala ikafika, ubale umatha.**

-Anthu ambiri amakukonda ukakhala pabwino, zinthu zikavuta amakuthawa.

### **Njala ili m'mano.**

-Chakudya chingachepe, chimathandizabe kuti usafe.

### **Njala ndi kamtengo, kanagwetsa Undi.**

-Njala imagwira aliyense ngakhale mfumu. Undi inali mfumu, ndipo nayonso inagwa ndi kamtengo kameneka, njala.

### **Njala sailowetsa m'nhokwe.**

-Si bwino kuuza munthu yemwe akusowa chinachake kuti atenge zimene akufuna chifukwa akhoza kumaliza zonse. Munthu amene kwawo kuli njala sungamuuze kuti

alowe munkhokwe, akhoza kukumalizirani chonse.

**Njala ya mnzako ndi yako yomwe.**

-Anzathu akakhala pamavuto monga matenda kapena imfa, tiyenera kumawathandiza n'kumawamvera chisoni ngati zachitikira ife.

**Njala yapita pa mlimi.**

-Nthawi zina pamakhala mavuto moti anthu amene timawadalira amakhalanso kuti sangatithandize. Zikatero timayenera kuchita zimene tikuona kuti zingatithandize.

**Njira salimbira, chikakula patuka.**

-Pali zinthu zina zomwe sitingalimbane nazo, zoterozo zimafuna kungozisiya.

**Njira ya kwa amfumu siiwirira.**

-Nkhani zonse zofunika kwambiri kaya ndi za maliro, zimayenera kukanenedwa kwa

amfumu kuti akuthandizeni.

**Njira zonse sizipita pamutu pako.**

-Nthawi zina ndi bwino kulola kuti zinthu zina zitipite.

**Njiwa sasosolera pamsampha.**

-Ukasosolera njira pamsampha, zinzake zimadziwa, n'kuchenjera. Tisamaulule zinthu zomwe tikudziwa kuti zikhoza kupereka mphamvu kwa ena kuti atilange.

**Njoka ndi njoka, singasinthe manga.**

-Munthu woipa ndi woipa, sangasinthe ngakhale mutamulangiza bwanji.

**Njoka yopusa imalumira kumchira.**

-Pali anthu ena ooneka opusa, anthuwa sitimadziwa zimene akuganiza kusiyana ndi ena omwe akungolongolola.

**Njovu idagwa m'mbuna mwa Aonenji.**

-Munthu aliyense ali ndi mwayi wake.

Choncho, si bwino kuganiza kuti anthu ena ooneka onyozeka sangapeze mwayi.

**Njovu inatuma nyerere.**

-Mawu onena moseka omwe ena amagwiritsa ntchito akamatuma mwana kapena munthu wonyozeka.

**Njuchi yako ndi iyo yaluma.**

-Osamangotsata zinthu zomwe ulibe nazo umboni. Kumatsata zinthu zenizeni.

**Njuchi zikachuluka siziika.**

-Anthu akachuluka pamalo kapena pantchito, zinthu siziyenda. Aliyense amangosiira mnzake.

**Njuchi zikachuluka zilibe usinda.**

-Anthu akachuluka pamalo kapena pantchito, zinthu siziyenda. Aliyense amangosiira mnzake.



## **Njuchi zingalume, koma ine phula nditenga.**

-Kuti upeze zabwino umafunika kulimba mtima komanso kupirira mavuto. Kuti munthu afule njuchi n'kutenga malesa, njuchi zina zimamuluma koma iye sagonja mpaka atatenga uchiwo.

## **Nkhali imafuna mafuwa.**

-Aliyense amafuna wina woti amuthandize.

## **Nkhali yodikirira imachedwa kuwira.**

-Chilichonse chili ndi nthawi yake, ndi bwino kumadikira. M'malo mongokhala ndi bwino kumachita zina kuti usaone kuchedwa.

## **Nkhanga ikakula, siikhala paphira.**

-Munthu ukakula umayenera kusiya chibwana.

## **Nkhanga yaikulu saweta.**

-N'zovuta kusintha Nkhanga yaikulu kuti

ikhale yoweta. Munthu amene wakula ndi zizolowezi zoipa amavuta kumusinthu.

**Nkhanga zinapangana kusanaspe.**

-Ndi bwino kumaganizira zimene tingachite mavuto atatigwera, kusiyana n'kumakhala pansu kuti tidziwe chochita mavutowo akatipanikiza.

**Nkhani ndi kamchira, umafunika uyang'ane kaye pali mutu wake.**

-Kumafufuza chimene chachititsa vuto.

**Nkhani ndi kamnyamata.**

-Kucheza sikutha, nkhanu zikayamba zimabwerabe zina. Ndi bwino kumaona polekezera kucheza kuti tizigwira ntchito.

**Nkhani siidzala mtanga.**

-Kucheza sikutha, nkhanu zikayamba zimabwerabe zina. Ndi bwino kumaona polekezera kucheza kuti tizigwira ntchito.

### **Nkhani siikalamba.**

-Kucheza sikutha, nkhani zikayamba zimabwerabe zina. Ndi bwino kumaona polekezera kucheza kuti tizigwira ntchito.

### **Nkhani yalowa m'chala.**

-Anthu ena amapondereza nkhani chifukwa choti wolakwayo ndi m'bale wawo kapena wawapatsa chiphuphu. Zikaterere timati nkhaniyo yalowa m'chala.

### **Nkhokwe imalimba ndi mphanda.**

-Munthu aliyense amafuna wina woti azimuthandiza. Kudalirana n'kofunika.

### **Nkhondo kadzikumbire.**

-Nthawi zina pofuna kupezetsa ena mavuto, timapezeka kuti tawavala mavutowo n'kukhaula nawo. Kutchera msampha kuti wina akodwe, n'kupezeka wakodwa wekha.

## **Nkhondo ndi anansi**

-Amakuchitira choipa nthawi zina ndi abale ako kapena amene umakhala nawo pafupi.

## **Nkhonya ya “mudandiyambakale” idagwa m’chikope.**

-Mkwiyo ndi woopsa. Kusunga chidani kumachititsa kuti munthu uchite zoopsa kwambiri.

## **Nkhope ya muthu imanola khope inzake.**

-Munthu amathandiza mnzake kuti azichita bwino.

## **Nkhuku imalemekezeka ndi nthenga zake.**

-Munthu amalemekezeka chifukwa cha khalidwe komanso zochita zake.

## **Nkhuku yanjiru simaswa mazira.**

-Nsanje simapindulitsa munthu. Umafunika kulimbikira ntchito m’malo momangokhalira kulimbana ndi anzako omwe zikuwayendera.

**Nkhuku yoweta sagula pamsika.**

-Mkazi wabwino samakapena koyenda.

**Nkhululu yatcheru ndiyo imaimba lokoma pachilimwe.**

-Pa nthawi ya dzinja, Nkhululu imatolera zakudya n'kukasiya kuuna ndipo simadzavutika m'chilimwe. Tizichita zinthu zomwe zidzatithandize m'tsogolo.

**Nkhuni imodzi siipanga mtolo.**

-Munthu payekha sangakhale ndi nzeru zonse, umafunika kumva maganizo a ena.

**Nkhuni imodzi siipsetsa mphika wa nyemba.**

-Munthu payekha sangakhale ndi nzeru zonse, umafunika kumva maganizo a ena komanso kulola kuti akuthandize.

**Nkhunzi yamwini sang'ambira khola.**

-Munthu sangakulitse khola lake chifukwa

cha tonde kapena ng'ombe yamwini.

Tizidalira zanthu osati za eni.

**Nkhunzi yobwereka samangira khola.**

-Si bwino kudalira chinthu chobwereka chifukwa mwini wake akhoza kuchifuna nthawi iliyonse.

**Nkhutukumve.**

-Mawuwa amatanthauza munthu wosamva, amene amangochita zake.

**Nkhuyu zodya mwana zidapota akulu.**

-Nthawi zambiri ana akapalamula vuto lonse limafikira kwa makolo ndipo makolowo ndi amene amavutika nalo.

**Nkhwangwa ikati chubwi m'madzi, dzanja lako lipite pomwepo.**

-Tisamazengereze kuchita zinthu. Mavuto kapena zina zikachitika, ndi bwino kuchitiratu chifukwa tikachita ulesi zikhoza

kutisokonekera.

**Nkhwangwa imakhulupirira mpini.**

-Anthu amayenera kukhulupirirana komanso kuthandzana kuti zinthu ziyende.

**Nkhwangwa siithwera pachipala.**

-Munthu samaphunzira zonse kusukulu, kuchinamwali kapena kwa makolo ake.

Amatha kuphunzira zina akamachita zinthu ndi anthu ena.

**Nkhwangwa yatema bondo.**

-Nkhwangwa yako ikakutema sumaiwala.

M'bale wako akakulakwira ndi bwino kumukhululukira m'malo momangosunga chakukhosi.

**Nkhwangwa yobwereka siichedwa kuguluka.**

-Munthu sachedwa kuchita ngozi ndi chinthu chobwereka.

**Nkhwangwa yobwereka sichedwa kusweka mpini.**

-Munthu sachedwa kuchita ngozi ndi chinthu chobwereka.

**Nkhwangwa yobwereka siichedwa kuthyoka.**

-Zinthu zobwereka sizikhalitsa, umafunika kupeza zako.

**Nkhwani saotchera.**

-Mawuwa anganenedwe ngati wina wachita zinthu zabwino kwambiri moti sitingachitirensa mwina koma kumuyamikira. Anganenedwenso ngati wina akuyesa kuchita zosatheka.

**Nsabwe yoyendayenda inakumana ndi chala.**

-Munthu woyendayenda salephera kupalamula.



## **Nsalu ndi kukhosi.**

-Aliyense ali ndi ufulu wosankha chimene chamukomera kapena chimene akufuna kuchita.

## **Nsalu ya “lekaleka.”**

-Mawuwa amatanthauza mwana. Nthawi zambiri ana amakonda kugwiragwira ndipo mayi awo angamawaletse kuti aleke. Akakhala wakhanda, mayi salola kuti aliyense amunyamule poopa kumukhonyola. Amauza munthuyo kuti aleke.

## **Nsalu yobwereka silimba m’chiuno.**

-Zinthu zobwereka zimakhala zosadalirika, choncho ndi bwino kumasamala chimene wabwereka kuti ukachibweze chili bwino.

## **Nsalu yobwereka sithetsa usiwa.**

-Kubwereka zinthu kwa ena si njira yothetsera umphawi koma kugwira ntchito kuti tipeze zimene tikufuna.

## **Nsangala za pamaliro ngati matenda adakazonda.**

-Kujijirika pa zinthu zoti wapeza zothaitha kapena zochitidwa kale, pomwe poyamba unalibe nazo chidwi.

## **Nsanjikizo udaphetsa Kunda.**

-Kunda ndi mbewa. Kunda ankasunga zinthu zambiri zomwe tizilombo tina timafuna kudya nawo. Kunda anayamba kulimbana ndi tizilomboto mpaka anaphedwa. Tizipewa kuchita zinthu zomwe zingatibweretsere mavuto. Dyera si labwino, limabweretsa mavuto.

## **Nsanza zili ndi ntchito.**

-Si bwino kumawononga zinthu zakale monga chikhalidwe cha makolo chifukwa chimakhalabe ndi ntchito.

## **Nsapato imodzi savala anthu awiri.**

-Anthu angapo sangakhale pa udindo

umodzi.

### **Nsengwa siidya.**

-Nsengwa, dengu kapena bwato  
zimangosunga zinthu zimene mwaikamo,  
sizimachepa kapena kuwonjezereka.  
Tizikhutira ndi zimene tili nazo pamoyo  
wathu.

### **Nsengwa ya muyeso amathyola ndi anansi.**

-Nthawi zina anthu amene amakhala adani  
athu chifukwa chowononga zinthu zathu  
amakhala achibale kapena ena apafupi.

### **Nsengwa ya nsima savundikira ndi chikho.**

-Timafunika kusamala zinthu zathu  
pozisunga pabwino kuti zisawonongeke.

### **Nsengwa yobwereka samangira banja.**

-Kuti munthu akwatire kapena achite  
zinazake amafunika kukonzekera m'malo  
momadalira zinthu za ena.

**Nsikidzi zikalumaluma zimalowa  
m'tsekera.**

-Mawuwa amanena za anthu omwe amati  
anzawo akawachitira zabwino  
amangozimiririka osathokoza.

**Nsikidzi zinachilira kwa alendo.**

-M'nyumba anthu akhoza kukangana koma  
kukabwera alendo anawaonetsa chikondi  
komanso amaoneka ngati ogwirizana ndipo  
nthawi zina mkanganowo umathera  
pomwepo.

**Nsima ya apongozi sasungira mlendo,  
ngakhale yochokera kwa apongozi.**

-Apongozi monga makolo, umayenera  
kuwapatsa ulemu waukulu.

**Nsomba ikawola imodzi, zonse zawola.**

-Munthu m'modzi wosokoneza amaipitsa  
mbiri ya anthu ambiri chifukwa cha khalidwe  
lake loipa.

## **Nsomba ikaola imodzi, zaola zonse.**

-Pamudzi munthu akakhala wamakhalidwe oipa monga wakuba, anthu amangoti mudzi wonse ndi wa anthu akuba ngakhale wakuba ali m'modzi yekha. Kulakwa kwa munthu wina kukhoza kukhudza anthu ena.

## **Nsomba ndi therere saphika mphika umodzi.**

-Nkhani kapena zinthu zosiyana si bwino kuzikambira pamodzi. Chilichonse chiyenera kuonedwa pachokha.

## **Nsungwi yantuwa sisiriridwa.**

-Nsungwi yantuwa ndi yosakhwima. Palibe munthu amene angaidule kuti akachitire chinachake chifukwa imakhala yosalimba. Munthu akakhala waulesi amuna kapena akazi samufuna. Munthu azionetsa chamuna.

**Nsupa ndi nsupa, mulibe thonje.**

-Munthu amadziwika ndi khalidwe lake.  
N'zoona kuti tonse ndi anthu, koma  
timasiyanabe zochita. Makhalidwe abwino  
azionekera poyera.

**Ntchembere yamapasa izigona chagada.**

-Ukakhala pakati umaona mbali zonse ziwiri  
n'kumapereka thandiza kumene  
kukufunikira.

**Ntchentche inati, “m'tsogolo moyo,  
m'mbuyo moyo.”**

-Si bwino kumachoka pamalo utaipitsapo  
chifukwa tsiku lina udzafunanso  
kubwererapo.

**Ntchentche yadyera inapita ndi maliro  
kumanda.**

-Munthu wotengeka ndi zilizonse amataika  
n'kukumana ndi mavuto.

## **Ntchentche yojijirika inaphinjidwa ndi nchimba.**

-Si bwino kukhala anthu ojijirika, tingakumane ndi mavuto.

## **Ntchenzi idamva mawu oyamba.**

-Munthu wina ananena kuti, “Nditchera msampha mawa,” kenako anasintha n’kunena kuti lero. Ntchenzi inangomva mawu oyambawo ndipo inabwera n’kugwidwa. Tizichenjera tikamanena zinthu chifukwa anthu amagwira mawu anthu oyamba.

## **Ntchenzi m’mbuyo.**

-Mawuwa amanena za munthu wabodza. Anthu amanena mawuwa pofuna kuchenjeza anzawo kuti achenjere, wamabodza akubwera.

## **Ntchito ndi mumtengo.**

-Munthu ukakhala pantchito uyenera

kukhala mosamala ngati mmene umachitira  
ukakwera mumtengo chifukwa nthawi  
iliyonse ikhoza kutha, ukhoza kutsakamuka.

**Ntchito siichepa.**

-Ntchito ingakhale yonyozeka tiyenera  
kuigwira mosamala komanso mwakhama.

**Ntchito zimatsata msinkhu.**

-Munthu wamkulu sayenera kumachita  
zibwana.

**Nthawi siidikira munthu.**

-Kaya ukutani, nthawi simayembekezera kuti  
uchite kaye zimenezo, imangopitabe.

**Nthunzi sufuka pachabe.**

-Nkhani simangomveka, pamakhala kuti  
pachitika chinachake.

**Nyalugwe m'chepsa chamnzake, iye  
akapha chiwala achita kukoka.**

-Pali anthu ena okonda kunyoza za anzawo



koma amakometsa zawo ngakhale zitakhala zosalongosoka.

**Nyalugwe mchepsa kanzake, mkuzakake akapha chiwala achita chokoka.**

-Pali anthu ena omwe safuna kuyamikira zochita za anzawo, koma zawo ngakhale kang'onong'ono amadzitamandira.

**Nyama ya liuma inafa ndi ludzu.**

-Nyama ina inkakakamira kuikidwa nyanga zazitali. Chilala chitafika, madzi anayamba kusowa moti nyama zina zinkamwa kumphanga. Nyamayo inafa ndi ludzu chifukwa cha nyanga zake zazikulu zina. Kukula mtima, kusamva za ena kapena mwano zimabweretsa mavuto.

**Nyama yokoma idadza mano atantha m'kamwa.**

-Anthu ena akamabwekera nyama amanena mawu amenewa.

**Nyama yokoma idadza n'takalamba.**

-Anthu ena akamabwekera nyama amanena mawu amenewa.

**Nyambo m'masiku, chimawerenga ndi chitseko.**

-Mawuwa amanenedwa wina akamachenjeza mnzake kuti tidzaona m'tsogolo chifukwa masiku sachedwa kutha.

**Nyang'anyang'a amapulumutsa.**

-Kuyenda kapena kuchita zinthu mwachifatse kumapulumutsa munthu m'zambiri.

**Nyani samulekera munda.**

-Si bwino kusiya kuchita chinthu chifukwa cha munthu wina woononga kapena amene akufuna kukusokoneza.

**Nyau imakoma n'kuwala.**

-Kuti mkazi kapena ana azioneka bwino

umafunika kuwaveka zovala zabwino.  
Chinyau ndi chosaoneka bwino, koma  
kuchipaka zina ndi zina kapena  
kuchikongoletsa chimayamba kuoneka  
bwino.

**Nyenderera zidatha kakule.**

-Munthu akamachita zinazake mobisa,  
n’kupita kwa nthawi amalephera kuzisiya.

**Nyimbo imodzi sachezera gule.**

-Kusinthasintha zinthu kumathandiza.

**Nyundo m’masulano.**

-Nyundo ndi hamala. Nyundo imathandiza  
kuti chigwandali chikhale mpeni. Ndi bwino  
kumathandizana.

**Nyumba imayamba ndi njerwa imodzi.**

-Zinthu zikuluzikulu zimayamba ndi  
zing’onozing’ono.

### **Nyumba ya chitsiru siipsa.**

-Nthawi zina pooneka ngati wopusa,  
umapewa mavuto ambiri.

### **Nyumba ya mwini saotchera mbewa.**

-Munthu wina ankatenthetsa madzi oti  
akawaze m'nyumba kuti aphe mphutsi.  
Mlendo wake ankaganiza kuti akuphika  
msima moti anaotcha mbewa zake.

Anadikirira koma nsima sinabwere.

Osamadalira zinthu za ena tikamachita  
zinthu monga kukwatira tikuganiza kuti  
makolo adzatithandiza.

### **Nyumba yabwino imakhala ndi moto.**

-M'nyumba kuti mukhale mosangalatsa  
muyenera kukhala zinthu zofunika monga  
zakudya.

### **Nzeru ndi chuma.**

-Munthu wanzeru ndi amene amatukuka  
komanso kukhala moyo wabwino.

**Nzeruzayekha adaviika nsima m'madzi.**

-Ngati tikukayika kapena sitikudziwa zoyenera kuchita ndi bwino kufunsa kuti tichite zinthu moyenera.

**Nzeruzayekha adaphika nyemba zofumbwa.**

-Kufunsa ena kumathandiza kuti tisapuse.

**Nzeruzayekha anaviika nsima m'madzi.**

-Kufunsa kumathandiza kuti tipewe kuchita zinthu zopanda nzeru.

**Nzimbe saidyera kutalika koma kuzuna.**

-Maonekedwe amapusitsa. Tisamasankhe zinthu chifukwa cha kukula kapena kuoneka bwino koma kulimba.



### **Odwala agawa mphika.**

-Mawuwa amanena za munthu amene amakonda kupezeka pamene pali zabwino, osati pamene pali mavuto.

### **Okazinga nthanga akazingira a mano kuti akukute.**

-Si bwino kuchitira nsanje ena akamathandiza anzawo kuti atukuke. Anthu amachitira zabwino anthu omwe akuoneka kuti ali ndi tsogolo, m'mawu ena ali ndi mano oti akhoza kukukuta.

### **Okoma apitana.**

-Zabwino zimene timachitira ena zimachititsa kuti ena azitichitira zabwino.

### **Okoma atani onga Fungwe.**

-Anthu ena umatha kuwachitira zabwino

koma sayamika. Nyama ya Fungwe inali yosowa kwambiri moti ena amati akapatsidwa nyamayi amathokoza. Tiyenera kumathokoza wina akatikankhira patsogolo.

### **Osachulutsa gaga m'diwa.**

-Osachulutsa zonena zingasokoneze zinthu. Munthu akaika gaga wambiri m'diwa, mbewa imakhutsa isanafike padiwalo.

### **Osagula phazi la Njovu.**

-Kungoona phazi la njovu sindiye kuti taona njovu. Si bwino kumagula malonda omwe sunawaone. Si bwino kumachita zinthu mwaphuma komanso mosaganiza bwino.

### **Osamachepetsa kolemera.**

-Osamaderera zinthu zomwe zingakuthandize.

### **Osamafunsa chinyezi kubafa.**

-Mawuwa amanena za munthu amene

akufunsa zinthu zoti akuzidziwa kale. Nanga ndi ndani amene angakhale pansi n’kumafunsa ngati kubafa kumakhala chinyezi kapena ayi?

**Osamafunsa za fungo m’chimbudzi.**

-Mawuwa amanena za munthu amene akufunsa zinthu zoti akuzidziwa kale. Ndani angakhale pansi n’kumafunsa ngati kuchimbudzi kumanukha kapena ayi?

**Osamagenda kupolisi chamba chili m’thumba.**

-Kupalamula ukudziwa kuti uli ndi milandu ina.

**Osamagulitsana makasu othyoka.**

-Tisamachitirane zinthu zopanda chilungamo kapena kupusitsa anzathu.

**Osamaluma dzanja limene limakuthandiza.**

-Osamanyoza kapena kuchitira chipongwe



amene amakuthandiza.

**Osamanyerera pambali pam'boo ukupaona.**

-Osamachita zoipa, zabwino ukuzidziwa.

Mwachitsanzo, ena akakuuza malangizo oyenera oti uchitire zinazake iwe n'kuchita zosiyana ndi zimenezo, umakhala ngati wanyerera pambali pam'boo ukupaona.

**Osamasambira molimbana ndi madzi, angakutenge.**

-Si bwino kumachita zinthu zosiyana ndi zimene ena akuchita chifukwa mapeto ake umatha kukumana ndi mavuto. Munthu amene akusambira n'kumalimbana ndi madzi, amatopa ndipo madziwo amamutenga.

**Osamasewera paulimbo.**

-Pali zinthu zina zomwe zikhoza kuwononga moyo wathu. Ndi bwino kupewa zinthu zimenezo m'malo momachita masewera n'kukumana ndi mavuto ngati mmene

mbalame imachitira ikakhala kuti imasewera  
ndi ulimbo.

**Osamatsinira mafulufute kuuna.**

-Osamachita zinthu zomwe zingatsekereze  
mwayi.

**Osamayankhula za kuntchini kwadzadza.**

-Osamayankhula zinthu zopanda nzeru  
kapena zimene aliyense akuzidziwa kale.  
Kapena kumanena zinthu zoti anthu  
akudziwa kale. Nanga ndi ndani amene  
sadziwa kuti kuntchini kumadzadza?

**Osamayenda monyang'wa ngati supita  
kuchimbudzi.**

-Anthu tonse ndi ofanana. Tisamachite  
matama chifukwa cha zinthu kapena udindo  
umene tili nawo. Tonse ndi anthu ofanana.

## **Osamayerekedwa ngati supita kuchimbudzi.**

-Aliyense ndi munthu ndipo zimene timafunika kuti tikhale ndi moyo n'zofanana. Tisamawalire anzathu ngati tili ochita bwino kapena ngati tili ndi luso lina, chifukwa tonse ndi anthu basi.

## **Ngakhale nkhuku ataidula mutu, singaganize choncho!**

-Mawuwa ndi okokomezeka osonyeza kuti munthuyo sanaganize bwino mpang'ono pomwe. Amayerেকেzera kuti ngakhale Nkhuku itaduka mutu sigaganize choncho.

## **Osamwa mankhwala oyenera kupakidwa pachilonda.**

-Kusemphanitsa zinthu. Mawuwa amachenjeza munthu amene akufuna kuchita zinthu mopupuluma asanamvetse bwinobwino zonse.

## **Osanditengera ku mtoso ngati maliro a njoka.**

-Mawuwa amatanthauza kutenga njoka yakufa yomwe sukufuna utaikhudza ndi kamtengo kotosera zomwe zimatanthauza kunyoza. Tisamanyoze anzathu koma tizilemekezana.

## **Osanditengera ku mtoso ngati nyama ya galu.**

-Mawuwa amatanthauza kutenga nyama yagalu yomwe sukufuna utaikhudza ndi kamtengo kotosera zomwe zimatanthauza kunyoza. Tisamanyoze anzathu koma tizilemekezana.

## **Osatsinira mafufute kuuna.**

-Munthu ukapeza mwayi winawake, uyenera kupewa kuchita zinthu zomwe zingatsekereze mwayiwo.

**Osaotcha mlatho umene waolokera,  
ungadzaufune ukamabwerera.**

-Usamanyoza kapena kuwononga zinthu  
zonse zatithandiza.

**Oyanjana sagona nyumba imodzi.**

-Mpofunika kumakondananso ndi anthu ena  
m'malo mongokonda munthu m'modzi.

**Oyenga mafuta satuwa.**

-Anthu amene amachita zinazake amakhala  
oyambirira kupindula ndi zinthuzo.

# P

## **Pachedwa msulu pali nyerere.**

-Kumene munthu amakonda kupita kapena chimene akuchilimbikira ndiye kuti kuli chabwino chimene akuona kuti apezako.

## **Pachoka mnzako pali malo.**

-Wina akasiya kuchita zinazake, anzake amapezerapo mpata wochita zinthuzo.

## **Pachulu ndapaleka, ana a mbuzi angasewerepo.**

-Pachulu ndi pamene anthu amakonda kudzalapo ndiwo zamasamba chifukwa zimabereka bwino. Mawuwa amanenedwa munthu akasiya kuchita zinazake poopa kuti zingowonongeka.

## **Pachulu palibe chiphe.**

-Anthu ena otchuka amakhala okoma mtima,

koma pali ena osadziwika kwambiri omwe amakhala oipa mtima.

**Padiwa sasewera.**

-Tisamachite zinthu zomwe zikhoza kutiika m'mavuto.

**Padutsa khasu sipanama.**

-Kuchita khama pantchito kumabweretsa phindu. Mwachitsanzo, munthu amene wachita khama kulima sabwera chimanjamanja.

**Padyera mfulu, kapolo amadyera pomwepo.**

-Mnzako akakhala pabwino iwenso umadya nawo zimene amapeza.

**Padziwa ndi pansu mwana wa mfuko akadwala.**

-Munthu wina akakuchitira chipongwe n'kuthawa, anthu amanena kuti,

“Ingomulekani, akadzapezeka tidzaona naye chochita.”

**Pafera kambuku pali matatalazi.**

-Pamene pagonja wamphamvu kwambiri pali mavuto.

**Pafera munthu salephera kudzumapo.**

-Munthu mavuto akamupanikiza amadzuma ndipo ena amamva n’kumuthandiza.

**Pafuka utsi pali moto.**

-Mphekesera iliyonse imakhala ndi nkhanikhani.

**Pafupi ndi apo wafika.**

-Osamadalira zinthu zomwe sunapeze. Ndi bwino kumathokoza zimene uli nazo.

**Pafupi padaolera njovu.**

-Njovu itafa anthu ankati ili pafupi koma kuli kutali moti mpaka njovuyo inaola anthu asanapiteko. Ukamafuna kugwira ntchito,



ngakhale yaing'ono, umafunika kukonzekera bwino kuti uimalize m'malo momangoiderera.

### **Pagona tonde padzinunkha.**

-Munthu aliyense ayenera kuchita khama pantchito kuti padziona kuti panali munthu.

### **Pagule fumbi ndiwe mwini.**

-Munthu aliyense amalimbikira kuchita zinthu zake. Amaonetsetsa kuti zachitika bwino kwambiri koposa mmene akanachitira za ena.

### **Pagwa fisi paterera.**

-Pamene munthu wamkulu walakwa ndiye kuti panavuta.

### **Pakadafunda padajiwitsa galu.**

-Tsiku lina galu anagona penapake pamene pamkamveka bee, moti mpaka analephera kukalowa m'nyumba ndipo anagona

pomwepo. Fisi atabwera anangomutola.  
Kukakamira kuchita zoipa zomwe zimaoneka  
ngati zosangalatsa kumabweretsa mavuto  
oopsa. Osamakomedwa ndi zinthu.

**Pakadapanda Njiri kufera m'dambo,  
chizimba mukadayesani?**

-Dzino la Njiri ndi mankhwala a khunyu  
komanso chizimba cha mankwala ena.  
Osamapsera mtima munthu amene  
watithandiza, ndi bwino tizimuthokoza.

**Pakamwa ndi pa boma, ukasewera napo  
pakumangitsa.**

-Tiyenera kusamala ndi zomwe timanena  
chifukwa zikhoza kutiika m'mavuto.

**Pakamwa padzaulukira mbereswa.**

-Mawuwa amanena za munthu wina amene  
sanamvetse nkhani n'kumakauza ena. Anthu  
akamamudzudzula amamuuza kuti  
akamangoyankhulayankhula zomwe

sanazimvetse, pakamwa pake padzaulukira mbereswa.

### **Pakamwa pakudya zamchere.**

-Mawuwa amatanthauza kuti pakamwa pamatha kutuluka zabwino ndi zoipa zomwe. Munthu akhoza kulakwitsa ponena zinthu.

### **Pakamwa palibe m'dima.**

-Munthu samaphonya pakamwa ngakhale akamadyera mumdima, amakhala anapazolowera kwambiri. Munthu sangalephere kuchita zomwe anazolowera.

### **Pakamwa pamawombola.**

-Anthu amene amadziwa kuyankhula amatha kupulumuka pa mlandu chifukwa chochenjera pakamwa.

### **Pakamwa pamodzi sipalawa ndiwo.**

-Munthu m'modzi sanganene maganizo oimira anthu onse. Timafunika kufufuza kwa

enanso kuti titsimikizire.

### **Pakamwa podya therere.**

-Mawuwa amanena za munthu amene amakonda kunena bodza. Pamakhala ngati pakamwa pake mpoterera ndi therere.

### **Pakamwa saphonya.**

-N'zovuta kulephera kuchita zimene unazolowera. Ngakhale utakhala kuti ukudya nsima mundima, sungaphonye pakamwa.

### **Pakamwa sipayamika, umayamika ndi mtima.**

-Tiyenera kumayamika anthu akatichitira zabwino, osamangolandira ngati mmene pamachitira pakamwa tikamadya.

### **Pakaphale phwiti sapheka.**

-Mlandu wa m'bale wako umavuta kuweruza.

### **Pakati pa ine ndi inu pali kanthu.**

-Mawuwa amanenedwa ngati mukuona kuti

pali kusamvana pakati pa inu ndi ena.

**Pakhomo sitichoka ngati tikutuluka m'chimbudzi.**

-Ukamachoka pamalo umafunika kutsanzika m'malo mongochoka ngati palibe amene unawapeza.

**Pakhota mchira wa nyani.**

-Mawuwa amanenedwa potanthauza kuti chenicheni sichikudziwika, pagona nkhani sipakudziwika. Ngati padziwika amati, “Tsopano tapeza pamene pakhota mchira wa nyani.”

**Pali chala pali munda.**

-Kale anthu ankakonda kulozera anzawo kumene kuli munda. Ndiye mawuwa amatanthauza kuti pamene anthu akulozerana ndiye kuti pali chinachake. Mwachitsanzo, ena akamakuuza mavuto ako, umayenera kudziwa kuti n'kutheka kuti

palidi vuto.

**Palibe chinsinsi padziko lapansi.**

-Ngakhale mutabisa chotani, zinthu zimaaululika.

**Palibe munthu amasula mfuti nkhondo itafika m'mudzi mwake.**

-Munthu uyenera kumakhala wokonzeka nthawi zonse kuti udzitetze ku mavuto.

**Pamalima m'pamimba, khasu la Chidambo.**

-Kuti munthu agwire ntchito amafunika kudya mokwanira.

**Palira mbirira pali khwawa.**

-Pamene pakumveka madzi pamakhala kuti pali mtsinje kapena khwawa. Mphekesera zikamamveka ndiye kuti chinachake chachitika.

**Pama loyesera limathyola chala.**

-Munthu akalakwa pamafunika kumupatsa

chilango chomuyenerera. Tikapereka  
chilango chankhanza timakhala  
tikulakwiranso munthuyo.

**Pamene wapsa supitapo kawiri.**

-Pamene munthu wakumana ndi mavuto  
supitapo kawiri, pokhapokha ngati uli  
woduka mutu.

**Pamodzimidzi padawoletsa dzungu.**

-Munthu amafunika kumayesanso zina.  
Osamangochita chimodzimidzi chifukwa  
pamapeto pake sangatukuke.

**Pamsasa saipitsa.**

-Ukakhala pamalo achilendo umafunika  
kuonetsa khalidwe labwino. Komanso  
ukachokapo si bwino kusiya utasokoneza  
chifukwa umatha kukumana ndi mvula  
n’kufunanso utabwerera kunsasa komwe  
kuja.

**Pamudzi pakakhala pa zitsilu, mkamwini asamakulirepo mwendo.**

-Si bwino kunyoza eni mudzi ngakhale akuoneka opusa, chifukwa sudziwa zimene amapangana.

**Pamudzi pakakhala pa zitsiru mkamwini asamakulirepo phazi.**

-Ukakhala pamudzi wa eni usamadzionetse kuti ndiwe wanzeru chifukwa sungadziwe zomwe eni mudzi amapangana.

**Pamudzi pamakoma ndi ana.**

-Pakhomo popanda ana sipasangalatsa.

**Pamudzi podziwadziwa, koma akusochera.**

-Mawuwa amanena za munthu amene akulephera kuchita chinthu chimene akuchidziwa, ngati yemwe akusochera m'mudzi womwe wakulira.



## **Pang'onopang'ono ndi mtolo.**

-Zinthu zikuluzikulu zimayamba ndi zinthu zing'onozing'ono. Mwambiwi umatiphunzitsanso kuti kuchita zinthu mwachifatse n'kothandiza kusiyana n'kuchita zinthu mopupuluma.

## **Pankhondo sasekana.**

-Chibwana sichimafunika pantchito pa zinthu zofunika monga nkhondo.

## **Pantchito mpachikamwini, amakuchotsa ndi usiku.**

-Ndi bwino kumakonzeratu zimene ungachite utachotsedwa ntchito chifukwa sudziwa kuti ndi liti pamene udzachoke. Kumasamalira ntchito pogwira ntchitoyo molimbika.

## **Pantchito n'kudyerana.**

-Anthu omwe amagwira ntchito limodzi amakonda kuchitira limodzi zinthu zina monga kudyera limodzi mmemo. Tizigawana

zinthu zimene tapeza limodzi.

**Papangano saika mwala.**

-Kumakwaniritsa malonjezo ako m'malo moikapo mwala.

**Papita mkazi mnzako, nawenso pitapo.**

-Nthawi zina ndi bwino kumachita zimene ena akuchita monga pamaliro ndi malo ena.

**Papita mnjere mpeni upita pomwepo.**

-Mnjere ndi chakunja cha zipatso ngati mandimu ndi malalanje. Munthu ukamasenda ndi mpeni, mpeniwo umangodutsa momwe chikhungucho chathera. Munthu amalandira chilango malinga ndi zimene wapalamula. Nthawi zambiri munthuyo akakachita apilu, zimapezeka kuti mpeni umadutsa momwe woyamba uja unadutsa.

## **Papsa tong'ola sudziwa mtima wa moto.**

-Ukamawotcha chimanga umafunika kumangodyeratu chifukwa ukapusa chimatha kupserera. Ndi bwino kumagwiritsa ntchito mwayi ukapezeka chifukwa zamawa sizidziwika.

## **Pasamba mfulu, kapolonso amasambira pomwepo.**

-Munthu ukakhala pantchito, chomwe bwana wako wapeza monga phindu nawenso umadyerera nawo. Komanso ukakhala ndi anthu opeza bwino n'kumakhala nawo bwino umadyerera nawo.

## **Pathindi Nkhwali, Mkango uli pomwepo.**

-Nkhwali ikati itere powirira nthawi zina pamakhalanso pali Mkango pomwepo. Pamene pali zabwino pamakhalanso mavuto. Ndi bwino kupirira mavutowo kuti upeze zabwinozo.

### **Pati bii pali minga.**

-Pamene pali ntchire nthawi zambiri pamakhalanso minga. Pamene pali ntchito pamakhalanso mavuto.

### **Patsala paga pagona chinziri.**

-Nthawi zina ngakhale mlandu uweruzidwe, anthu amasungiranabe chakukhosi, enanso amadandaula kuti mlanduwo sunagamulidwe bwino. Amakhala ngati akunena kuti “patsala paga pagona chinziri.”

### **Patse salira tololo.**

-Munthu wopemphetsa amafunika kungolandira zimene wapatsidwazo. Mphatso simadzadza dengu.

### **Patsogolo mpambuyo pomwe.**

-Nthawi zina amene ali patsogolo amatha kukhala pambuyo ngati anthuwo atauzidwa kuti atembunuke. Chimodzimodzi ndi mwayi umene ena ali nawo, mawa zikhoza

kutembenuka n'kupezeka kuti ndi wathu.

**Paunjikana mtchembere pali bodza.**

-Azimayi akakhala pagulu nthawi zambiri amakonda kukamba mabodza.

**Paunjinji samabuulirapo.**

-Tisamayankhule pagulu zinthu zachinsinsi monga nkhani za m'banja ndi zina chifukwa zikhoza kungoyalutsa ife tomwe.

**Paunjinji savulirapo.**

-Nkhani zina zachinsinsi sitimaulula pagulu poopa kupusa.

**Paunyunji sabubulirapo.**

-Anthu ena omwe safuna kuti anzawo amveko zachinsinsi zawo amayesetsa kuti akambirane zachinsinsizo enawo akachokapo kapena amapita pamalo oduka mphepo.

## **Pavinidwa mfulu, kapolo amavinidwa pomwepo.**

-Munthu amadyerera akakhala kuti amakhala bwino ndi anzake ochita bwino.

## **Pawiripawiri sipauzirika.**

-Munthu sungapemerere utsi ku mauna awiri a mbewa pa nthawi imodzi. Munthu m'modzi sangachite zinthu ziwiri nthawi imodzi zinthuzo n'kuyenda bwinobwino. Tizichita chimodzi pa nthawi imodzi.

## **Payerepayere fisi anadya mkazi wake.**

-Tsiku lina fisi anamva njala kwambiri ndipo anadya mkazi wake. Anthu ena akasimidwa amangochita zinthu bola apulumuke m'mavuto awo. Anthu oterowo amachita zinthu mwa payerepayere ngati zimene fisi anachita podya mkazi wake njala itavuta.

## **Pendapenda si kugwa koma kuchalira ulendo.**

-Kulephera sikutanthauza kuti sungakwanitse kuchita chinthu. Kuti munthu achite bwino amafunika kukumana kaye ndi mavuto.

## **Phika mowa kuti umve amene anapha amako.**

-Pamowa ndi pamene anthu amayankhula zakukhosi kwawo ngakhale nkhani zachinsinsi. Munthu woledzera ndi mwana ndi amene amanenadi zoona akafunsidwa zinthu. Kuti anthu akuuze zoona zenizeni umafunika kuwanyengerera monga kuwapatsa chinachake ndipo amasanza nkhani yonse.

## **Phiri siliyendera munthu.**

-Munthu amene akufuna chinachake ayenera kupita kumene chinthucho chimapezeka.

Osamangodikira kuti chikupeza uli  
pampando khale!

**Phiri siliyendera nyani.**

-Munthu amene akufuna chinachake ayenera  
kupita kumene chinthucho chimapezeka.

Osamangodikira kuti chikupeza uli  
pampando khale!

**Phukusi la moyo sakusungira ndi mnzako.**

-Munthu wamantha amakhala zaka zambiri  
ndi moyo chifukwa manthawo  
amamuthandiza kuti asamachite  
mphulupulu zomwe zingachititse kuti afe  
msanga.

**Phuliphuli ndi penti, njinga ndi tcheni.**

-Kumayang'ana mumtima m'malo  
mopusitsika ndi maonekedwe akunja.  
Maonekedwe amapusitsa.



## **Phwiti akakhuta salawira mtondo.**

-Pali anthu ena ukawachitira zabwino amangoti zii, osayamikira zimene wawachitira. Amaoneka akakhala kuti akufuna chinachake basi. Anthu akakulandira bwino pamalo umafunika kuwathokoza m'malo mongonyamuka ngati ukutuluka m'chimbudzi. Phwiti akatha kudya amangouyamba n'kumapita.

## **Piringupiringu ngwa njuchi, yoluma ndi imodzi.**

-Pokamba nkhani pafunika kunena zenizeni m'malo momangozungulirazungulira. Mwambiwu umanenedwanso pakakhala anthu ambiri amene akuganiziridwa kuti alakwa, koma pamapeto pake amapezeka m'modzi.

## **Pita uko si kuyenda koma tiye kuno.**

-Si bwino pamene muli paulendo umodzi

kupangana kuti dzera uko chifukwa pa  
ulendo wotero pamavuta kukumana kwake.  
Komanso pophonzitsa munthu zinazake, si  
bwino kumangomuuzza zochita iweyo  
osachita.

### **Pofera salambula.**

-Munthu sungadziwe kumene udzaferere.  
Choncho, kukhala bwino ndi ena n'kofunika,  
ngakhale anthu akutali, kuti ukadzafera  
kumeneko adzakuike m'manda.

### **Pokoma anatayira galu.**

-Mawuwa amanena za munthu amene ndi  
wosayenera kumupatsa zabwino.  
Ukamupatsa nthuli yabwino amatayira agalu.

### **Pondupondu, njira idzera momwemo.**

-Zomwe munthu umachitachita zimasanduka  
chizolowezi. Ngati umachita zoipa  
zimakulowerera, chimodzimodzi ukamachita  
zabwino.

### **Popanda nkhuni moto sumayaka.**

-Nkwiyo uli ngati moto, ukakhazikika pamikangano komanso kumaputa anzako moto umayaka. Anthu amatha kumenyana chifukwa chosaugwira mtima.

### **Potepote mpoyamba, potsiriza ndi chingwe.**

-Zinthu zina zimayamba pang'onopang'ono pomaliza n'kukhala zazikulu. Mwachitsanzo, kuti vuto lichitika, pamakhala kuti pakhala pakuchitika zambiri zomwe anthu ankazinyalanyaza.

### **Psi! luma! n'kukhala ndi mbuyake.**

-Mawuwa amanenedwa ngati munthu wina amakonda kudalira mphamvu za ena.

### **Pusepuse ulandira mpeni.**

-Munthu sukhalira wochenjera pa chilichonse, tsiku lina anthu amakugwira n'kukukhailitsa.

## **Pusi adafa m'njakata.**

-Tsiku lina pusi ankafuna kugwira zingwe ziwiri nthawi imodzi moti anasokonezeka n'kugwera pansu moti anathudzuka.

Sizimatheka kuchita zinthu ziwiri nthawi imodzi. Nthawi zina umafunika kusankha chimodzi.

# S

## **Sadya galu adam'dula mlomo.**

-Munthu wina ankanena kuti sadya galu. Koma tsiku lina anthu anamupeza akutsuka m'kamwa ndi galu yemweyo ndipo anamudula mlomo. Tisamaneneretu kuti chakuti sindingachite chifukwa tsiku lina tingadzachite manyazi anthu atatipeza tikuchita zomwezo.

## **Sadyeka adadyeka ndi ndi mafupa omwe.**

-Si bwino kumadzitama ndi zimene tili nazo chifukwa tingachite manyazi ena atatiposa. Mwachitsanzo, munthu amene amadzitama kuti amadziwa ndewu, anzake ena akhoza kumuphwasamula.

## **Sadyeka adamudya ndi nyanga zomwe.**

-Si bwino kumadzitama ndi zimene tili nazo

chifukwa tingachite manyazi ena atatiposa. Mwachitsanzo, munthu amene amadzitama kuti amadziwa ndewu, anzake ena akhoza kumuphovomora.

### **Sadyeka anadyeka ndi mafupa omwe.**

-Si bwino kumadzitama ndi zimene tili nazo chifukwa tingachite manyazi ena atatiposa. Mwachitsanzo, munthu amene amadzitama kuti amadziwa ndewu, anzake ena akhoza kumuphovomora.

### **Safunsa adadya phula.**

-Munthu wina adadya phula m'malo mwa uchi chifukwa chosafunsa. Kufunsira nzeru kwa ena si kupusa, kumathandiza kuti uchita zinthu moyenera.

### **Safunsa adafera m'chipululu.**

-Ngati munthu sungafunse njira m'chipululu, ukhoza kufera momwemo. Ndi bwino kumafunsa ngati sitikudziwa chochita,

kusiyana n'kungochitabe, kenako  
n'kukumana ndi mavuto.

**Safunsa adamanga nyumba pamchenga.**

-Munthu amene safuna kumva malangizo a  
ena amachita zinthu zopanda nzeru monga  
kumanga nyumba pamchenga.

**Safunsa adanka ndi zoipa pabwalo.**

-Munthu yemwe samafunsa ena amatha  
kuchita kapena kunena zinthu zomwe  
zikhoza kumuika m'mavuto.

**Safunsa adapita kumanda.**

-Kufunsa ena kumathandiza kuti  
tisalakwitse.

**Safunsa adataya mwana.**

-Munthu wina ali paulendo anasungitsa  
mwana wake kwa anthu ena. Iye sanaganize  
zowafunsa kuti kwawo ndi kuti. Kenako  
anthuwo ananyamuka n'kumapita ndi

mwana yemwe uja. Munthuyo anasowa kolowera chifukwa sankadziwa kuti angakawapeze kuti. Munthu amene safunsa amatha kuwonongetsa zinthu zambiri.

### **Safunsa adatenga njira ya kumanda.**

-Kufunsa ena kumathandiza kuti tisalakwitse.

### **Safunsa adaviika nsima m'madzi.**

-Mwana wina anapatsidwa mtolo wa luzi kuti akauviike m'madzi. Iye sanafunse kuti amuuziranji zimenezo, choncho anangoviika n'kumabwerako. Atafika anthu anamufunsa kuti, "Wadya nsima ija?" Iye anayankha kuti, "Ayi." Anamuuza kuti chifukwa cha kuchuluka kwa anthu, anamuikira nsima mu luzimo kuti akadyere kwina. Ndiye chifuka choti sanafunse anakaiviika m'madzi. Kufunsa zinthu si kupusa.



### **Safunsa anamangira nsima mumtolo.**

-Kufunsa zinthu si kupusa. Munthu umatha kuzindikira kapena kudziwa njira yochitira chinthu ukafunsa.

### **Saweruzika adamera nyanga pamphumi.**

-Nyama ina inauzidwa kuti kukagwa chilala nyanga zimapangitsa kuti nyama izilephera kumwa madzi. Koma iyo sinamvere ndipo inameradi nyanga pachipumi. Chilala chitabwera inafa ndi ludzu chifukwa imati ikati imwe, nyanga zija zinkapezeka kuti zagunda pansi. Kumvera kumathandiza kuti tisakumane ndi mavuto oopsa.

### **Saweruzika anamanga nyumba pamwala.**

-Munthu amene amadziyesa wodziwa zonse amalephera kufunsa ena mapeto ake, amalakwitsa anthu n'kumuseka. Ndi bwino kumafunsa ena.

## **Sayenda adabala mwana adayenda.**

-Usamachitire ena choyipa ngakhale iweyo suyenda chifukwa nthawi ina amadzayenda ndi mwana wako ndipo anthu unawanyozawo amadzachitira choipa mwana wakoyo pobwezera zimene iwe unawachitira.

## **Sayenda anabala mwana nayenda.**

-Tisamanyoze anthu amene amaoneka monyozeka chifukwa tsiku lina amadzachita zinthu zomwe sitimayembekezera.

## **Sekerera cha nkhamu, cha mano chiluma.**

-Zinthu zikamakuyendera, nthawi zina ndi bwino osasekerera (kusekerera cha nkhamu) chifukwa ena akakuona sasangalala.

Mwachitsanzo, kumangouza anthu kuti wagula wailesi kungachititse kuti akubere.

## **Sekeserani, kumtondo kwanka ana, Sakhwi watsala yense.**

-Kusekesera ndi kusefa ufa. Munthu

amanena mwambiwu akamauza mkazi wake kuti sanakhute, ndiye aphikenso chakudya china.

### **Si mbewu yoisunga.**

-Mawuwa amanenedwa akamafotokoza za anthu ovuta kapena ana ovuta. Anthu ena akakwiya amanena mawuwa potanthauza kuti anthuwo ndi amphulupulu omwe sangawasunge pakhomo.

### **Sikadza kokha kaopa kulaula.**

-Kuti munthu atukuke kapena apeze chimene akufuna amafunika kugwira ntchito mwakhama.

### **Sikadza kokha, kaopa kulaula.**

-Ngati munthu akusowa chinthu ayenera kupita kukachifunafuna chifukwa sichingamupeze pamene wakhalapo.

### **Sikuli komire kwa apongozi.**

-Pachikamwini sipamafunika ulesi.

Umafunika kugwira ntchito mwakhama  
m'malo modalira apongozi, chifukwa akatopa  
nawe akhoza kukuthamangitsa.

### **Simbwesimbwe ananya chiwindi.**

-Munthu wochita zinthu kuti ena  
amutamande amadzakhaula tsiku lina.

### **Suku laliwisi silichedwa kukonyoka ndi mphepo.**

-Ana akakumana ndi mavuto samalimba.  
Zimene akumana nazo zikhoza kusokoneza  
tsogolo lawo lonse.

### **Sunga khosi, mkanda woyera udzavala.**

-Munthu amafunika kupirira komanso  
kudziletsa kuti adzapeze zabwino m'tsogolo.

### **Sunga khosi, mkanda uwoneka.**

-Munthu amafunika kupirira komanso

kudziletsa kuti adzapeze zabwino m'tsogolo.

**Suntche adati, “Pita pansi ukamve.”**

-Osamamvera zilizonse zimene anthu akunena. Kumatsimikizira kaye ngati zilidi zoonna.

**Suzi suzi, alimba ndi mbalame zake.**

-Munthu ukatchera msampha umasuzumira kuti uone ngati wagwira kanthu. Ndi bwino kumayang'ana kawirikawiri chinthu chomwe tikuyembekezera.

**Suzumire adaphetsa mkhalakale.**

-Mbalame ina yomwe inkhakhala kuphanga sinkasuzumira panja kuopa kuphedwa. Tsiku lina inzake inabwera kudzakhala nayo ndipo mbalameyi inalangiza inzakeyo kuti isamasuzumire panja ikamva phokoso. Koma mbalameyi sinamvere moti inasuzumira ndipo anthu ataiona anaipha pamodzi ndi inzake ija. Munthu wina akalakwa

n'kumafufuzidwa amapezeka kuti agwidwa  
ndi ena amene anabisala n'kulangidwira  
limodzi. Kuchengeretsa kapena kusaugwira  
mtima kumabweretsa mavuto ngakhale kwa  
anthu ena aphee.

T

**Taleka m'talawa adatha mphika.**

-Munthu akazolowera kuchita chinthu amafika polephera kuchisiya. Mwachitsanzo, ukayamba kuchita zoipa umazolowera n'kuyamba kuvutika kuti usiye.

**Taleka ndiyese anakwatira mkazi wa mfumu.**

-Tisamataye mtima msanga ngati tikufuna zinazake chifukwa nthawi zina zosatheka zimatha kutheka.

**Talemberana chimfine.**

-Kulemberana chimfine ndi kupatsirana chimfinecho. Anthu angapatsirane chimfine ngati ali malo amodzi. Choncho, mawuwa amanthauza kuti anthu akumana pamodzi pachibale kapena anakumana kuti

akambirane zinazake.

**Tambala adalipira fundudwa.**

-Munthu ukamayenda ndi wina wokonda zoipa tsiku lina umadzalipira chifukwa cha zolakwa zake.

**Tambala akavumbwa akunga nsoti.**

-Tambala akanyowa nthenga zake zimamatirira kuthupi lake moti amangooneka ngati kankhuku kakang'ono. Chimodzimodzi munthu wamkulu akachita zopusa anthu amasiya kumulemekeza.

**Tambala akavumbwa sayenda malonda.**

-Tambala akanyowa nthenga zake zimamatirira kuthupi lake moti amangooneka ngati kankhuku kakang'ono. Utamugulitsa sangayende malonda chifukwa amaoneka ngati nkhuku yaing'ono. Chimodzimodzi munthu wamkulu akachita zopusa anthu amasiya kumulemekeza.



**Tambala amakula kwawo, kwa eni  
n'chipsolopsolo.**

-Ngakhale kwanu utakhala wolemekezeka,  
ukakhala kuchilendo umafatsa.

**Tambala n'tabwali, amamasula tambwali  
mnzake.**

-Ukafuna kugwira mbala umafunika kutuma  
mbala inzake.

**Tambala salira kwa eni, amalira kwawo.**

-Munthu sungakhale mfumu kwa eni, koma  
kwanu.

**Tangovutika, opanirira mphika ali chete.**

-Nthawi zambiri anthu amene amagwira  
ntchito yolemetsa komanso yokhetsa thukuta  
sapeza ndalama zambiri, koma mabwana awo  
omwe amangokhala muofesi.

**Tapita m'njira adasiya tonse m'khola.**

-Tikamadutsa pamudzi wa abale kapena

anthu owadziwa tiyenera kumakawaona kuti ali bwanji, chifukwa tikhoza kuwadutsa iwo ali m'mavuto kapena asakupeza bwino.

**Tatuma chitsiru kuti chimange mtembo.**

-Mawuwa amanenedwa anthu akamadandaula kuti munthu amene anamutuma kuti agwire ntchito inayake wailephera kapena wachita zokhumudwitsa.

**Tentha tizime adapsetsa anzake.**

-Mawuwa amanena za munthu amene ankauza anzake kuti ayatse moto ndipo auzimitsa pamapeto pake n'kupezeka kuti waotcha anzakewo. Anthu ena amaputira anzawo mavuto chifukwa cha khalidwe lawo loipa. Mwachitsanzo, bambo wokonda mowa amachititsa kuti ana ake avutike.

**Thendo limakoma, nyama kulowa m'mano.**

-Masamba otendera amakoma. Komabe nyama ndi yokoma kwambiri koma kulowa

m'mano. Ukafuna zokoma umafunika kudziwa kuti zili ndi zowawa zake.

**Thumba la Tambe amamasula ndi Tambe yemweyo.**

-Munthu akakhala kamberembere amene amadziwa khalidwe lake ndi kamberemberenso. Tambwali akamanga thumba, amene angamasule ndi tambwali mnzake.

**Tidauluka tidapangana, mavu adaning'a onse.**

-Anthu amafunika kupangana kuti zinthu ziyende monga pamilandu ndi zina.

**Tikapha Mwiri m'mphako, koma kuloza mwendo momwemo kuti tiphe wina.**

-Tikapeza mwayi, tisasiyire pomwepo, tipitirizebe mpaka titapeza wina.

### **Tikhale nawo adalanda malo.**

-Pali anthu ena omwe amabwera pamudzi kuti adzapemphe malo, koma kenako amalanda malo kapena kuyamba kulamulira.

### **Timba anathyola mwendo dansi yothaitha.**

-Munthu akamachita zinthu mopitirira muyezo amakumana ndi mavuto. Ndi bwino kumasamala ndi zinthu zikakhala kumapeto, umatha kukumana ndi mavuto.

### **Timba sachepa ndi mazira ake.**

-Tisamanyoze munthu chifukwa cha zimene ali nazo. Munthu sachepa ndi zinthu zake.

### **Tinamva kale zanu.**

-Palibe chinthu chatsopano chomwe mungatiuze.

### **Tinthu m'nkhuni adalekera mwana wa mkazi mnzake ku njoka.**

-Tikamva zoti penapake pali zovuta tiyenera

kupitapo tokha m'malo mouza wina kuti apite, chifukwa tingamuphetse. Zili ngati kutumiza mwana kuti akaone chomwe chili pamtolo n'kukamulumitsa njoka.

**Tizisinja kamba, kuyenda kwa ulendo sikudziwika.**

-Kamba ndi chakudya cha paulendo. Ndi bwino kumakonzekera zapatsogolo kuti tisapeze mavuto monga kukonzeratu chakudya cha paulendo chifukwa sitikudziwa zimene zingatichitikire.

**Tokoma sitichedwa kutha, ndaonera dowe.**

-Zinthu zabwino sizichedwa kutha. Tisamaike mtima wathu pa zinthu zosakhalitsa.

**Tokoma sitikuti “leke.”**

-Zabwino sizingauze munthu kuti asiye, umafunika wekha kudziwa kuti pamene ndafikapa ndakwana.

### **Tokoma sitioneka tsiku limodzi.**

-Tizifatsa ndi kumaupeza mtima chifukwa zabwino zimabwera pang'onopang'ono.

### **Tokoma tidadza n'takalamba.**

-Zokoma zimabwera munthu utatha kale kapena nthawi imene sumayembekezera.

### **Tonde akadula, sabwerera.**

-Tonde akadula cholinga chake chimakhala kupita komwe kuli matazi. Akawapeza amangoumirira komweko. Chimene mtima wako watsimikiza osaleka mpaka chitatheka.

### **Tsabola wakale sawawa.**

-Mawuwa amatanthauza kuti malangizo a anthu akale ndi osathandiza.

### **Tsachipenembe anaotcha nkhokwe.**

-Munthu amene amadziwa bwino mmene zinthu zimakhallira ndi kuyendera ndi amene nthawi zina amabweretsa chipwirikiti.

## **Tsamba likagwa manyazi amagwira mtengo.**

-Mwana akalakwa manyazi amagwira makolo ake. Makolo akhoza kupeza mavuto chifukwa cha ana awo.

## **Tsata mphero.**

-Mawuwa amanenedwa pochenjeza munthu kuti angopitira kukapera ufa, osati kukanena mabodza.

## **Tsatanetsatane ndi njira.**

-Munthu poyankhula sangathe kunena ndendende zonse zimene waona kapena zimene wina wanena.

## **Tulo ndi nkhondo, tinagonetsa anamalira.**

-Ena amaganiza kuti, kuti asonyeze kuti amakonda kwambiri m'bale wawo amene wamwalira, afunika kulira usiku onse. Koma tulo tilibe masewera, timatha kugonetsa munthu wotereyu.

## **Tsekera lili pachipadzo.**

-Udzu wabwino umasadzulidwa ndi nsungwi. Chimodzimodzinso mwana, kuti akule bwino timayenera kuyambiratu kusadza makhalidwe ake oipa adakali wamng'ono.

## **Tsiku limodzi silivunda nyama.**

-Zinthu zina sizingatheke tsiku limodzi, pamafunika nthawi.

## **Tsiku limodzi siliwoza mbewa.**

-Nthawi zina ndi bwino kudikira pochita zinthu chifukwa tikachita mofulumira nthawi zina zinthuzo sizichitika bwino. Zinthu zina sizingatheke tsiku limodzi, pamafunika nthawi.

## **Tsiku lofera nyani mitengo yonse imaterera.**

-Anyani ena ankadalira mitengo kuti agalu akamabwera angokwerapo. Koma tsiku lina agalu akubwera anyaniwo anapeza kuti



mitengo yonse inali yoterera moti anagwidwa. Tizikonzekera zinthu zomwe zikhoza kutigwera.

**Tsitsi likakula udzasowa wokumeta.**

-Munthu wosamva amamva akakumana ndi mavuto.

**Tsoka chitambe.**

-Chitambe chimakhwima nsanga kuposa masamba ena. Zimenezi zimachititsa kuti chikhale choyambirira kudyedwa. Mwana woyamba ndi amene amakumana ndi zoopsa. Tisamathamangire kuchita zinthu tisanaganize bwino.

**Tsoka la mnzako likupatse nzeru.**

-Wina akalakwitsa chinachake, ndi bwino kumaphunzirapo kanthu kuti tisabwerezenso zomwezo. Moyo ndi waufupi kwambiri kuti munthu aphunzire pa zolakwa zake zokha.

### **Tsoka la mnzako n'lakonso.**

-Nthawi zina tsoka la ena limakhudzanso anthu ena, monga oyandikana nawo nyumba. Tizithandiza ena akakhala m'mavuto.

### **Tsoka la msinde, chimanga chilinda moto.**

-Misinde imacha mwamsanga moti anthu amayamba kuidya chimanga chisanakhwime. Anthu ena amazunza anzawo mosasamala kanthu kuti ndi abale awo.

### **Tsoka la Nkhuku lopita kumanda nthenga zokha.**

-Limeneli ndi tsoka lalikulu kwambiri lomwe munthu angakumane nalo. Nkhuku ikafa maliro ake saikidwa m'manda. Kumanda kumangopita nthenga zokha basi.

### **Tsoka likakuda Kamba amaoneka ngati mwala.**

-Kamba ngati sakusuntha amaoneka ngati

mwala. Nkhani zina zimakhala  
zosamvetsetseka. Wina akhoza kudwala  
mwakayakaya koma wina wolimba  
n’kumwalira kusiya wodwalayo.

**Tsoka likalimba amakuluma ndi galu wako yemwe.**

-Zinthu zikati zivute, nthawi zina anthu  
amene umawadalira ndi amene amakutaya.

**Tsoka likalimba umakuotcha ndi mkute.**

-Zinthu zikati zivute, nthawi zina anthu  
amene umawadalira ndi amene amakutaya.

**Tsoka lilibe fungo.**

-Tsoka limabwera mwadzidzidzi.

**Tsoka limayambira kumwendo.**

-Tsoka limayamba pang’onopang’ono. Anthu  
ena a ku Africa kuno amakhulupirira kuti  
munthu akamayenda ndiyeno n’kupuntha,  
ndiye kuti kumene akupitako akapezako

matenda kapena maliro. Mawuwa amagwiritsidwa ntchito ponena kuti uli ndi tsoka lalikulu. Tsoka limayambira pa kanthu kakang'ono komwe anthu sangakaganizire kuti kangayambitse vuto lalikulu.

**Tsoka msinde chimanga chilinda moto.**

-Mawuwa amatanthauza kuchita tsoka lalikulu.

**Tsoka n'kusuzumira m'chizombwe.**

-Munthu wachidwi kwambiri amatha kukumana ndi mavuto. Mwachitsanzo, posuzumira pachulu amatha kulavuliridwa ndi njoka.

**Tsoka ndi mphwayi, ukafuna kanthu koma kuyesa.**

-Munthu wamphwayi sangapeze zimene akufuna. Tizichita khama tikamachita zinthu.

### **Tsoka sasimba, koma mwayi.**

-Ukapulumuka tsoka, si bwino kukakamira khalidwe lomwe lakubweretsera tsokalo chifukwa mwina pambuyo pake ukhoza kutaya moyo wako kapena osapulumukanso.

### **Tsoka silinunkha.**

-Tsoka limabwera mwadzidzidzi.

### **Tsokonombwe adatha mtunda n'kudumpha.**

-Nthawi zina ndi bwino kuchita zinthu mosathamanga komanso ndi bwino kulimbikira kuti zomwe ukufuna zitheke. Zinthu zikuluzikulu zimatheka pozichita pang'onopang'ono komanso ngati titapirira.

### **Tulo n'timodzi, usiyana ndi mkonono.**

-Tonse ndi anthu koma timasiyana khalidwe.

### **Tulo ndi imfa, susankha pogonera.**

-Zinthu zina zimafika mosayembekezera

monga imfa.

**Tulo ndi nkhondo, timagonetsa anamalira.**

-Tizichita zinthu mwamphamvu komanso  
molimba mtima ngati mmene tulo  
timachitira.

# U

## **Ubale waufulu uli pamalemba.**

-Anthu amagwirizana akakhala patali, koma akakhala pamodzi sachedwa kukhulana.

## **Ubwenzi wa “ponda apo mpondapo.”**

-Chimenechi ndi chikondi chenicheni chochitira zinthu limodzi.

## **Ubwenzi wa galu uli kumchira.**

-Ubwenzi weniweni uyenera kumakhala ndi ntchito zake, osati kumangonena pakamwa pokha kuti awa ndi anzanga, zikawavuta n'kuwathawa.

## **Ubwenzi wa madzi ndi nsomba.**

-Ubwenzi weniweni umakhalapo ngati anthu amakhalira limodzi osasiyana zivute zitani.

### **Ubwenzi wa Nkhwazi woyanjana polira.**

-Polira pokha ndi pamene Nkhwazi zimagwirizana. Koma ikagwira nsomba imadya yokha. Mawu amenewa amanena za munthu amene amakhala mnzako akavutika, koma zikamamuyendera saoneka. Ubwenzi weniweni umaoneka zinthu zikavuta.

### **Ubwenzi wa nsomba wosalekana ndi madzi.**

-Ubwenzi wa nsomba ndi madzi ndi weniweni. Pamene madzi aphwera nsomba imafa. Mawuwa amatanthauza ubwenzi weniweni woferana.

### **Ubwino wa dzuwa umaoneka likapita.**

-Munthu wabwino amadziwika akapita. Mwachitsanzo, ena amazindikira kuti mkazi kapena mwamuna wawo anali wabwino banja likatha. Nthawi zambiri amazindikira zimenezi akakwatirana ndi chilombo.



## **Uchembere n'kudyerana.**

-Mnzako akukuchitira zabwino nawenso ndi bwino kumuchitira zabwino.

## **Udakula bwanji wopanda tsinde?**

-Tisamaiwale abale komanso anthu ena omwe atithandiza kuti tifike pamene tili lero.

## **Udam'dyeranji pholokoto anzako akudya kawerawera?**

-Tizigwira ntchito molimbika kuti tipeze zosowa zathu. Polima timawerama osati kuimirira.

## **Udaotha chichiri cha ukonde.**

-Chichiri chimathandiza kuti ukonde ukhale wokungika. Mawuwa amagwiritsidwa ntchito potanthauza munthu yemwe wapalamula kapena kulakwira anthu omuthandiza.

## **Ufiti ndi mawu.**

-Tisamayankhule zonyoza kapena kutukwana

chifukwa china chikachitika anthu amalozha ife.

### **Ufulu umabweza ufulu.**

-Ukachitira anzako zabwino nawonso amakuchitira zabwino.

### **Ufulu wa ng'ombe wogwedeza mchira.**

-Pali anthu ena omwe amati munthu akawachitira zabwino sathokoza. Monga mmene ng'ombe imachitira akaipatsa chakudya, chinthu chimene imachita ikamayamikira ndi kugwedeza mchira, sibweza kalikonse.

### **Ufumu wANJI wa Kadzidzi wokhala pachitsa?**

-Mfumu isamangokhala neng'a, koma izichita zinthu zomwe zingathandize anthu ake.

**Ufune kaya uleke, kulidetsa tsitsi ndi ufulu.**

-Chilichonse chili ndi nthawi.

**Ufunthafuntha mphuku, mbiri nja khoswe.**

-Munthu akakhala woipa kapena wochenjeretsa amasowa mtendere, chifukwa chilichonse choipa amangoti wachita ndiwe.

**Uhule ndi mtima.**

-Munthu sakhala hule chifukwa cha mmene akuonekera koma mtima wake.

**Ukabwereka miyendo ya munthu, umapita kulikonse kumene iyeyo akufuna.**

-Munthu amene ali ndi ngongole sakhala ndi ufulu wochita zimene akufuna ndi ndalama yake.

**Ukachedwa umagula khutu.**

-Mwambiwu umachenjeza munthu amene amachita zinthu mochedwa kapena

mwachidodo. M'malo mogula nyama yabwino amakapena kuti latsala ndi khutu.

### **Ukachenjera sunona.**

-Nthawi zambiri amene amakonda kuyankhulayankhula kapena ochenjeretsa amakhala opanda nzeru. Chimodzimodzinso okongola, amangokongola nkhope koma n'kukhala opanda nzeru kapena opanda khalidwe.

### **Ukachoka usamachitire dziko chipongwe, umakumbukira pokabwera.**

-Pochoka pamalo umayenera kuchoka mwaulemu kuti mawa adzakulandirenso.

### **Ukachoka usamatseke potulukira ndi mwala koma mayani.**

-Osamachoka pankhomo utawonongapo chifukwa tsiku lina udzabwerera.

### **Ukadya, umadziwa azungu ndi alendo.**

-Ukalempera usamanyoze anzako chifukwa ntchito ikatha, sudzakhalanso ndi azungu koma abale ako. Komanso anzako omwe unkawanyoza. Pang'ono mwambiwi umalimbikitsa tsankho. Mukadzaugwiritsa ntchito musadzadabwe apolisi akadzakumangani.

### **Ukafuna kupha galu umapezeratu mtengo.**

-Ndi bwino kupezeratu zinthu zonse zofunika usanayambe kugwira ntchito.

### **Ukaipa dziwa nyimbo.**

-Palibe munthu amene amadziwa zonse kapena amene ali ndi zonse zofunikira. Zikakuvuta zina umafunika kusakasaka zimene umachita bwino n'kumachita zimenezo.

### **Ukaipa nkhope, dziwa kuvina.**

-Palibe munthu amene amadziwa zonse

kapena amene ali ndi zonse zofunikira.  
Zikakuvuta zina umafunika kusakasaka  
zimene umachita bwino n’kumachita  
zimenezo.

### **Ukaipa nkhope, dziwa nyimbo.**

-Palibe munthu amene amadziwa zonse  
kapena amene ali ndi zonse zofunikira.  
Zikakuvuta zina umafunika kusakasaka  
zimene umachita bwino n’kumachita  
zimenezo.

### **Ukakalamba usamabise lumo kuti ena asametera.**

-Tisamapondereze anzathu koma tiwapatse  
mwayi wokhala ndi zomwe akufuna.

### **Ukakhala kwa eni umafunika kukhala nkhosa.**

-Munthu ukakhala kwa eni umayenera  
kufatsa. Ukamachita matukutuku  
amakuthamangitsa.

**Ukakhala m'mwamba usamatukwane  
pansi, ungadzasowe wokutola ukagwa.**

-Osamanyoza anzathu tikakhala pabwino.

**Ukakhala mwana, mphanje umayambira  
pamchenga.**

-Ukafuna kuphunzira kuchita zinazake,  
umafunika kuyamba ndi chophweka.

**Ukakhala pabwino, poipa pamakuitana.**

-Mwayi suchedwa kutha. Nthawi zina  
ukakhala pabwino pamakhala ziyeso zambiri  
zingakukope kuti uchokepo pabwinopo.

**Ukakhala wopanda chala, usamadane  
n'kuloza.**

-Tisamapondereze mwayi wa anzathu  
chifukwa choti tilibe.

**Ukakhala wopanda galu, umalimba ndi  
mpiringidzo.**

-Munthu amene alibe galu pakhomo

amafunika kukhoma chitseko chake. Kale ankagwiritsa ntchito mtengo kapena kuti mpiringidzo poteteza kuti chitseko chawo chisatseguke chisawawa. Tizidalira zimene tili nazo. Ngati tilibe galu, mtengo kapena mwala zingathandize kupirikitsa akuba.

**Ukakhala wopanda kanthu, dziko umalidyera ku uchi.**

-Ngakhale munthu wosowa, pa masiku a phwando nayenso amadyako zabwino.

**Ukakhala wopanda mano, usamaswe phale.**

-Ifeyo zikatikanika, tisamatsekereze mwayi wa anzathu.

**Ukakhala wopanda mng'oma umadya mavu.**

-Munthu amapeza zinthu zogwirizana ndi zomwe ali nazo. Munthu wopanda mng'oma sangadye uchi.



**Ukakhala wopanda tsitsi, usamabise lumo.**

-Tisamapondereze anzathu koma tiwapatse mwayi wokhala ndi zomwe akufuna.

**Ukakhuta pachika, ana apano sakhuta.**

-Ukakhala ndi zinthu kumasunga chifukwa mawa ungadzazifune.

**Ukakhuta umawotcha nkhokwe.**

-Tisamapondereze ena powachotsera mwayi wopeza zosowa zawo. Ukakhala pabwino usamataye zinthu chifukwa njala ikhoza kukupwetekanso.

**Ukakhuta usamatsinkhire anzako ndiwo.**

-Si bwino kupondereza ena ife tikakhala pabwino.

**Ukakhuta usamatukwane yemwe wakupatsa chakudya.**

-Munthu akakhuta amaganiza kuti njala singamupwetekenso. Choncho amayamba

kunyoza komanso kuchitira mwano amene  
amamuthandiza. Tisamachite khalidwe  
limeneli.

**Ukakoka dzungu, umakoka ndi ana ake  
omwe.**

-Munthu ukakwatira kapena kukwatiwa,  
osasakonda munthu yekhayo komanso abale  
ake.

**Ukakoka khoka, umakokanso zonse  
zomwe zilimo.**

-Munthu ukakwatira kapena kukwatiwa  
osasakonda munthu yekhayo komanso abale  
ake.

**Ukakongola kwatiwa, chifukwa kunyansa  
kumachita kubwera.**

-Mwayi ukapezeka tiziugwiritsa ntchito.

**Ukakongola leka thyonyo.**

-Ukakhala wokongola usamanyoze anzako

chifukwa za mawa sizidziwika, mwina ukhoza kudzakhala ndi chilema m'tsogolo.

**Ukakwera m'mwamba usamatukwane pansi, ungasowe wokutola ukatsakamuka.**

-Si bwino kumanyoza ena ukakhala pabwino chifukwa zikadzakuvuta udzasowa wokuthandiza.

**Ukakwera m'mwamba usamatukwane pansi.**

-Ukakhala pabwino usamanyoze anzako chifukwa zikadzakuvuta udzasowa wokuthandiza. Mwachitsanzo, ukamatukwana anthu omwe ali pansi ukakwera mumtengo, ukatsakamuka umasowa wokutola.

**Ukakwera pamsana pa njovu, usamati kulibe mame.**

-Osamachita matama ukakhala pabwino chifukwa za mawa sizidziwika. Ukakhala

pabwino usamanyoze anzako.

**Ukalakwa usamafulumire kupita kuboma.**

-Kumayamba watsikiza kuti ndiwe  
wosalakwa ukamapita ndi nkhani kuboma  
chifukwa ukhoza kungomangidwa nazo ulele.

**Ukalemera cheuka, ona chakulemeretsa.**

-Tisamaiwale anthu amene atithandiza kuti  
tifike pano.

**Ukalemera tsekako, ‘kulinji’ akudza  
m’njira.**

-Ukalemera usamadzitame chifukwa akuba  
akhoza kukubera iwe n’kufota. Chakudza  
sichiimba ng’oma.

**Ukalemera umayankhulira m’chigulu.**

-Tikalemera tisamaonetse zonse zomwe tili  
nazo chifukwa ena akhoza kutibera. Chigulu  
ndi chikho chomwera mowa. Kuyankhulira  
m’chigulu kukusonyeza kuti suima pachulu

n'kumabwebwetuka za kulemera kwako.

**Ukalemera usamavinire poyera, koma m'nyumba.**

-Tikalemera tisamaonetse zonse zomwe tili nazo, chifukwa ena akhoza kutibera.

**Ukalemera, abale sakondwera.**

-Zinthu zikamakuyendera kapena ukakhala pabwino, anthu sasangalala. Amafuna kuti chinachake choipa chimuchitikire kuti mufanane.

**Ukalira mzinda usamapse mtima.**

-Ngati mfumu ikufuna kukhala ndi mudzi waukulu, iyenera kupewa kupsa mtima. Mtsogoleri amafunika kukhala woleza mtima.

**Ukamachoka umachoka bwino, suchoka utakhadzula mnzako mlomo.**

-Mlendo amayenera kuchoka bwino pamalo, apo ayi anthu sangadzamulandirenso. Anthu

sangalandire munthu amene wachoka  
pakhomo atakhadzula mlomo wa mnzake.

**Ukamafuna dzino lalitali, uzikhala ndi  
mlomo wovindikirira dzinolo.**

-Ukamawaputa mavuto kumadziwa kuti  
uthana nawo bwanji. Osamayamba kuchita  
chinthu ulibe mapulani.

**Ukanama sikuchedwa kucha.**

-Ukanena zabodza suchedwa kugwidwa.  
Chitsanzo: Ngati utanamiza wangongole kuti  
abwere mawa, sikumachidwa kucha.

**Ukaona chalero, usataye chakale.**

-Ndi bwino kumasunga zinthu zakale,  
osazitaya chifukwa choti tapeza zina.

**Ukaona mtanda kukula ndiye umati,  
“ndim’lere mwana wanuyu!”**

-Anthu ena amakonda kapena kuchitira  
zabwino anzawo akaona kuti apindulapo

kenakake. Mwachitsanzo, kuuza munthu kuti amulelera mwana chonsecho akufuna amunyengerere nsima yake.

**Ukapalamula uzikhala wokonzeka.**

-Munthu ukalakwa umayenera kuyembekezera kuti ukumana ndi zotsatirapo zake.

**Ukapalana ubwenzi ndi mphezi, suopa kung'anima.**

-Munthu amene akufunitsitsa chinthu ayenera kukhala wolimba mtima.

**Ukapalana ubwenzi ndi Vumbwe umakhala uli ndi Nkhuku.**

-Tizikhala titakonzeka tisanayambe kuchita chilichonse. Kuti anthu azikonda kubwera pakhomo umafunika kumawadyetsa bwino.

**Ukakhala wopanda chala usamadane  
n'kuloza.**

-Ngati sungathe kugwiritsa ntchito chinthu  
usamadane ndi amene angathe.

**Ukakhala wopanda mano usamaswe phale.**

-Ngati sungathe kugwiritsa ntchito chinthu  
usamadane ndi amene angathe.

**Ukapeza ana a olemera akukazinga maso a  
nkhono, kazinga nawo.**

-Tizichita zimene anzathu akuchita.

**Ukapeza anzako akukazinga maso,  
nawenso kazinga ako.**

-Munthu uzichita nawo zomwe eni mudzi  
akuchita kapena wawapeza akuchita.

**Ukapeza anzako akutong'ola maso, nawe  
tong'ola ako.**

-Tizichita zimene anzathu akuchita.



**Ukapeza eni mudzi akukazinga maso,  
nawenso kazinga ako.**

-Tizichita zimene anzathu akuchita.

**Ukapeza nyamu zikuuluka, ima pambali  
uzitola imodziimodzi, upeza zadzaza  
nsengwa. Koma ukaikapo dzanja, udzatola  
imodzi yokha.**

-Munthu ayenera kumachita zinthu mofatsa  
kuti apeza zabwino. Dyera komanso changu  
nthawi zina sizithandiza.

**Ukapha mwiri umabweza mphanda.**

-Munthu akalempera amakhala wokongola  
ngati mwiri. Ndiye zikatero si bwino kuyamba  
kunyada n'kumanyoza ena.

**Ukapha tonde wonona, usamathe mawu.**

-Tisamanyade kapena kudzitama tikakhala  
ndi chinthu chinachake.

### **Ukapindula wotcha, akazi ndi alendo.**

-Munthu asamaiwale kapena kunyoza abale ake chifukwa cha mkazi, banja limatha koma chibale sichitha.

### **Ukapita kuthengo usamakhudzane ndi mtuvituvi, ungawonjezere kununkha.**

-Osamaloza ena chala chifukwa cha zolakwa zako. Anthu ena akalakwa amayamba kuloza ena zala kuti ndiye alakwitsa kapena achititsa kuti alakwe.

### **Ukaponya chakudya pamadzi, udzachiyeza.**

-Ndi bwino kukhala woolowa manja chifukwa tsiku lina anthu omwe ukuwathandizawo angadzakugwire dzanja.

### **Ukasauka usadzimangilire.**

-Munthu ukasauka usamadzichitire zoipa, monga kudzikhweza kapena kumwa tameki, chifukwa palibe chomwe ungapindulepo.

### **Ukasauka usamagwire nyanga.**

-Ngati ndife osauka tizivomereza m'malo moyamba kudalira nyanga, kuba kapena kupha anthu.

### **Ukasauka usamaloze anzako chala.**

-Ukasauka usamanamizire anzako kuti ndiye akupangitsa.

### **Ukasawuka usamagwire nyanga.**

-Si bwino kumachitira ena nsanje kapena kumawafunira zoipa ukakhala kuti iweyo ulibe kapena sungathe kuchita zinazake. Nkhani yake imati, mkulu wina anakafunsira ntchito kwa bwana wolemvera kwambiri. Kumene ankagwira ntchitoko anapezako anzake amene anali atakhala kwa nthawi yaitali ndi bwanayo. Anzakewo anali ndi zinthu zambiri zimene anapata pa zaka zimene anakhala akugwira ntchito. Chifukwa chosirira kukhala ndi katundu ngati wa

anzakeyo ndiponso kukhala wolemera,  
anaganiza zoti apeze mankhwala. Mumtima  
anaganiza kuti mankhwalawo amuthandiza  
kuti bwana wake azimukonda, kuti iye  
akhupuke ndiponso kuti bwanayo achorse  
ena mwa anzake ena amene sankagwirizana  
nawo. Ngati zimenezi zikanatheka ndiye kuti  
iye akanalandira udindo ndiponso  
akanamuwonjera malipiro ake. Atapita kwa  
sing'anga anapezadi mankhwala amene  
ankafunawo. Sing'anga uja popereka  
mankhwalawo anamuuzitsa kuti asakagone  
kwa masiku atatu chifukwa ngati  
angakagone ndiye kuti akatupa mimba.  
Koma tulo ndi nkhondo timagoneka olira.  
Tsiku loyamba analimbadi m'maso osagona.  
Pamene kunkacha tsiku lachiwiri tulo tinali  
titasonkhana, moti amati akati aimirire  
sizimatheka. Atakhala pansi kuyambika kwa  
matenda kunali komweko. Anzake amene

ankafuna kuwalodza aja atamufunsa anafokotokoza kuti, “Pepani anzanga, munthune ndimafuna kulemera. Ndiye mankhwala amene ndinapeza, chizimba chake china n’choti ndisagone masiku atatu, koma ndalephera kuchikwaniritsa. Motero thamangani mukamuuze sing’anga wandipatsa mankhwalawa kuti atsukule nyangayo n’cholinga choti ine ndikhale ndi moyo.” Anzake aja atapita anakapeza kuti sing’anga uja anali atamwalira cha dzana lake moti anthu anali asanachoke pasiwa. Anzake atabwerako anamufotokozera mmene ayendera. Chifukwa chodziwa kuti kwake kwatha anayamba kulira ndipo polirapo anali kulira mochenjeza kuti, “Abale anga munthu ukasauka si nzeru kugwira nyanga, taonani zandichitikira inezi!” Pamenepo anzakewo anavomerezadi kuti, “Ukasauka usamagwire nyanga.” Nyanga zimene munthu uja

anakatenga ndi zimene zinam'phetsa.

**Ukatambatamba uziyang'ana kum'mawa,  
kunja kungakuchere.**

-Tikamachita zoipa monga kuba, chiwerewere  
tizizindikira kuti akadzangotigwira  
tidzakumana ndi mavuto. Mwambiwu  
umanena za kutamba chifukwa ena makolo  
akalelo ankakhulupirira kuti afiti amatamba  
usiku.

**Ukatchula Mkango, kwera m'mwamba.**

-Ukamanena za munthu wina ndiye kuti ali  
pafupi. Mawuwa amanenedwa ndi ena ngati  
njira yokupulumutsira kuti munthuyo  
asakumve ukumunena. Anthu akamanena za  
munthu wina, nthawi zambiri amakhala ali  
pafupi.

**Ukatukwana ng'ona, kumadzi usapiteko.**

-Ngati tapalamula timasowa mtendere  
mumtima podziwa kuti chilango

chikutidikira.

**Ukayenda m'tchire (m'thengo) wayendera zonse.**

-Nthawi zina ukamayendera zina umathanso kuchita mwayi wochitanso zina. Pamene munthu akupita kwinakwake kukatenga chinthu, kumeneko amatha kukapezanso china chomwe sanachiganizire ndipo ayeneranso kuchitenga.

**Ukayenda m'fumbi usadane n'kutuwa.**

-Sitingathe kulekanitsa zinthu zoyendera limodzi monga fumbi ndi kutuwa.  
Kumavomereza zinthu zina zikachitika.

**Ukayenda ndi mwana wayenda wekha.**

-Osamadalira kwambiri ana ukamachita zinthu.

**Ukayenda panjira usamagulule mano,  
udzasowa chodyera nyama.**

-Tisanayambe kuchita chinthu tizona kaye  
kuti tili ndi zonse zofunikira.

**Ukayenda siya phazi, ukasiya mlomo  
udzakutsata.**

-Tikayenda tizisiya mbiri yabwino osati  
kuchoka titasokoneza. Tisamanene mabodza.

**Ukayendera nzengo usamati Asakhwi  
afumbula.**

-Ukapita kukadula mitengo usaiwalenso  
chomwe wapitira n’kuyamba kuyang’ana  
Asakhwi. Anthu amanena mwambiwu ngati  
munthu amene watumidwa anayamba  
kuchita zina zosiyana ndi zimene anamuuza.  
Ukapita kwinakwake, usamayambe kuchita  
zinthu zomwe sizinali cholinga chako.

**Ukayipa nkhope, dziwa nyimbo.**

-Ukazindikira kuti ndiwe wolephera pa



chinachake, phunzira kuchita chinthu china.

### **Ukaziputa limba.**

-Osamayamba dala mavuto ngati ulibe podalira.

### **Ukaziputa, limba nazo.**

-Ukamapalamula kapena kuyamba mavuto monga banja umayenera kukhala utakonzeka kukumana ndi mavuto.

### **Uko kulire n'kumtsukwa.**

-Mawuwa akutanthauza kuti kumene kukulira ndi kosongoka kwa khasu. Pamene pali nkhani yeniyeni ndi pamene pamazunguza kwambiri.

### **Ukonde umayambira ku wakale.**

-Poluka ukonde umangera ku wakale. Zinthu zatsopano zimayambira ku zakale.

### **Ukonzi unapha msemang'oma.**

-Chisoni nthawi zina chimapezetsa mavuto

kuchokera kwa anthu osayamika.

**Uku kwawinda, tikudya mawa mande.**

-Mawuwa amatanthauza kuti pali mapokoso kapena chisokonezo ndiye anthu adya bwinobwino mawa zimenezi zikatha.

Ukamachita phwando ndi bwino kukonzekera chifukwa anthu amawerengera kuti adzadya. Ena amachita kukhwefula malamba awo kuti adzadye zambiri.

**Ukufunsa za phula, njuchi ndi izi ukuziona.**

-Mawuwa amanena za munthu amene akufunsa zinthu zoti akuzidziwa kale.

**Ukukonda bwemba osakonda chulu!**

-Usakonde bwemba koma chulu pamene pamera bwembayo. Mawuwa amanena za mwamuna yemwe amakonda mkazi wake yekha koma osati apongozi ake.

### **Ukulu si msinkhu ayi.**

-Kutalika kapena kubadwa kale si nzeru koma kuchita kapena kuyankhula zakupsa.

### **Ukundisokosera n'kulinga utamva.**

-Mfundo za mawu timazipeza tikamvetsera kaye.

### **Ulemu n'kubadwa nawo.**

-Tiyambiretu kuphunzitsa ana athu makhalidwe abwino adakali aang'ono.

### **Ulemu n'kuthirana.**

-Ukachitira wina ulemu nayenso amakupatsa ulemu.

### **Ulemu ndi mpira, umabwerera.**

-Mawuwa amayerekezera ulemu ndi mpira womwe ukaulandira umafunika kupatsira wina. Tizichitira ena ulemu, tikapanda kuwapatsa ulemu nawonso satipatsira mpira.

## **Ulemu wa Buluzi m'nyumba ya mfumu.**

-Anthu ena amalandira ulemu chifukwa cha makolo komanso anthu amene akukhala nawo, pomwe iwowo ndi onyozeka.

## **Ulemu wa Nkhukhu wopalasa pali anthu.**

-Mwambiwu umanena za munthu wopanda ulemu.

## **Ulendo n'kaphatikira, ukalinda wako wachedwa.**

-Mawuwa amatanthauza kuti ukamapita kwinakwake umayenera kupita ndi anzako, ukadikira ulendo wako umachedwa. Kuyenda ndi anzako kumathandiza, ukakhala wekha sungakwanitse kuchita zinthu zina.

## **Ulendo n'kudyera.**

-Kuti munthu uyende ulendo makamaka ngati ndi wapansi, umafunika kudyera. Kudya kumatipatsa mphamvu zoti tigwire ntchito.

### **Ulando ndi uwu wachoka.**

-Kuchita chinthu kumafuna kuchiyamba osati kumangoyankhula.

### **Ulando wa awa wakutha kamba.**

-Kamba ndi chakudya cha paulendo. Kuchedwetsa zinthu kumawonongetsa zambiri kapena kubweretsa chipwirikiti. Ulesi ndi mphwayi zimayambitsa umphawi.

### **Ulando wa awa wakutha nkhokwe.**

-Kuchedwetsa zinthu kumawonongetsa zambiri kapena kubweretsa chipwirikiti. Ulesi ndi mphwayi zimayambitsa umphawi.

### **Ulenje umasimba wako.**

-Osamakonda kunena za ena, ukhoza kupalamula. Nkhani yake imanena kuti, kalekale panali munthu wina amene anapita kuthengo kukapha nyama. Kumeneko anapha nyama ziwiri. Pamene ankabwerera kwawo n'kuti kunja kuli kachisisira ndipo

anamva phokoso likumveka m'mudzi wakwawo. Atafika pamphambano, mwadzidzidzi anangoona mkango watulukira. Mlenjeyo anachita mantha kwambiri, koma mkango uja unamuuzza kuti, "Musachite mantha achimwene. Panotu takumana amuna okhaokha. Kaya inu mukuchokera kuti ulendowu?" Poyankha munthu uja anati: "Ine ndikuchokera m'malunjemu ndimakasaka." Ndiyeno mkango unati, "Popeza tonse tikuchokera kosaka, aliyense asaulule mnzake. Ulenje umasimba wako, osati wamnzako." Atangosiyana pamenepo, mkango uja unalowa m'tchire ndipo munthuyo anathamangira kwawo ali ndi mantha. Kenako anayamba kuuza anthu kuti wakumana ndi mkango utagwira nyama. Mkango uja utamva zimenezi, unapita kunyumba kwa amfumu n'kukagwira mwana wawo n'kumupha. Kenako unakamuika

m'nyumba mwa mlenje uja. M'mudzimo munayambika chipwirikiti chifukwa cha kusowa kwa mwanayo ndipo mfumu inalamula kuti anthu afufuze amene watenga mwana wakeyo. Atafufuza anapeza mwanayo atafa koma ali m'nyumba mwa mlenje uja ndipo mfumu inalamula kuti nayenso aphedwe.

### **Ulesi ndi matenda.**

-Ukalekerera ulesi chimakhala chizolowezi ndipo chimasanduka matenda.

### **Ulesi ulibe mtolo.**

-Ulesi umabweretsa njala komanso mavuto ena. Munthu waulesi sangakhale ndi kanthu kolozeka.

### **Ulumbwana ulibe mainja awiri.**

-Mawuwa amatanthauza kuti munthu sangakhale mwana n'kupezeka kuti wakhalapo mudzi wina n'kusamuka, kenako

n'kubwereranso kubwinja loyamba lija.  
Mwambiwu umatanthauza kuti munthu  
akamakula amafunika kusiya chibwana.  
Munthu akakhala mwana nthawi zambiri  
sachita zinthu mozindikira.

**Umachokera pamodzi ndi mawu.**

-Munthu akanena kanthu umayenera  
kuchita zomwezo osati zina.

**Umadikira kuti mafulufute atuluke.**

-Si bwino kumachita phuma pochita zinthu  
chifukwa zimenezo zingachititse kuti titaye  
mwayi kapena titsekezereze zabwino.

**Umaingitsa kachoka, walinga iwe nutola.**

-Munthu amene wakumana ndi zambiri ndi  
amene amayankhula zogwira mtima. Munthu  
amene anali ndi khalidwe loipitsitsa ndi  
amene amaphunzitsa bwino.



**Umakongola ukusangalala, koma umabweza ukulira.**

-Ngongole imakoma ukamabwereka.  
Tizisamala ndi nkhani yobwereka ndalama.

**Umakumbukira mwana akapsa.**

-Kawirikawiri sitichenjeza anzathu mpaka atalowa m'mavuto.

**Umalawa zogagada ndi nkhwangwa, zocheka ndi mpeni suzilawa.**

-Tisamalakelake kukhala ndi zinthu zapamwamba kwambiri n'kumanyoza zing'onozing'ono.

**Umanena chatsitsa dzaye kuti Njovu ithyoke mnyanga.**

-Tizinena chayambitsa nkhani yeniyeni. Anthu ena ankadabwa kuti n'chiyani chathyola mnyanga wa Njovu. Atafufuza bwinobwino anapeza kuti mumtengo wa maye munali nyani. Nyaniyo ndi amene

anagwetsa dzaye kuti Njovu ithyoke mnyanga.

**Umanjata thumba tokoma tikuuluka.**

-Ena amabisa zoipa, koma akamamanga thumba lawo la zoipazo zina zimaauluka n'kudziwika kwa aliyense.

**U mavomera ngati womva (wodwala) dzino.**

-Mawuwa amatanthauza kuvomera mokaikira, moti wina sangagwire chenicheni. Munthu amafunika kunena motsimikiza osati mokayikira.

**U mayambira madzi akadali m'mapazi.**

-Vuto likamayamba kumene limakhala losavuta kuthana nalo monga matenda, njala ndi zina.

**U mayambirira madzi asanafike m'maondo.**

-Vuto likamayamba kumene limakhala losavuta kuthana nalo monga matenda, njala

ndi zina.

### **Umayambiza madzi ali m'maondo.**

-Vuto likamayamba kumene limakhala losavuta kuthana nalo monga matenda, njala ndi zina.

### **Umazika mzimbi woyera kumene wachoka ndi kumene upita.**

-Kulikonse kumene wachoka ndi kumene ukupita ndi bwino kusiya mbiri yabwino kuti anthu adzakulandirensa mawa. Mzimbi yoyera ndi nthenga yoyera, yomwe ikuimira mbiri yabwino.

### **Umphawi n'kulumphwa chiunda.**

-Munthu ukachoka kwanu umasowa zambiri zimene unkazipeza kwanu. Anthu amavutika akakhala koyenda.

### **Unjiunji ajiwitsa.**

-Kukondetsa zinthu kumabweretsa mavuto

makamaka zinthuzo zikakhala zoipa.

**Unyinja ukoma, uipira kutha mchere.**

-Kuchulukana n'kwabwino, kumangoipira kuti zinthu sizichedwa kutha. Koma pakakhala ntchito imayenda ndithu.

**Usakhulupirire mazira a Koka.**

-Mbalame ya Koka imafuna malo omwe Khwangwala waikira kale mazira ake n'kumuthamangitsa kuti aikirepo ake. Choncho, munthu sangadziwe dzira lomwe litulutse ana a Koka kapena a Khwangwala. Mwambiwu umatanthauza kuti zam'tsongolo sizidziwika.

**Usakonde vembe, koma ukonde chulu.**

-Ukakwatira umakhala wakwatira mudzi wonse. Usamangokonda mkazi wako yekhayo komanso makolo ake.

**Usalimbitse goli pomanga bulu wako.**

-Pofufuza zinazake timafunika anthu kuwatenga pang'onopang'ono kuti asachite mantha koma akhale omasuka.

**Usamadikire kuti madzi afike m'nkhosi.**

-Usamadikire kuti vuto liipe kwambiri ndiye n'kumayamba kuchitapo kanthu.

**Usamakokomeze chisanu ngati chitolankhuni.**

-Munthu akasauka asamangodandaula, koma azigwira ntchito kuti umphawiwo umuchoke.

**Usamaloze chitsa usanachibzole.**

-Osamachenjeza anzako kapena kuwauza kuti asiye kuchita zoipa zinazake zomwe iwenso umachita.

**Usamanyoze thewera mkuzi uli nawo.**

-Usamanyoze mkamwini wako pamene

mwana wako adakali nayebe.

**Usamapake mnzako chipwidza.**

-Mawuwa amanenedwa pouza munthu kuti asamanamizire mnzake. Chipwidza ndi ndowe kapena matudzi a chiweto.

**Usamasule mtolo chifukwa muli liwiro la tonse.**

-Munthu usanapute mlandu ndi bwino kumaganizira kuti zochita zakozo zikhudzanso anthu onse a m'banja lako.

**Usamaswere dzungu m'lichero.**

-Kuswera dzungu m'lichero kukungotanthauza kusaugwira mtima. Ukamva nkhani yachilendo si bwino kuyamba kufotokozera anthu chifukwa ukhoza kupezeka ukufalitsa mabodza.

**Usamatame ntchito zake mtima wake usanaudziwe.**

-Osamafulumira kuweruza munthu pa ntchito zake usanamudziwe bwinobwino.

**Usamathawe mkamwa, kumene ukupitakonso ukalipeza.**

-Padziko lapansili anthu ambiri ndi am'kamwa moti palibe kumene ungalowere osakapeza anthu otero.

**Usamati ndathawa mlomo, kumene ukupitako ukaupeza.**

-Kuthawa mlomo ndi kuthawa kulongolola. Mavuto ali ponseponse ndipo sitingawathawe. Amene akufuna kuwathawa kuli bwino angomwalira.

**Usamati ndi chilonda, lidzakula.**

-Mwana akalakwitsa ndi bwino kumulangiza m'malo mongomulekerera. Kuti mwana akule bwino tiyenera kuyamba kumulangiza ali

wamng'ono. Apo ayi chilonda chidzasanduka bala lalikulu khalidwe lake litafika poipa.

**Usanalavule mawu, yamba wawalawa kaye.**

-Ndi bwino kumaonetsetsa kuti zimene tikunena ndi zoonza komanso zabwino, zomwe sizingakhumudwitse ena.

**Usanamwaze nthenga, kumayamba waona kaye ngati ungazitolele.**

-Kunena mabodza kuli ngati kumwaza nthenga. Nthenga zimapita ndi mphepo. Ndiye usananene bodza ndi bwino kumaganiza kaye ngati kuti, “Kodi mwini wake atandiuza kuti nditolele nthenga zomwe ndamwazazo, ndikwanitsadi kudzitolera?”

**Usanayambe kudzitama kutalika, ndi bwino kumayamba waganizira kutalika kwa zinthu zimene zakuzungulira.**

-Mwambiwu umathanthauza kuti, kuti munthu ukhale wodzichepetsa, umafunika



kumaganizira zimene anzako amachita bwino. Ndipo ukachita zimenezi mpamene umaona kuti anzakowonso ndi ofunika.

**Usayimbe mbalule ukamachita bwino.**

-Mbalule ndi ng'oma. Ukaona kuti zikukuyendera si bwino kumadzionetsera.

**Usiku ndi usiku ndithu, satungira mkanda.**

-Zochitika za usiku ndi zoopsa. Usiku kumakhala zilombo zoopsa choncho ndi bwino kumachenjera poyenda usiku.

Mwambiwu ukutanthauza kuti sungaike timikanda pa ulusi usiku, kuli mdima.

Choncho, chilichonse chili ndi nthawi yake yomwe ungachichite.

**Usiku ndi usiku, ndithu udathawitsa Ligondo.**

-Zochitika za usiku ndi zoopsa. Usiku kumakhala zilombo zoopsa. Choncho ndi bwino kumachenjera poyenda usiku.

### **Usinini sungakule suposa dzino.**

-Dzino ndi lolimba kuposa usinini. Komanso mano ndi amene amaonekera pamwamba pa usininiwo. Si bwino kumadziona kuti ndife apamwamwa kwambiri kuposa ena omwe tawapeza kaya kuntchito kapena pamudzi.

### **Utsi sufuka popanda moto.**

-Chilichonse chimakhala ndi chochititsa. Utsi sungafuke pamene palibe moto.

### **Uyenda liti mwana wosayenda nsangawe, utimalizira zam'nhokwe.**

-Kuchita zinthu mwachangu n'kofunika kuopa kuti ntchito idzakupanikize nthawi imodzi.

### **Uyo waona matumbuzi, nyama ndi yake.**

-Chimene wapeza pogwira ntchito ndiye chako. Si bwino kumachenjeretsa anthu ena. Matumbuzi ndi mbalame zomwe zimakonda kudya nyama zakufa, ndiye ngati waona

matumbuziwo, nyama imene akufuna  
kudyayo ndi yako.

**Uzikhoma chitseko chako kuti anthu  
apafupi asakhale akuba.**

-Zimene timachita zingachititse kuti anthu  
ena akhale okhulupirika kapena ayi.

Mwachitsanzo, kumangosiya katundu wathu  
paliponse kungachititse kuti anthu akopeke  
n'kusanduka akuba.

# V

## **Vuto la Phwiti, akakhuta salawira mtondo.**

-Pali anthu ena ukawachitira zabwino amangoti zii, osayamikira zimene wawachitira. Amaoneka akakhala kuti akufuna chinachake basi.

# W

**Waba nkhukhu ndamuona, sindimutchula  
chifukwa choti ndili ndekha.**

-Mawuwa amatanthauza kuti amene walakwa  
ndikumudziwa, koma poti palibe amene  
amagwirizana nane pamudzi pano,  
sinditchula.

**Wabisa mbuzi m'munda.**

-Kumeneku ndi kusunga mavuto,  
mwachitsanzo kusunga wakuba m'nyumba.

**Wachaje ndi gaga wowawa, sasipika.**

-Mawuwa amatanthauza kuti anthu adera  
amakhala ngati gaga wowawa, yemwe nsima  
yake sungadye yosipa. Anthu ena  
amangofuna kuwathandiza basi koma  
sangakuthandize zitakuvuta.

### **Wachake ndi wachake.**

-Munthu amene ali ndi khalidwe loipa saleka.

### **Wachake sachileka.**

-Munthu amene ali ndi khalidwe loipa saleka.

### **Wachedwa ndi makonkhwa.**

-Makonkhwa ndi zinthu zopanda pake.

Mawuwa amanenedwa ngati munthu wina wachedwa chifukwa cha zinthu zopanda pake.

### **Wachenjera atalumwa.**

-Munthu amachenjera atalumwa kapena kuti atalumidwa ngati anthu ena, kaya alendo, amuchitira chipongwe. Akazindikira chipongwecho amati, “ndachenjera nditalumwa,” zomwe zikutanthauza kuti wachenjera zitaipa kale.

### **Wachenjeza ng’anga, chilonda chisanapole.**

-Mawuwa amanena za sing’anga, kapena kuti

dokotala amene akukupatsa mankhwala oti uchire bala lako, koma iweyo n’kumuchitira chipongwe balalo lisanapole. Tisamanyoze kapena kuchitira chipongwe anthu amene akutithandiza.

**Wachikumbakumba wasiya dzenje,  
kumudzi usakati “ndiwo!”**

-Mawuwa amanena za munthu yemwe wapita kukafuna mbewa ndiye wakumba n’kutopa n’kusiya una, ndiye kupita kunyumba n’kumakadandaula kuti alibe ndiwo.

Mwambiwu umagwiritsidwa ntchito ngati anthu akambirana zinazake ndiye akuuzana kuti asakaulule zinthu zimene amakambiranazo.

**Wachita mwa mlatho.**

-Kuchita chinthu chinachake kuti upulumuke ngakhale kuti sumafuna kuchichita.

## **Wachoka pa Chivuulandiwo wafika pa Chimwamchere.**

-Mawuwa amanena za munthu amene anali woipa kale ndiye waipiratu.

## **Wada m'mimba, akanakhala maso tikadatsukamo.**

-Mwambi uwu umanenedwa zinthu zikavuta kwambiri moti palibe chimene mungachite.

## **Wadabwa chule m'madzi muli mwake.**

-Mawuwa amanenedwa ngati munthu wadabwa ndi zinazake chifukwa choti si mmene zimayendera nthawi zonse.

## **Waduka lende, ana asewera pansi.**

-Mawuwa amanenedwa ngati munthu wamwalira n'kusiya ana.

## **Wadula mchira.**

-Mawuwa amanenedwa ngati munthu wina wapalamula kapena wachita chinachake



choipa. Mawu amenewa anachokera ku zimene mchira wa buluzi umachita ukaduka.

**Wadyera amakumba manda ake ndi mano.**

-Dyera limaphetsa. Munthu akhoza kudwala matenda osiyanasiyana chifukwa choti amadya kwambiri.

**Wadzoladzola matope, kumunda kulibe ndime.**

-Mawuwa amanena za munthu waulesi amene amayerkezera kuti walima koma asanalime, kungodzola matope kuti azioneka ngati amalima.

**Wafa atamva.**

-Mawuwa amanenedwa zikakhala kuti munthu wina wakumana ndi mavuto chifukwa chosamva.

**Wafa chona, khoswe akondwe.**

-Mawuwa amanenedwa anthu

akamasangalala kuti munthu amene  
amavuta pamudzi wachoka, kapena  
wamwalira moti azikhalano mwamtendere.

**Wafa mphaka makoswe asangalale.**

-Mawuwa amanenedwa anthu  
akamasangalala kuti munthu amene  
amavuta pamudzi wachoka, kapena  
wamwalira moti azikhalano mwamtendere.

**Wafa ndi dama lake.**

-Pa Chichewa mawu akuti dama  
amathanthauza kunyada, angathanthauzenso  
kuchita chiwerewere. Ndiye mawuwa  
amathanthauza kuti munthu wafa chifukwa  
cha kusamva kwake.

**Wafulumira kumeza asanatafune, ndiye  
cham'thimba pakhosi.**

-Tisamafulumire kuchita zinthu. Kuchita  
zinthu modekha n'kofunika.

## **Wafulumira kumeza kutafuna kukadakoma.**

-Tisamafulumire kuchita zinthu.

## **Wagenda katauluka.**

-Kulephera kapena kunena mawu zinthu zitapita.

## **Wakoka chingwe msampha uli pambuyo.**

-Mawuwa amanenedwa ngati munthu wapalamula chifukwa chosamvetsetsa kapena kusaonetsetsa bwino. Ngati munthu wachita zimene mwambiwu umanena, msamphawo umafwamphuka n’kumuvwapula.

## **Wagwa m’mbuna yosavundikira.**

-Mawuwa amatanthauza kuti munthuyo walakwa dala. Mbuna ndi dzanje limene anthu amatchera nyama n’kuima timaudzu pamwamba kuti nyamayo isazindikire kuti pali dzenje. Ndiye ngati munthu atagwa

m'mbuna yosavundikira, ndiye kuti amaona kuti pali dzenje.

**Wagwira pa Mbira, Nungu ali ndi ngololo.**

-Mawuwa amanenedwa ngati munthu wataya chinachake kapena waluza ndalama moti zoti aipezanso aiwale.

**Waika phale watama mano.**

-Munthu amene amakazinga chimanga ndiye kuti ali ndi mano. Ndi bwino tizizindikira zinthu zimene tingathe kuchita kapena ayi.

**Waimba muluzi m'chimbudzi ndiye kuti anakhuta.**

-Munthu sungapite kuchimbudzi ulibe cholinga. Munthu amene amati akakhala pamavuto n'kumasangalala kapena kumaimba muluzi ndiye kuti akudziwa zoti mavuto akewo atha posachedwa kapena akuimba mlandu munthu wina.

## **Waimba ng’oma yowambawamba.**

-Mawuwa amanenedwa ngati wina wachita zimene ena amayembekezera. Kapena ngati wachita zinthu zimene enanso amafuna. Anthuwo akamanena amati, “Waimba ng’oma yowambawamba.”

## **Waimba yakale, ana aakazi abwerera.**

-Mawuwa amanenedwa potanthauza kuti munthuyo wachedwa. Mwachitsanzo, munthu akhoza kumafuna kugula chinachake n’kupita kwa wogulitsa n’kukapeza zitatha. Wogulitsayo angamuuze kuti, “waimba yakale, ana aakazi abwerera.”

## **Waisenzera pankhongo.**

-Amenewa ndi mawu okokomezeka onena kuti nkhani sanaimvetse munthuyo.

## **Wakaduka alibe anansi.**

-Munthu ukakhala wakaduka anthu amakuthawa.

## **Wakalamba Wafuna.**

-Masiku ano anthu ambiri akumachita zinthu zomwe zingathandize kuti asaoneke okalamba kwambiri, ndiye akamatchula mwachining'a amangoti, "wakalamba wafuna."

## **Wakhala kuutsi dala.**

-Munthu akamafuna kuchoka amachita zinazake kuti achokepo. Mwambiwu umaziyerekezera ndi kukhala dala kuutsi kuti uziti wachoka chifukwa utsi ukukupwetseketsa maso.

## **Wakhalira khute.**

-Mawuwa amatanthauza kudikirira zinthu zimene sitingazipeze.

## **Wakhate samunamiza nsapato.**

-Tisamalonjeze zinthu zomwe sitingakwanitse kuchita, monga kunamiza wakhate kuti umugulira nsapato. Komanso si bwino

kulonjeza munthu mphatso yomwe sangathe kuigwiritsa ntchito. Umenewu umakhala mwano.

**Wakhungu akakuuza kuti ndikugenda, samala, waponda mwala!**

-Munthu amene sumaganizira akakuuza zinazake zachilendo, dziwa kuti palipo pamene akudalira.

**Wakhungu akati ndikugenda, ndiye kuti waponda mwala.**

-Munthu akamachita chinachake amakhala ndi podalira.

**Wakufa sadziwika.**

-Mawuwa amanenedwa anthu akamakangana n’kumanena kuti ndili ndi mphamvu kwambiri ndine. Nkhani yake imanena kuti, panali nkhanganda ndi finye ndipo tsiku lina zonse zikuyenda zinakumana. Nkhanga inati: “Ndimakufuna iwe! Wafa lero!

Koma finye anangoti: “Wakufa sadziwika!” Nkhanga inati, “Iwe ndi mwana wamwano eti? Ine ndikuti wafa lero!” Mmeneno n’kuti nkhanganga itayamba kale kujompha finye, uku finye akutulutsa utomoni woyera womwe unali kukakamira pamlomo wa nkhangayo. Nkhanga inayamba kulephera kupuma ndipo inafa. Wogonja kapena wakufa sadziwika mpaka zonse zitafika pamapeto pake.

### **Wakumba cha nje! mtengo wausiya.**

-Mawuwa amanenedwa ngati munthu walephera kupeza zimene amafuna kapena walephera kudziwa zoonazizizi.

### **Wakutsina khutu ndi mnansi.**

-Amene amakuchenjeza amakhala m’bale wako komanso amasonyeza kuti amakuganizira.



## **Wakwatira kwa mphezi, saopa kung'anima.**

-Munthu amene akufunitsitsa chinthu ayenera kukhala wolimba mtima. Chilichonse chili ndi zovuta zake choncho si bwino kungosiya kuchita zinthuzo chifukwa choti ukukumana ndi mavuto. Ukamayamba kuchita zinthu umayenera kuganizira mavuto ake.

## **Wakwatira mende, waleka chitute.**

-Mende samsunga chakudya anthu akangokolola, pomwe chitute amasunga. Ndiye munthu m'malo mokwara ndi mende wosunga chakudya, wakwatira mlesi weniweni chitute chifukwa cha kukongola. Tikamachita zinthu tizionetsetsa kuti tikusankha bwino. Si bwino kutengeka ndi zinthu chifukwa cha maonekedwe. Ukhoza kupezeka kuti wataya mwayi wopezapeza.

## **Walira mvula walira matope.**

-Chilichonse chili ndi zovuta zake, choncho si bwino kungosiya kuchita zinthuzo chifukwa choti ukukumana ndi mavuto. Tiyenera kumavomereza zotsatira za zomwe tasankha monga kulowa m'banja.

## **Wamenya chikambakamba mtima uli pansi.**

-Mawuwa amatanthauza kuti munthu walephera kuchita zimene umafunadi kuchita.

## **Wamisala anaona nkhondo.**

-Si bwino kunyoza munthu chifukwa santha kuchita zinthu zina chifukwa ali ndi mbali ina yomwe amachita bwino. Osamanyoza zonena za ena ngakhale kuti ndi ana kapena osaphunzira. Chifukwa nthawi zina zimene anganene zimakhala zothandiza kwambiri.

### **Wam'kachisi amadya zam'kachisi.**

-Munthu amapeza zimene akufunikira pamene amagwira ntchito.

### **Wamkulu salakwa.**

-Munthu wamkulu ngakhale alakwitse sauzidwira pagulu pomwepo kuti walakwa, koma kumukokera pambali.

### **Wampota bwanji khobwe ndili ku ula?**

-Mkazi anapota khobwe kapena kuti kumupanga chipere, pomwe mwamuna wake ankakonda wochita kubwira. Zimenezi zinakhumudwitsa mwamunayo moti anakwiya. Chilichonse chimakhala ndi dongosolo lake, choncho ndi bwino kumafunsa tisanachite zinthu.

### **Wamtengatenga sagona.**

-Munthu akafuna kuchita chinthu amafunika kuchita khama m'malo mochita ulesi. Ngati anthu amene amanyamula zinthu

samatopa kapena kugona.

**Wamuonetsa chidameta mduliro nyani.**

-Mawuwa amatanthauza kukhaulitsa munthu wina.

**Wamuonetsa chidameta nkhang mpala**

-Mawuwa amatanthauza kukhaulitsa munthu wina.

**Wamusiya ali njo! pabwalo.**

-Mawuwa amanenedwa anthu akamaseka munthu yemwe pabwalo lamilandu amasowa chonena. Amayamba kumukuwiza n'kumauza amene akuoneka kuti tikuwayenderawo mawu amenewa.

**Wamva m'mimba ndi amene amatsegula chitseko.**

-Munthu amene ali pamavuto ndi amene amachitapo kanthu kuti mavutowo amuchoke.

### **Wandalama sayimba nthungululu.**

-Si bwino kumanyada ukakhala pabwino.

### **Wandibisira mpeni kumphasa.**

-Mawuwa amanenedwa ngati munthu akudandaula kuti wina wawachitira chiwembu.

### **Wandigwiritsa fuwa lamoto.**

-Mawuwa amanenedwa ndi munthu amene wapusitsidwa ndi winawake.

### **Wandiviika m'mbuna.**

-Mawuwa amatanthauza kusungira munthu chakukhosi kuti udzamubwezere nayenso akadzalakwa.

### **Wanga ndi wamalonda.**

-Munthu woumira safuna kungopereka zinthu mwaulere.

### **Wangoopa njokaluzi.**

-Kumeneku ndi kuopa chinthu chosayenera

kuopedwa.

**Wani tambala ilibe chenje.**

-Pabanja pamafunika kukhala mwamuna mmodzi ndi mkazi mmodzi basi.

**Wanjala safuna ndiwo.**

-Munthu amene wayamba kuona kuti ndiwo zake sizikukoma amakhala kuti wakhuta. Wanjala saona zonsezo amangoti bola akhute.

**Wanjala salima, amalima ngwokhuta.**

-Kuti munthu agwire ntchito amafunika kudyera kaye.

**Wanjiru sagonera, mvula yake ndi imodzi.**

-Anthu oipa sakhalitsa.

**Wanyanga aferanji?**

-Mwambiwu umatanthauza kuti n'chifukwa chiyani munthu wodalira mankhwala amafa? Aliyense adzafabe afune asafune.

**Waona kamwana tola, ukulu n'kuona kako.**

-Munthu akayenda ndi mwana amayenera kukhala wokonzekera. Si bwino kumangodalira mwanayo pa chilichonse.

**Waona mawanga a Nkhanga wataya Nkhwali.**

-Ukamamvera za anthu umatha kutaya mwayi womwe uli nawo kale. Ukakhala ndi chinthu si bwino kuchinyoza chifukwa waona china chokongola kwambiri kuopera kuti ungataye chabwino n'kulephera kupeza chinacho.

**Wapala moto kudambwe eni ake alipo.**

-Mawuwa amatanthauza kuti wapalamula. Kapena kuyankhula miseche za wina, mwini wake akumva.

**Waponya katapita.**

-Kulephera kapena kunena mawu zinthu zitapita.

## **Wapsa phwetekere kumunda kwa make Chenjerani.**

-Mawuwa amanenedwa pantchito kapena malo ena pochenjezana kuti bwana kapena woyang'anira akubwera. Mawuwa amanenedwanso podziwitsa anthu kuti kuyamba gule wamkulu.

## **Wasekerera fupa wayesa mnofu.**

-Munthu asamangokhutira ndi zimene akudziwa kapena zimene waphunzira. Akhoza kudabwa atazindikira zinthu zinanso zofunika kwambiri.

## **Wasosolera pamsampha.**

-Kumeneku ndi kuchenjeretsa munthu. Angatanthauzenso kuchita choipa ena ake akuona.

## **Watcha ndikupenya, msampha wakewo uwola.**

-Pamene munthu wina ankatchera



msampha, nkhangha inaona ndipo  
inachenjera. Mwambiwu umatanthauza kuti  
munthu akhoza kumva zinazake  
n'kuchenjera kuti asagwere m'mavuto.

### **Watchera kumwezi, Nkhangha zaona.**

-Munthu wina ankatchera msampha mwezi  
ukuwala ndiye nkhangha zinaona  
n'kuchenjera. Mwambiwu umatanthauza kuti  
munthu akhoza kumva zinazake  
n'kuchenjera kuti asagwere m'mavuto.  
Ukafuna kumugwira munthu si bwino  
kuulula njira zako.

### **Watchera kumwezi.**

-Munthu akamachita zachinyengo, nthawi  
imafika yomwe anzake amamutulukira.

### **Watenga kafukanyeka.**

-Kafukanyeka ndi matenda opatsirana.  
Mawuna amanenedwa ponena za munthu  
amene watenga matenda osachiritsika

chifukwa cha chiwerewere.

**Watenga kamwana, wasiya amawo.**

-Mawuwa amanedwa ngati munthu wina wapusitsa mnzake. Munthu wopusitsidwayo amanena kuti akuona ngati wachenjera atatenga kamwana n'kusiya manthu. Akadzabweranso adzaona.

**Watenga ya kunkhuni kumchere amwera madzi.**

-Mawuwa amanena za munthu amene akufulumira kuchita zinthu ngati mmene amachitira munthu amene ali ndi ludzu loopsa chifukwa choti akuchokera kotola nkuni. Munthu wotere amatha kumwa madzi amchere chifukwa chopupuluma kuti aphe ludzu lake.

**Watha m'kamwa muuzimba zikalimo.**

-Mwambiwu umanenedwa pamene mlandu wagamulidwa koma anthu sakukhutira ndi

chigamulo. Nkhaniyo imakhala sinathe atakumana ku uzimba wina akhoza kubaya mnzake ali naye chifukwayo.

**Wathundukwa, wadya yapaphewa.**

-Mawuwa amanedwa poloza wina chala kuti ndi mfiti ndipo wadziwika.

**Watukwana nankungwi mawere atamera.**

-Mawuwa amanena za munthu amene wachitira mwano akuluakulu kuiwala zoti awafuna. Mwachitsanzo, wachinyamata kunyoza nankungwi wake atayamba kumera mabere. Tiyenera kumalemekeza akuluakulu chifukwa ndi amene angatithandize.

**Watuluka m'mphuno n'kulowa m'kamwa.**

-Mawuwa amanena za munthu amene sanakwatire kutali, mwina wakwatira pafupi ndi mudzi wake, kapena wakwatira msuweni wake.

## **Wavina kumadzi.**

-Mawuwa amanena mokokomeza za munthu amene amatamba usiku. Kumadzi ndi kumtsinje. Malinga ndi zikhalidwe za ku Africa kuno, ena amakhulupirira za ufiti ngakhale palibe umboni wokwanira woti ulipodi.

## **Wawona Nkhanga maanga wataya Nkhwali.**

-Si bwino kutengeka ndi zinthu chifukwa cha maonekedwe. Ukhoza kupezeka kuti wataya mwayi wopezapeza.

## **Wayanja mbatata, wataya mpeni.**

-Mawuwa amatanthauza kusiya zinthu zenizeni n'kumalimbana ndi zinthu zosafunika.

## **Wayenda wapenga, wagona wafa.**

-Ngati munthu wapita kuchilendo ayenera kumakumbukira kuti tsiku lina adzabwerera kwawo.

**Wochenjera ndi munthu amene amati  
akaona tsoka amabisala, koma chitsiru  
chimangopitabe n'kukumana ndi mavuto.**

-Mwambiwu ndi wochokera m'Baibulo koma  
anthu ambiri amaugwiritsa ntchito  
pochenjeza anthu ena omwe amachitabe  
zinthu zomwe akudziwa kuti zikhoza kuwaika  
m'mavuto.

**Wodya nyemba amaiwala, koma wotaya  
makoko saiwala.**

-Zimene anthu ena amachita amaziiwala,  
koma amene wachitiridwayo zimavuta kuti  
aziiwale.

**Wodya za kuchinamwali akudza ndi  
tambala.**

-Mawuwa amatanthauza kuti munthu amene  
amakadya kuchinamwali ndi amene  
amatenga tambala akamapita  
kuchinamwaliko. Kukhala bwino ndi anthu

n'kothandiza.

**Wodyera kuyenda adatha mtunda ndi kukhuta.**

-Munthu amene amangoyendayenda mwa anzake n'kumapemphetsa samafa ndi njala.

**Wofulumira kunena adathawitsa Likongwe la apongozi.**

-Nkhaniyi imanena za mkamwini wina yemwe anafulumira kunena kuti amene atathawitse Likongwe wa apongozi asamuka pamudzi. Ndiye zinachitika kuti likongwe atabulika anathawira mbali yake ndipo iyeyo anambwita. Basitu, anasamuka pamudzi chifukwa chopupuluma kuyankhula. Tisamatsogoze mawu zinthu zisanachitike.

**Wofunsa ndiye afunsa kutali.**

-Kufunsa zinthu zisanasokonekere n'kothandiza kusiyana ndi kumafunsa zitavuta kale.

### **Wofunsa simung'ambira nguwo.**

-Kufunsa si kulakwa, choncho wina akatifunsa tisamamupsere mtima, kumung'ambira nsalu yake. Koma tizimuthandiza ndi vuto ali nalolo.

### **Woipa athawa yekha.**

-Munthu amene wapalamula amathawa popanda womuthamangitsa. Mwachitsanzo, akangoona apolisi amaona ngati akufuna iyeyo.

### **Wojeda salipira, alipira ndi woseka.**

-Kuseka zinthu zopanda pake sikuthandiza. Tisamauze ena nkhani zimene tangomva chifukwa zina zimakhala zabodza. Tingapalamule nazo.

### **Wokaona nyanja adakawona ndi mvuwu zomwe.**

-Nthawi zina ukamayendera zina umathanso kuchita mwayi wochitanso zina.

**Wokaona nyanja anakaona ndi mvuu zomwe.**

-Ukayendera zina umatha kukakumananso ndi zina zomwe sumayembekezera.

**Wokoma atani wonga fungwe.**

-Mawuwa amanenedwa munthu akamadandaulira anthu osayamika ngakhale utawachitira zabwino.

**Wokoma sagonera.**

-Anthu abwino sakhala moyo nthawi yaitali.

**Wokumba ndi amene amayenda ndi mchopolo.**

-Mchopolo ndi ndodo yokumbira. Munthu sangakumbe popanda chokumbira. Tiyenera kukonzekera bwino tisanayambe kuchita chilichonse.

**Wokwatira azidya mapira.**

-Pabanja pamakhala mavuto ambiri omwe



amafunika kupirira. Ndiye mapira ndi mbewu imene imapirira chilala. Choncho, kudya mapira kukutanthauza kuti munthu amene ali pabanja ayenera kukhala wopirira.

### **Wolanga mwambo sachita.**

-Anthu ena amangodziwa kuuza anzawo zochita koma iwowo osachita. Kutu malangizo akhale ogwira mtima umafunika uyambe kaye iweyo kuwatsatira.

### **Wolemera ndi amene amakhutira ndi zomwe ali nazo.**

-Ngakhale munthu atakhala ndi zochuluka bwanji, koma osamakhutira, munthu woteroyu sangakhale wolemera. Kulemera kwenikweni n'kukhutira ndi zimene uli nazo.

### **Wolira samugwira pakamwa.**

-Munthu amene akulira mumafunika kumusiya kuti ayankhule zakukhosi kwake.

### **Wolirira kwawo adapita ndi madzi.**

-Mawuwa amachenjeza munthu amene akuchita makani anzake akamamulangiza. Anthu ngati amenewa amakhala ngati akudziwa zonse ndipo pamapeto pake amakumana ndi mavuto oopsa.

### **Wolondera chitsime safa ndi ludzu.**

-Munthu amadyera ntchito imene amagwira monga wodikirira chitsime sangasowe madzi.

### **Woluka nsengwa (malichero) adyera m'chipapa.**

-Nthawi zina munthu wogwira ntchito zaluso sakonda kutengako chimodzi chifukwa choganiza kuti akatero akuwononga. Iye amagwiritsa ntchito zipangizo zakutha kapena zosweka.

### **Wongolozera kumtondo, kumunda kulibe ndime.**

-Mawuwa amanena kuti tisamakhale aulesi,

anthu omangokonda kudya osati kulima.

**Wonukha samadzimva, amamumva ndi anzake.**

-N'zovuta munthu kudziwa kulakwa kwako kapena makhalidwe ako oipa koma anzako. Ndi bwino kumafunsako ena kuti atiuze mavuto athu.

**Wopempha salira tololo.**

-Tizikhutitsidwa ndi zomwe tili nazo kapena tapatsidwa. Mwachitsanzo, munthu wopemphetsa samafuna kuti amupatse zodzadza thumba.

**Wopemphetsa sakulitsa chitete.**

-Wopemphetsa amafunika kumakhutira ndi zimene wapatsidwa.

**Wophikira ena amafa ndi njala.**

-Tiziyamba kuona zosowa zathu kaye tisanayambe kuthandiza ena.

## **Wopunduka n'Chauta, mpembedzeni.**

-Tiyenera kulemekeza anthu ngakhale atakhala wolumala chifukwa nawonso ndi ana a Mulungu.

## **Wopupuluma anadzikodzera chifukwa cha mvula yongodutsa.**

-Mawuwa anabwera chifukwa cha munthu wina yemwe ankafuna kutaya madzi. Ndiye poona kuti mvula ikubwera ndipo anyowabe, anangodzikodzera koma mvulayo inangolambalala umo, osamunyowetsa moti anachita manyazi kwambiri. Tisamapupulume pochita zinthu.

## **Wopusa amamanga nyumba, wochenjera nagula.**

-Ndi bwino kumaganiza kaye tisanachite chinthu kuopa kuchita zinthu zopanda mnzeru.

## **Wopusa anaomba ng'oma, wochenjera navina.**

-Nthawi zina anthu amene amaoneka opusa ndi amene angatithandize. Tizona ena kukhala otiposa pa chinachake.

## **Wosamva adamva nkhwangwa ili m'mutu.**

-Munthu wosamvera malangizo amadzawamvera atakumana kale ndi mavuto. Kumamva nkhwangwa itafika kale m'mutu komwe ndi kumva mochedwa.

## **Wosamva za anzake n'chitsiru.**

-Munthu amene samva za anzake amakhala chitsiru, wopulukira komanso wosadziwa kanthu chifukwa saphunzira chilichonse kuchokera kwa ena.

## **Wosamvera za anzake adalira ching'ang'adza.**

-Munthu amene ndi wosamvera ena, amadzilirira yekha akakumana ndi mavuto.

### **Wosauka ndiye wolemera.**

-Wosauka ndiye amapeza tulo komanso kusangalala ndi zomwe wapeza pomwe wolemera sapeza tulo.

### **Wosoka mphasa amagonera pazidutswa.**

-Nthawi zina munthu wogwira ntchito zaluso sakonda kutengako chimodzi chifukwa choganiza kuti akatero akuwononga. Iye amagwiritsa ntchito zipangizo zakutha kapena zosweka. Mwachitsanzo, woluka mphasa akhoza kumagona pansi, akasoka mphasa kumangogulitsa.

### **Wosoka mphasa amagona pamachika.**

-Nthawi zambiri anthu amene amasoka mphasa ndi amene amagonera mphasa zakutha. Ndi bwino kumasungako zinthu zina kuti tigwiritse ntchito.

### **Wosuma chakudya alibe mawu.**

-Ngakhale tikusowa zinthu zina, tiyesetse

kumakhutitsidwa ndi zomwe tili nazo.

**Wotchera ulimbo satsokomora.**

-Pa mlandu timafunika kuyankhula mosamala kuti tisaulule zina.

**Wotengera Nguluwe kuutsa n'chayamba kale.**

-Anthu amene amavumbulutsa nguluwe kutchire n'kuigwira amafunika kukhala oti anayamba kale. Ukapeza ena akuchita zinthu zachilendo si bwino kungoyamba kuchita nawo, mwina iwowo amadziwa machitidwe ake.

**Wothabe upse mbala.**

-Ukamayenda ndi anthu oipa, usamadabwe ukagwera m'mavuto.

**Wotsirira anzake amatsiriridwa.**

-Ukachitira anzako zabwino nawonso amakuchitira zabwino.

### **Wotuwa mpake mafuta.**

-Tiyenera kuthandiza ena omwe akuvutika.

### **Wotuwa m'pemphe mafuta.**

-Osauka nthawi zina amatha kukhala ndi zinthu zimene olemera alibe, monga masingano.

### **Wotuwa ndiye amafuna mafuta.**

-Ndi munthu amene ali pamavuto amene amayesetsa kuti apeze zimene akufuna.

### **Woumba mbiya alibe mkhate.**

-Si bwino kumaumira kugwiritsa ntchito zomwe tili nazo.

### **Woumba mbiya amaphikira m'phale.**

-Nthawi zina munthu wogwira ntchito zaluso sakonda kutengako chimodzi chifukwa choganiza kuti akatero akuwononga. Iye amagwiritsa ntchito zipangizo zakutha kapena zosweka.



### **Woumba mbiya saphikira m'phale.**

-Si bwino kumaumira kugwiritsa ntchito zomwe tili nazo.

### **Woumiriza ndiye amapha nyama.**

-Nthawi zina chinthu choumirizidwa ndi chimene chimatheka komanso kuchitidwa bwino kwambiri.

### **Wovala nyanda salumpho moto.**

-Nyanda ndi kampango komwe azimayi amavala m'chiuno. Nyanda sichedwa kugwirira moto. Si bwino kumachita zinthu zimene zingatiike m'mavuto monga kuchita chiwerewere ndi zina.

### **Wovinidwa sapisa dzanja m'mphika wa ndiwo.**

-Tiyenera kusiya kuchita zachibwana tikakula.

**Woyenda ndi lupanga amafa ndi lupanga lomwelo.**

-Chinthu chimene umakonda n'chimene chimakupha.

**Woyenga mafuta satuwa.**

-Munthu amapeza zimene akufunikira pamene amagwira ntchito.

**Woyerekedwa anagwa m'mpheto mwa apongozi.**

-Munthu ukamachita zinthu moyerekedwa, nthawi zina umadzachita zinthu zosayenera monga kugwera apongozi povina.

# Y

**Yagwa m'mbale ndi ndiwo.**

-Tisamasankhe ndiwo tikamadya.

**Yakondwa nkhwichi, Kalulu wakwiya.**

-Anthu ena sakondwa mnzawo akatukuka.

**Yangeyange adaphetsa kangaude.**

-Tiyenera kumachita zinthu mwadongosolo komanso mogwirizana kuti tisapeze mavuto.

**Yaphwa nyanja ana atole nkhombe.**

-Mauwa amanena za mavuto amene ana amakumana nawo chifukwa choti makolo awo amwalira.

**Yaponda thope yamwa.**

-Pakakhala chizindikiro chinachake ndiye kuti chinthucho chachitikadi.

## **Yemwe umam'konda usamubwereke ndalama.**

-Munthu amene umamukonda akhoza kukukhumudwitsa ngati utamubwereka ndalama iyeyo osabweza. Posonyeza kumukonda, popeza ambiri sabweza ngongole, ndi bwino usamubwereke.

## **Yotema ndi nkhwangwa udzadya, ya mpeni sudzadya.**

-Munthu akatema nyama ndi nkhwangwa anthu ena amamva ndipo amabwera kuti adzadye nawo. Koma yodula ndi mpeni palibe amadziwa. Tisamachite zinthu modzionetsera.

# Z

**Za eni n’za eni, madzi amoto satentha nyumba.**

-Sitiyenera kumajijirikira zinthu za eni chifukwa tikhoza kungopusapo.

**Za kumzinda saulura.**

-Ndi bwino kuti tizisunga chinsinsi cha zimene tamva kapena kuona.

**Zabwino zili m’tsogolo.**

-Ngati munthu utayesetsa kuchita khama, ukhoza kukhala ndi tsogolo labwino.

**Zachoka ndundu tiyanike inswa.**

-Mwambiwu ndi wofanana ndi wakuti,  
“Achoke malizagudu, tiyanike inswa ziume.”  
Umanenedwa posangalala kuti anthu amene sumafuna kuti akhalepo ukamachita zinazake achoka.

### **Zachoka ndundu tiyanikeko inswa.**

-Anthu ena omwe safuna kuti anzawo amveko zachinsinsi zawo amayesetsa kuti akambirane zachinsinsizo ena aja akachokapo kapena amapita pamalo oduka mphepo.

### **Zadzera usetekera, mkombaphala anaduka chala.**

-Chala chamkombaphala chikhoza kuduka chifukwa chochigwiritsa ntchito udyo. Tizichita zinthu moyenera.

### **Zafera m'mazira.**

-Zalephereka, sizinapite patali.

### **Zakuba sizilemeretsa.**

-Munthu amene ali ndi zinthu zakuba sazisamalira ngati mmene zikanakhalira akanagwira ntchito.

### **Zakumva zimaondetsa.**

-Osamangomvera zilizonse chifukwa zina zimakhala zabodza ndipo zimangokupatsa nkhawa.

### **Zakumva zimapweteketsa mutu.**

-Osamangomvera zilizonse chifukwa zina zimakhala zabodza ndipo zimangokupatsa nkhawa.

### **Zakusimba saulula.**

-Tizisunga chinsinsi, osamangoulula chilichonse chimene tamva ngati kuti kamwa lathu lili ndi chiboo.

### **Zala sizifanana, nawoso anthu amasiyina.**

-Tiyenera kumachitira aliyense mofanana. Ngakhale kuti zala ndi zotalika mosiyanasiyana, zonse zimafuna kusamaliridwa mofanana.

**Zam'dengu zimapindula ukachita khama.**

-Malonda amafunika khama komanso kulimba mtima.

**Zamwini sakulira mwendo.**

-Si bwino kumachita matama chifukwa cha zinthu za eni kapena kumanyoza ena chifukwa cha chuma cha abale athu.

**Zamwini savalira thewera.**

-Tisamalowerere nkhani za anthu ena.

**Zanga zili kuphiri, zifulumira kutsika.**

-Tisamakongole tilibe podalira.

**Zangazanga zidathyola bwampini msana.**

-Munthu amene amangosonkhanitsa zinthu zomwe sangazigwiritse ntchito ndi wopusa chifukwa amangovutika.

**Zaona atondo n'zolaula.**

-Atondo ndi mbewa. Mbewazi zinakumana ndi mavuto aakulu zitakodwa mumsampha.



Aliyense akhoza kukumana ndi mavuto.

**Zathu, salowa m'khola.**

-Munthu m'modzi sakhala ndi mphamvu pa zinthu zagulu.

**Zawombera mpeni.**

-Zomwe ndimafuna zalephereka, ndalephera.

**Zembeni kumowa, kumlandu andiitana.**

-Anthu ena amaitana anzawo zikavuta, zikamayenda amawataya.

**Zengerezu adalinda kwawukwawu.**

-Kuzengereza kumagwetsera munthu m'mavuto. Kungatilepheretsenso kuchita zinthu zofunika kwambiri.

**Zidze pano n'za tonse.**

-Pamudzi pakagwa mavuto timayenera kuthandizana.

## **Zigwinjiri maliralira, zinalira mumsongolo wa mbala.**

-Munthu wina ataba zingwinjiri anagwidwa zitalira m'thumba. Choipa sichingabisike chimaululika.

## **Zika ukaona, Kamba anga mwala.**

-Kamba ngati sakusuntha amaoneka ngati mwala. Nkhani zina zimakhala zosamvetsetseka. Wina akhoza kudwala mwakayakaya, koma wina wolimba n'kumwalira kusiya wodwalayo.

## **Zikachuluka sizidyeka.**

-Ndi bwino kumachita chinthu chimodzi pa nthawi imodzi.

## **Zikagwera pamphuno sizidyeka.**

-Mawuwa amanena za munthu amene akulephera kugamula mlandu chifukwa choti ndi wa m'bale wake.

**Zikatalika zala ngati nkhonje wakhobwe.**

-Mawuwa amanena za munthu wakuba.

**Zikungokhala pachilowelo.**

-Mwambiwu umanena za anthu amene akubwera kumadzapempha chifukwa choti amva zoti anzawo anapatsidwa.

Mwachitsanzo, mwana akakhala m'chilowero anthu amabwera kudzamuona kuti adzamupatse mphatso.

**Ziliko n'kulinga utatosako.**

-Si bwino kutsimikizira chinthu usadapeze umboni wokwanira. Umboni weniweni umafunika kuchoka pa zimene wazona.

**Zina kambu zina leku.**

-Umafunika kusankha zoyenera kuyankhula kapena ayi.

**Zinapangana zinaulukira pamodzi.**

-Tiyenera kumachita zinthu mogwirizana.

**Zingale akaipa, aipa ndi nthenga zomwe.**

-Munthu woipa mtima amaipa ndi mawu komanso zochita zomwe. Zochita zakezo zimakhudzanso abale ake.

**Zingalume phula nditenga.**

-Mawuwa amanenedwa kuti ngakhale akumane ndi mavuto otani, sasiya mpaka atapeza chimene akufuna.

**Zingwinjiri sizipanganika, zimalira m'thumba la mbala.**

-Munthu wina ataba zingwinjiri anagwidwa zitalira m'thumba. Choipa sichingabisike chimaululika.

**Zingwinjiri zimalira zikakhala ziwiri.**

-Kuti zinthu ziyende timafunika kuthandizana.

**Zingwinjiri zimalira ziwiri, osati chimodzi.**

-Anthu akakhala awiri amathandizana pa

zambiri. Munthu akakhala wodzikonda zikamuvuta amasowa womuthandiza.

**Zinthu zimayenda ndi zinzake.**

-Anthu opeza mofanana amagwirizana.

**Zipupa zili ndi makutu.**

-Tizionetsetsa tisananena zachinsinsi chifukwa makutu ali ponseponse.

**Zizikanika zitayang'anana.**

-Ndi bwino kumayesetsa kuchita khama pochita zinthu. Zichite kukanika zokha.

**Zizingokomera mbuzi kugunda galu, galu akati alumeko akuti waboola nguwo.**

-Munthu wokondedwa kapena wotchuka akachitira ena zoipa, si kawirikawiri kumudzudzula. Koma munthu wooneka ngati wopanda ntchito akachitira anthu ngati amenewa zoipa amalandira chilango chokhwima.

### **Zokoma zili m'tsogolo.**

-Munthu ukachita khama umadzakhala pabwino.

### **Zolowere n'kudyere mwana.**

-Mawuwa amanenedwa pochenjeza munthu kuti akufuna akuchitire zoipa pokunyengerera.

### **Zonse ndi moyo.**

-Kuti munthu achite chilichonse amafunika kukhala ndi moyo. Munthu ngati ali moyo akhoza kuchita chilichonse chimene akufuna.

### **Zonse ndi nthawi.**

-Chilichonse chimachitika pa nthawi yake.

### **Zumba likoma ndi nsinjiro.**

-Nkhani yongomva imapita iwonjerezeredwa mpaka imasokoneza zinthu. Zumba ndi masamba owawa. Amakonda ndi nsinjiro.

# Ya m'mitengero

## **“Akuchita dala” adapita ndi madzi.**

-Tisamalekerere anthu akuchita zoipa kapenanso akusochera pongoganiza kuti adziwa chochita popeza ndi aakulu msinkhu kapena ophunzira kwambiri. Mpofunika kuwachenjeza ndi kuwathandiza kuti asagwere m'mavuto.

## **“Andilekere” adapha make.**

-Kuti zinthu zitiyendere bwino, tizipempha mnzeru kwa ena, apo ayi tikhoza kuchita zinthu zomwe tinganong'oneze nazo bondo.

## **“Bongololo ndi ndiwo” uli ndi anzako amene umadya nawo.**

-Umboni umafunika ngati ukuchita zinthu kuti udziwe ngati ukulondoladi.

### **“Chitachita” sachichitika.**

-Kuumiriza kapena kuzunza anthu pogwira ntchito sikuthandiza, chifukwa mapeto ake ntchitooyo ndi imene imawonongeka.

### **“Chitani” adagulira nkhwangwa matowo.**

-Pafunika kuganizira mofatsa tisanagule chinthu chifukwa mwina tikhoza kungowononga ndalama pachinthu chopanda ntchito kwenikweni.

### **“Chitani” adakafera kunyanja.**

-Munthu wolamula asodzi anafera kunyanja chifukwa chosadziwa kupalasa bwato. Nthawi zonse ankangouza ena kuti apalase. Pofuna kuchita kanthu kena pafunika kufunsa ena kuti atithandize kachitidwe kake, kenaka n’kuganizira bwino ngati tingathe. Zinthu zoumiriza sizichita bwino.



**“Diso la Lumbe lili m’kamwa,” n’kulinga utaliona.**

-Sibwino kumanena zinthu zimene sukuzidziwa bwinobwino.

**“Gona n’kuphe” sali patali!**

-Ena akatiuza kuti tidikire, tisamanyinyirike chifukwa nthawi sichedwa kutha.

Chachikulu n’kudikira kuti winayo akwaniritse lonjezo lake.

**“Gona” ndi mwini nyumba (mudzi).**

-Ukakhala mlendo sungachite kapena kutenga kalikonse, pokhapokha eni pakhomopo atakuuza.

**“Gona” ndi mwini wake wa nyumba.**

-Ulamuliro wa chinthu umayenera kuchoka kwa mwini wake chinthucho.

**“Ichi chakoma, ichi chakoma,” pusi adagwa chagada.**

-Osamangotengeka ndi chilichonse koma kumaika mtima pachinthu chomwe ukufuna. Ukamati uku wapita, uku wapita, mapeto ake umalephera zonse.

**“Ichi chakoma,” adagona m’khufi atafika kwawo.**

-Ukamakonda kwambiri zosangalatsa, umayenera kudziwa kuti mavuto akukusunzumira mochenjera.

**“Ichi n’changa” chidapinditsa mchira wa nyani.**

-Nthawi zina chifukwa cha umbombo timawonongetsa zinthu. Munthu angaganize kuti, “Ndikatulutsa pano ndidya ndi anzangawa,” akamati akaone amakapeza zawonongeka.

**“Ichi n’changa” chinaolera pansalu.**

-Kuumira kumachititsa kuti zinthu ziwonongeke.

**“Ichi n’chiyani” n’kulinga muli awiri.**

-Anthu akakhala awiri amatha kuchita zinthu modalirana ndipo amatha kuthandizana wina akapeza mavuto.

**“Ichi n’chiyani” n’kulinga muli awiri.**

-Munthu aliyense amafuna wina woti azimuphunzitsa, kumusangalatsa komanso kumulangiza. Pawekha sungachite kalikonse.

**“Ili kutali mvula,” m’mera uona ng’amba.**

-Mawuwa amagwiritsidwa ntchito pamlandu ngati mboni yachedwa. Mboniyo ikachedwa, mlandu umayambikabe. Akabwera, adzapereka umboniwo panthawi yake. Mwambiwo umalimbikitsa anthu kuti azichita zinthu pa nthawi yake.

**“Ili kutali mvula,” mpesa umera m’ngamba.**

-Zinthu zimachitika panthawi yake mosatengera kuti wina kapena chinachake palibe.

**“Ine panalibe” adang’amba thumba.**

-Kumvetsera ena akamakufotokozera zimene zinachitika iwe kulibe n’kothandiza kuti usanene kapena kuchita zinthu zomwe sumayenera kuchita.

**“Izo zokha ndiye ayi,” fisi adakana nsatsi.**

-Si zonse zimene anthu amanenera munthu zimakhala zoonza. Ngakhale munthu atakhala wamakhalidwe oipa, pamafunika umboni weniweni tisanamunene kuti wachita cholakwa.

**“Kakadachepa,” n’kuona msandulizo.**

-Tizipempha thandizo kuchoka kwa anzathu zinthu zisanafike poipa.

**“Kwapita apongozi,” n’kulinga utawaona.**

-Umayankhula za chinthu chimene wachiona kapena ukuchidziwa.

**“Kwaya kwaya” ndi uchitsiru, wochifuna apempha yekha.**

-Osamakakamiza munthu kuchita zimene sakufuna.

**“Kwaya kwaya” wam’kamwa, mtima uli pomwepo.**

-Mawuwa amanena za munthu amene amalonjeza kukupatsa chinthu asakufuna kukupatsa kapena mtima wakenso uli pomwepo.

**“Kwazizira” alibe mpani.**

-Munthu waulesi amakhalanso ndi njala. Tiyenera kugwira ntchito kuti tipeze zimene tikufuna.

**“Mbewa zidyana,” amatero Aphiri pofunsira Naphiri.**

-Mawuwa amanenedwa ngati anthu a pachibale akuchita zosayenera pophwanya chikhalidwe chawo monga pankhani ya kukwatira.

**“Mchakwawo” adanka ndi madzi.**

-Tisamalekerere anthu akuchita zoipa kapenanso akusochera pongoganiza kuti adziwa chochita popeza ndi aakulu msinkhu kapena ophunzira kwambiri. Mpofunika kuwachenjeza ndi kuwathandiza kuti asagwere m’mavuto.

**“Momwemo” walinga utamwamo.**

-Kuti munthu udziwe zinthu, umayenera kuzichita kaye.

**“Mpokoma pano” ndiye kuti mwagona awiri.**

-Kuti munthu uyamikire kuti pamudzi

kapena pakhomo ndi pabwino, umayenera kucheza ndi ena n’kumva za anthu a pakhomopo.

**“Mulungu akundiona” anadyedwa ndi ng’ona.**

-Mulungu amathandiza munthu yemwe amadzithandiza yekha.

**“Muonere ine” adadyedwa ndi ng’ona.**

-Si bwino kumadzionetsera kuti timadziwa zinazake, chifukwa tikhoza kupeza mavuto.

**“Mwana wa a uje wasamba” n’kulinga atakhuta.**

-Ngati mwana wasamba m’manja atadya ndiye kuti wasangalala ndipo wakhuta. Tizipatsa ana zinthu zokwanira kuti azisangalala.

**“N’chomwecho” chidaletsa Nkhandwe kubwera kumudzi.**

-Nkhandwe imakonda moyo wakutchire. Munthu azichita zinthu zimene zimamukomera.

**“N’dzalemera” adamka ndi nguwo ya insa.**

-Osamazengereza kugwira ntchito chifukwa ukakhala waulesi umangosaukirasaukirabe mpaka kufika povala chikopa cha insa.

**“N’konzen’konze” adanyula maliro a eni.**

-Munthu usamajijirike pa zinthu za eni chifukwa ukhoza kupeza mavuto ngati utalakwitsa chinachake.

**“N’konzen’konze” adasupula mtembo wa eni.**

-Si bwino kumachita phuma pa zinthu chifukwa umatha kupalamula nazo.



**“N’kulen’kule” adagwa padzala.**

-Kuthamangira kudziwika kumagwetsera munthu m’mavuto.

**“N’kulendinen’kulendine” adagwa padzala.**

-Munthu wodzikuza komanso wonyada, anthu ena amamuchepetsa n’kumuchititsa manyazi.

**“N’tapen’tape” adataya lipande.**

-Timafunika kuchita zinthu mwachifatse, osapupuluma chifukwa ukapululuma umawononga zinthu ngati munthu amene akufuna kuchotsa lipande (mphale) mumtondo n’kumachita mwachangu kwambiri amataya mphale yambiri.

**“Ndafulumira” adadya zosapsa.**

-Tisamachite zinthu mofulumira kwambiri chifukwa pamapeto pake zimakhala zosalongosoka. Tisamafotokoze nkhani yomwe sitinaimvetse bwino, chifukwa

tingafotokoze zosapsa.

**“Ndafulumira” anasiya tonde m’khola.**

-Changu nthawi zina chimawononga zinthu monga munthu amene sanatsegulire ziweto zake.

**“Ndakhupuka” adagwetsa nyumba.**

-Si bwino kumadzitama ndi zimene tili nazo chifukwa sitidziwa za mawa.

**“Ndakulapa” n’kulinga utayenda naye.**

-Kuti munthu udziwa khaliwe la mnzako umayenera kukhala naye pafupi osati kungomuona.

**“Ndakuona” adalasa galu.**

-Munthu wina ali kosaka nyama anzake anamufunsa ngati waiona nyama. Iye anangovomera chifukwa ankaona kuti achita manyazi ndipo anagenda n’kupha galu wake yemwe. Ngati sukudziwa zinazake si bwino

kungovomerera manyazi. Ndi bwino kupempha ena kuti atithandize.

**“Ndakwatira” n’kulinga utagonera.**

-Osamafulumira kunena kuti wapeza banja labwino mpaka patatha nthawi ndithu, chifukwa anthu ena amabisa khalidwe lawo poyamba.

**“Ndaonera momwemo,” mwambi wa gulugufe.**

-Tsiku lina gulugufe ankamwa timadzi ta m’maluwa. Ena pomufunsa anati: “Kodi ukhuta timadzi tomweto?” Gulugufeyo anayankha kuti, “Ndaonera momwemo” kutanthauza kuti ndavomera zonse zimene mukunenazo. Mawuwa amatanthauza kuti tizikhutitsidwa ndi zimene tili nazo ngakhale ena atamakhaba kuti sangathe kukhala moyo wachoncho.

**“Ndapakonda” adasiya khonde.**

-Ukakhala mlendo uyenera kudziwa nthawi yochoka chifukwa ukakhalitsa eni ake amatopa nawe ndipo amasiya kukusamalira ngati mlendo.

**“Ndichite bwino,” gondwa anafa.**

-Munthu wochita zinthu modzitama, amadzachita manyazi tsiku lina.

**“Ndidyeretu” adasowa mbewu.**

-Tisamatsiriziretu katundu kapena mbewu zonse. Tizisunga zina kuti zidzatithandize m'tsogolo.

**“Ndifa, ndifa” adalaula moyo nthawi yaitali.**

-Tisamapange malonjezo opanda pake.

**“Ndikanakhala ine” anathawitsa anyani a mwini wake.**

-Mawuwa amanena za munthu womva

zayekha, wopereka malangizo osathandiza kapena wosowetsa anzake mtendere.

**“Ndikanakhala ine” sapita kumilandu.**

-Pali anthu ena omwe amati zinthu zikadutsa amayamba kunena maganizo awo koma pamene zimachitika anangoti du. Kuchita zimenezi sikuthandiza.

**“Ndikhale nawo” analanda malo.**

-Alendo ena amakhala ndi cholinga cholanda malo, moti mukapanda kusamala amapezeka kuti ayamba kukulamulirani. Chitsanzo ndi bonongwe. Amayamba ndi m'modzi koma kenako amadzadza munda wonse.

**“Ndikometsendikometse” ndiko kuipitsa.**

-Osamachita zinthu chifukwa chongofuna kuyamikiridwa, mapeto ake umalakwitsa kapena kuwononga zinthu.

**“Ndikonzendikonze” adanyula mtembo wa eni.**

-Si bwino kumachita phuma pa zinthu chifukwa umatha kupalamula nazo.

**“Ndikudziwa kale” adamanga nyumba yopanda khomo.**

-Munthu amene amadziyesa wodziwa zonse amalephera kufunsa ena, mapeto ake amalakwitsa anthu n’kumuseka. Ndi bwino kumafunsa ena.

**“Ndikupha mawa” sali patali.**

-Ena akatiuza kuti tidikire, tisamanyinyirike chifukwa nthawi sichedwa kutha.

Chachikulu n’kudikira kuti winayo akwaniritse lonjezo lake.

**“Ndili ndekha ndili ndekha” ndi amene akutha anthu.**

-Anthu omwe alibe ana ndi amene amachitira ana a ena nkhanza. Ena omwe alibe katundu

amabera anthu ena.

**“Ndimam’khulupirira” anam’goneka pabwalo.**

-Pochita zinthu si bwino kumadalira ena kuti adzatithandiza. Munthu wina ankayembekezera kuti mnzake akumudziwa ndipo amupatsa malo ogona. Zitalephereka anagona panja.

**“Ndimu alili” n’kulinga utamuona.**

-Kuti udziwe khaliwe la wina umayenera kukhala naye, m’malo mongogamula kuti ndi woipa.

**“Ndipatendipate” anapata bala.**

-Ukama pupuluma kuti upeze zinazake umakumana ndi mavuto.

**“Nyemba zowola udyo chaka chino” n’kulinga uli nazo.**

-Munthu sadandaula akawaputa yekha

mavuto.

**“Nyemereko” adataya nsima kudzenje.**

-Pali anthu ena omwe amafuna zonse zikhale zawo moti sasangalala ena akapeza zawo.

Munthu womana amatha kuwononga zinthu n'cholinga choti asapatse ena. Mwachitsanzo, pobisa kupezeka kuti zawonongeka.

**“Pali chikomere” adasiya chikho pabwalo.**

-Munthu akamaumirira kuchita zoipa amadzasiya chikho pakhonde, amamwalira n'kusiya zomwe ankakondazo.

**“Pangapanga” sapangika.**

-Kungonena kapena kukalipira anthu sikutanthauza kuti ntchito ichitika. Pogwira ntchito pamafunika kukambirana komanso kuthandizana.

**“Pano mpakwathu” adagona ndi njala.**

-Osamadalira ena kuti atipatsa zimene



tikufuna chifukwa mwina sangatipatse ndiye tingavutike.

**“Pano mpathu” n’kulinga utakhuta.**

-Kuti munthu usangalale kapena uzichita zina momasuka umafunika kudya kaye mokwanira. Koma kuti chakudyacho chipezeke umafunika kugwira ntchito. Munthu amamera mizu pamalo ngati pali chakudya chokwanira.

**“Pano ndi panga” adakazinga chimera.**

-Osamadalira ena kuti atipatsa zimene tikufuna chifukwa mwina sangatipatse ndiye tingavutike.

**“Patse” samatula chiluli, amatula chiluli ndi “taona apa.”**

-Munthu wopempha amatha kugwiritsa ntchito zimene wapatsidwa mwanzeru pomwe munthu wakuba amangogwiritsa ntchito zimene wapezazo mosasamala.

**“Patsepatse” n’kulanda, munthu woolowamanja amadziwa yekha.**

-Ngati munthu safuna kupereka asanapempthedwe, amaonedwa kuti ndi womana. Ena ukawapempha amangoperekera manyazi. Mwambiwu umatanthauza kuti munthu azipereka mwa kufuna kwake osati kuchita kumukakamiza.

**“Pepani” sapoletsa chilonda.**

-Kupepesa ukalakwa kapena ukawononga chinthu chamwini sikukonza zinthu, koma kuchitapo kanthu monga kubweza zimene zawonongekazo.

**“Pepani” sathetsa mlandu.**

-Kupepesa ukalakwa kapena ukawononga chinthu chamwini sikukonza zinthu koma kuchitapo kanthu monga kubweza zimene zaonongekazo.

**“Pita uko” si kuyenda, kuyenda ndi “tiye kuno.”**

-Ukamaphunzitsa ena ntchito kapena zinazake, si bwino kumangowauza zochita. Ndi bwino kuwawonetsa m'mene angachitire zinthuzo.

**“Pwafu” salima, amalima ndi “bwete.”**

-Munthu amene ali ndi njala sangalime, koma amene wadya. Kuti munthu agwire bwino ntchito, adye kaye.

**“Pwatapwata phulu,” sapsetsa ndiwo.**

-Kuti ndiwo monga nyemba zipse, pamafunika ziwire kwa nthawi yaitali. Choncho, kuziphula sikungapangitse kuti zipse. Pochita zinthu umafunika kuzichita motsimikiza mpaka zitatha.

**“Sokanisokani,” anatenga jekete lothina.**

-Munthu wina anakasiya jekete lake kwa atelala kuti alibweze. Ndiye ankakakamiza

telalayo kuti alisoke mwachangu. Pamapeto pake telala anasoka mwaphuma n'kupezeka kuti iyeyo ataliyesa linali lothina.

Kupupuluma si kwabwino. Ndi bwino ena akamatichitira zinthu tiziwapatsa nthawi yokwanira kuti aichite molongosoka.

**“Tidzaona mawa,” adagoneka munda.**

-Ndi bwino kuyambiratu kuchita zinthu m'malo modikira mawa, chifukwa zamawa sizidziwika.

**“Tilawetilawe” anatha lichero la mapira osaviika.**

-Chizolowezi chimayamba pang'onopang'ono n'kufika poipa.

**“Timwenji ife,” dzungu n'gonera kumodzi.**

-Munthu angayankhule mawu amenewa podandaula kuti alibe anzake omwe angamamuuze nkhani za pamudzi.

**“Tiyenitiyeni” sachoka, achoka ndi vundumu.**

-Kungonena mawu okha sikupindula koma kuchita.

**“Tizimve,” mwana wakwathu ali komweko.**

-Ngakhale akufuna kubisa tidzamvabe chifukwa anthu amene ali kumeneko ndimadziwana nawo.

**“Ukaphaneni” suchedwa kulekanitsa mabwenzi.**

-Ngati anthu ogwirizana amamvera kwambiri zonena za anthu, ubwenzi wawo umasokonekera.

**“Ukutisokosera” n’kulinga utamva.**

-Tisamadalire zonse zomwe anthu akutiuza.

**“Usakanene” ndiye adanena.**

-Osamakhulupirira anthu chifukwa sasunga chinsinsi. Ukauza munthu kuti asunge

pakamwa mpamene amaulula.

**“Vinavina” savinika.**

-Si bwino kumakakamiza ena kuchita zimene sakufuna.

**“Wandiona bwanji?” palibe mlandu wa maso.**

-Chilichonse chinapangidwa kuti chigwire ntchito yake pa nthawi yakenso.

**“Zidzalezidzale” adalinda chiswe.**

-Poyembekezera kuti dengulu lidzadze, chiswe chinadya dengulo. Tizichita zinthu mwachangu popewa zinthu zimene zingatilepheretse.

**“Zikubwerera” anafa ndi linthumbu.**

-Ukamachitira anzako zoipa, zomwezo zimadzakuchitikira iweyo.

**“Zili konku,” kudya kwa Awiza.**

-Mawuwa amanena kuti tizidya mofanana

ngakhale ndisachitepo kanthu.

**“Zili kwa amchira,” gondwa ali m’mphako.**

-Mawuwa amanenedwa pokhana kukhudzidwa ndi zinthu kapena nkhani za ena.

**“Zili uko” adabwera chaje osatenga nsomba.**

-Tisamatengeke ndi zinthu zongomva koma tizifunsa kuti tidziwe chochita. Ngati munthu wina anaona nsomba osafunsa n’kupezeka wabwera chimanjamanja.

**“Zili uku” anathyoletsa mwendo.**

-Munthu wina anathyoka mwendo pothamangira zongomva chabe. Tidziyamba tafunsa kuti tidziwe mmene zilili osamangomvera zilizonse zomwe ena akunena.

**“Ziliko” n’kulinga utatosako.**

-Ndi bwino kukhala ndi umboni weniweni pa zimene tamva tisanayambe kuchita zinthu.

**“Ziri bwino momwemu,” anakhalitsa tsindwi pakhudu.**

-Pakhudu ndi pambali. Munthu wina anzake ankamuthandiza kuika denga pankhokwe yake. Ndiye anangoyankha mopupuluma kuti ziri bwino momwemu ndipo denga lidakhala pambali. Anthu ena samaika mtima wawo pantchito, choncho amachita zosalongosoka ntchitoyo n’kuwonongeka. Ena akabwera amachita kudzayambiranso poyambirira.





Bonwell Rodgers

Pali anthu ena omwe amachititsa chidwi ponyadira chinenero chawo. Iwo amaluka komanso kukazingira chinenero chawo ndi nsinjiro za chiyankhulo komanso mawu apatali. Amaluka mawu okhetsa dovu, okhathamira ndi nsinjiro komanso ochititsa makutu kumva kuzuna kwa chiyankhulo. Koma n'zomvetsa chisoni kuti masiku ano ambiri akukankhira kumbali chinenero chathu cha Chichewa n'kumasonkhezera zinenero za mayiko ena. Chimenenechi ndi chizindikiro choti kupanda kusamala Chichewa chikhoza kutsenjira.