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# KODI UMOYO WA DOTHI KAPENA KUTI CHONDE M'DOTHI NDI CHIYANI?

Umoyo wa dothi ndi mphamvu yomwe dothi ili nayo kuti ligwile nchito ngati cinthu chomwe chili ndi umoyo mu chilengedwe. ***Chilengwedwe*** ndi zinthu zomwe tikhala nazo mu umoyo wathu monga tudoyo tung'ono-tung'ono tomwe sitingawone ndi maso anthu, mitengo, zishango, ziweto ndi anthu komanso ubale womwe uli pakati pa zinthuzi ndi zina zomwe zipezeka mu chilengedwe monga pempho, nyengo, dothi, dzuwa ndi zina totere.

Dothi yomwe ili ndi umoyo wabwino lipezeka ndi tudoyo tung'ono-tung'ono, lipititsa patsogolo umoyo wa zishango ndi ziweto, ndipo lisunga ndi kupitisa patsogolo ubwino wa madzi m'mitsinje ndi pempho yomwe ipezeka ponse-ponse.

Kulima zishango zosiyana-siyana zomwe zili zabwino ku dothi ndi nyengo ndi chofunika ku umoyo wabwino wa dothi. Zishango zosiyana zipeleka zakudya zosiyana ku todoyo tosiyana tomwe tupezeka m'dothi. Tudoyo tumenetu tupelekanso madzi ndi zakudya zofunika ku zishango.

Dothi labwino lichepetsa zofunikila mu ulimi zomwe alimi amagula ku masitolo monga fataleza ndi makhwala wophela tudoyo tomwe tuononga mbeu. Ichi chionjeza phindu ku alimi.

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