Apu runa warmikunata amullara
yallirinamanta shinallata
amuyanamanta tukuy rayku
riksichik killka

Asociación de Mujeres de la Nacionalidad Kichwa de Sucumbíos, Ecuador
Federación de Organizaciones de la Nacionalidad Kichwa de Sucumbíos - Ecuador
Fundación Regional de Asesoría en Derechos Humanos

Apu runa warmikunata amullara yallirinamanta shinallata amuyanamanta tukuy rayku riksichik killka

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Apu runa warmikunata amullara yallirinamanta shinallata amuyanamanta tukuy rayku riksichik killka

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Riksichik

¿Apu runa warmikuna amullara yallirinamanta paykuna llankayta yallichinamanta imraykuta yachananka?

Runa warmikunata tantachik AMNKISE, chay apu tukunga yachachisha shamuushka yachana wasipimi taripasha rikukpimi ñirishshka, runa warmikunata shinchiyachina pishishka paykunkunallara yallirisha shinchiyana ayllu llaktata pushak tukunauchun ñisha.

Rimanata manchay, mushuk llankaykunama rinata manchay, karikuna mana sakinun warmikuna pakllama llukshisha shuk llankaykunay yallinara shinasha karikuna rimashka ukullay tianun, chaygunata rikushami ukta ukta llankana tukunchi warmikunallara paykunallata amuyasha shinchiyasha yallirina yuyayta tarpunga, chaipimi warmikunaka yachana wasikunama, tandarinakunama, ayllullaktatas apanara ushanunga shinallata paykuna kausaipis alli purinunga.

Kay yachahik kilkaga proyecto Alternativas a la Violencia,PAV, nishka yuyaykunata rikshishpa rurashkami an, maykan yuyakunata ima allikunatas pariju yuyarishkawan:

Tukuy runakunami alli anchi: karan shusk shuk runakuna alli ashkata, sumak aktas yachanchi,

Chikan ashallata runaka pariju anchi: Ama piñanakusha kausana ñanpita paskanga ñikpi ñirin, parijumanta allikunata rikshishpa yallichina shinallata chikan shkamanta maygama ushashkatas riksina.

Tukuylla ari ñishkawan paktachina: Ima paktachinatas parijulla ari ñishka achunka, tukuy runakuna rimashkata, paykuna yuaykunata uyashpa, yallichishpami shuk yuyayta churana ushashun.

Yachasha shmushkamanta yachana: mushuk yachayta shinallata mushuk kausamushkata riksiga ñikpi, yachachik shinallata yachaupura ima yachashkakunatas shukunama riksichina anchi, chipimi parijumanta mush yachaita apashun.

Alli yachik ushay: ama piñanakuy tiachun ñishpaka, tukuy runakunami charinchi ñukanchi aycha ukuy shuk ushayta, samayshina ushayta charinchi, chaymi yanapan ima millikunatas allima turkangaj, kay PAV ñishka killkami chay ushaywan tupanakunga yanapan.

Apu warmi karikuna yachana wasipi kausasha yachasha shamushka kunatami kay killkaka charin, chaipimi amumu shinallata wangulla, pukllaykunawa, llankaykunawan yachasha shamushkanchi aylluyanamanta, runapura kayllayanga, yanaparinga, kushiyanga alliwan tianga. Mana imauras ñukanchi ayllu llaktay yuyarisha rikuushka, rimarishakakunawanmi ashkata yanapashka mushu apu warmikuna paykunallara amuyasha yallirisha anauchun.

Pichika ñiki rikuchiktami kay yachachik killkaka charin. Shuk rikuchik ñiki: Amullara yallirina amullata shinchiyana, Chayga rimanmi, runa amu kikin ñukami añi ñisha shinchiyasha shayarina, chaymi amullata yallirinkapak ñirin.

Ishaky rikuchik ñiki: Rimarina, alli uyana shinallata rimanakuna, Shuk runakunawan chikan ashallata kayllayasha kuintasha akpi, chaymi yanapan parijumanta riksinakunga, maykan runa ashkatas yachanga ashkapura kushilla angaj.

Kimsa rikuchik ñiki: Amullara rikurisha shinallata amullara imashina ashkata yuyarina, ñukanchi yuyaywanmi amullata rikurinchi ushayta, ima ñukanchi humay, aychay, shukuy alli tiacta, mana alli millaykunatas

pakllama shitasha. Shina rurashkawan, ñukanchi munachimi ñukanchi humay, yuyapi alli yachikkuna tiarichun, sumak apukuinta wiñarisha ringa.

Chusku rikuchik ñiki: Sumak kausana rayku ayllullkatay tiak yuyay.- ayllu llaktay alli kausangaj ñikpi kaygunami ñirishka rikurin, yanapakuna chaymi alli kausanata shayachin. Shinallata ñirin allishungu tukuna, randi randi yanapanakuna shinallata ayllupura uyanakunami ñirin ayllu llaktay shinallata ayllu ukuy wankurisha kausangaj.

Pichika rikuchik ñiki: Ammullara alli yachiwachun ñisha shinchiyanga ñisha yanaparina chay jawallay yachachin, amullata astawan wiñaringa chaypimi alli samana shinallata sumak yuyarinakunami yanapanun amullata shinchiyanga, ñukami añi nisha shayaringa mushuk llakaykunay, mushuk llakikunatas allimanta shayarisha ñawi ñawi allichingaj.

Sukta rikuchik ñiki: Amullata amuyana tukuriushina kay ñikipimi tandachinchi tukuy yachaykunata, yachaykunata yapachicnhi warmikunata sinchiyachinga, runakuinta wiñarichun runakuinta may ayllullaktakunay paktasha ñaupakma llukshisha rimachun ñishpa.

Yupaychanchi tukuy kari warmikunata, apu tukungaj, pushak tukungaj yachana wasima shamusha paktachikunata, paykuna rimshkawan, paykuna kausashkata rimashkawanmi kay yachana killkata killkshkanchi.

1. Amullara yallirina amullata shinchiyana

1.1. Amullata shinchiyana

Amullata sinchiyanaka an mi, kikin amullata rikurisha imashina yuyarishka. Han mi ñukanchi ashkata yallirishaka, manakpi ñukanchillata pishi rikurishka, chay raykumi ashka ñiirin amullara ricsirina, amullata yallirina ñukanchi amullata llakinga. Ñukanchillata mana ricsirisha, ñukanchi imashina ashkata mana yallichikpi, mana ushashunchu ñukanchillata shinchiyanga.

Amu manta sumakta yuyarinaka ashakatami yanapan shinchiyanga, randi amullara mana yallirikpi sambayachin ñukanchi ushayta, mushuk llakikunata allichinga mana ushanchi, amullarami ushani ñinaka allimi, chaimi kungaylla yachitukunchi, kuingaylla ausha ushanchimi ima llakitas shinchi shayarisha allichinga, ranti amullata llakina pishikpi, kushiwan angaj mana ushanchi, chaymanta yapa piñarinchi, runagunata chikñinchi makarinama paktanchi.

Amullara llaquinaga ashkatami yanapan runata, chaipi runaka ushanchimi mushuk llakita allichina, amullata kungaylla tianchi ima tiakpi allimanta uyasha allichinata ushachin.

1.2. Allichik shimi

Allichik shimika an mi sinchiyachik, alli yuyayta allimi ñisha rimak. Runakunay paykuna alli shungu ashkata riksichik shinallata sumac kausana ayllu llatata wiñachik.

Ñuka shutimanta alli rimana

"Ñuka mañi María alli warmi,
Ñuka mañi Irma shinchi yuyayuk,
Ñuka mañi Rita llakik,
Ñuka mañi David kushi añi,
Ñuka mañi Jesús Pukllak,
Ñuka mañi Isolina munaypak,
Ñuka mañi Cecilia llakik,
Ñuka mañi Rosa mana chiknik,
Ñuka mañi Lisandro Pushak"

¡Turkachishun millay shimikunata, millay shimiwan chiknikunata, mana alli rikuchishkakunata paykuna ñukanchima shitashkata aparichun ñisha churashakata turkashunchi; sumak shimiwan, alli rikuchikkunawan, ñukanchita alli yachichik shimikunawan shinchiyachik shimikunawan!

Allichik shimipa llankay anmi, shukunawan rimarina ñukachi runa amu ima alli yuyarishkata kausashkata llankay ushashkata.

Amu manta alli rimanaka yapanmi amullara yuyaringa, shinchi runa ashkata, maipiwas ñirik runa, shukunata rimaupi uyanaka allimi ñisha shinallata ñukanchitas uyachun, ñukanchimanta alli rimanaka yapanmi amu kikin kungaylla angaj, ñukallatami ushañi ñishpa kungaylla tiangaj.

1.3. ¿Ñukamanta imata yalli munañi?

Ñukanchi shunguy ñukanchi humay imakunatas wakaychinchi mana shukunama rimanchichu, llullata manchashkamanta manakpi mana

pitas ñuka kausay rikunata charinchu yuyasha, ñukanchi wakaychisha charishkata shukunawan kuintanaka allimi, ñukanchita yanapan ñuka mañi shishpa shayanga.

!Shuk runawan tiarisha kuintana yuyayka allimi!

- Shuk riksishka shinallata llakiushka runawan
- Ñukallata rikurini ñuka riksirishkata shinallata amullata llakini
- Kausaipi ima alli yachshkata, chay yachayka ñuka kausay punchakamami alli anga ñukaraiku
- Ima alli rurashkata chay rurashkamanta kunangama ashka kushuwan tiani
- Ñuka yuyarishkata paktachinakama ima llangaykuna rauskata

Ñukachi yuyarishkata, shimikunata, ima kushiyachikta, muskuyta, ima ushashskata, ima paktachinata shukunawan rimarinaka allimi an, ñukanchita yallichin.

Rimaushkay…

Sumak yuyarinami ashka, mana tukuy punchachu warmikuna puñuymanta jatarisha chay tapunakunata ranchichu shuk runakunan…

Allitami yachiwashka pay rimashkata uyasha shinallata paywas ñuka rimashkata uyashkamanta, chaipimi musiashkañi imashina paiwas ñukakuinta kausaushkata ñukashina paiwas yuyariushkata

Kausaipi shinallata runakunapi ima yallichina ashkatas yachashkanimi. Allirami yachiwan, kushi, kutzi, shinallata kungaylla.

Rimana manchaywas chinkarishkami chinkarishkami amullata astan yallirisha shyarishkani kungaylla ña tukushkañi.

1.4. Kuyachina

Tukuy runakunata kari asha, warmi asha shuk llankaita allira paktachishkay runakuna yupaychachun ñisha munanchi, chayka ashkata yanapan ñukanchi astawan sinchiyanga shinallata ushanimi ñisha kunkaylla ankawa.

Maykampi amullara tiarisha yuyarina anchi, imata ñukarayku yalli alli an ñisha, kuti chaymanta kuyayta japinga.

¡Rikuwanauchun munani!

Chunka pusak watatami Lidia charin, yachana wasiwi yachajun, chishikunay wasi allichinata mamata yanapan. Shina akllaita llakirisha tian, paipa mama wasiwi tukuy ruranata paktachina ñisha rimasha sakin, wasita mana pichasha charikpi shinchita rimaitukun, kipa turikunata karana, deberkunata rurachina ñishpa riman

Lidiata paypa mamami pay llankashkata mana yallichin, paika munanmachari mama shimimanta sumak rimashkata uyana, "Ushushi ñukaka kantami yalli kuyañi, kanmanta ashkata kushiyañi kan yachana wasipi kutzi askamanta, shinallara kanmanta kushiyañi yachana wasipi allita katiushkamanta, kan paktashka warmi ashkamanta"

Kuyachinakunata astawan sinchiyachika an mi:

- Amullata tukuy puncha shinchiyana: ñuka ushanimi, ñukallatami maipiwas ñirini, ñukami chayta yachani
- Imatas sakisha, ñuka munashkata rurana ani, ñuka aycha alliyachun kushiwan ankaj
- Ñuka yallita yachasha ringa shinallta alli runa tukusha katinga llankanami añi

2. Rimarina: alli uyana shinallata rimanakuna

Allita rimanakunga ñikpi, alli uyanata yachana anchi, rimankuushka runama sumaklla uyaushina rikurina anchi, allita uyashami imatas yachashun. Shuk rimaushkay chunyana anchi allita uyanga, chaimi ñukanchimanta shinallata shukunamantas yachashun. Shukunapa llakita mana allichinata ushashas, uyanataka ushanchimi.

Allita uyangaj:

- Ñawipi rikunata mana sakina,
- Allita uyaushina rikurina,
- Alli shayarishkawan, tiarishkawan shinallata ñukanchi imashina rikushkawanmi rikuchina anchi ñukanchi rimanakushkata ashak yallichiushkashina.
- Shuk rimaushkay mana pandachina,
- Mana kunana, mana juchachina
- Tukuy uyashkata shukllay chuimarana
- Ishkay rinri, shuk shimilla charishkata yuyarina anchi, ansallata rimasha ranti allita uyanami alli an.

Paykuna ñuka shimita uyashkay...
valichishka rikurirani

"Shukuna ñuka shimita uyashkay, ñukallata uyarirani, shinarasha ñukallata llakikuna allichinata ushani"

"Ñukarayku sumak ashka shukuna ñukata uyashka, ñuka rimashkata valichik"

"Ashkata kushiyarani taripasha rikukpi warmipura shuk tunu yuyayta charishkamanta"

Riksirani shuk warmikunata, ñañakunata, chay sami tantanakuyta cuyani"

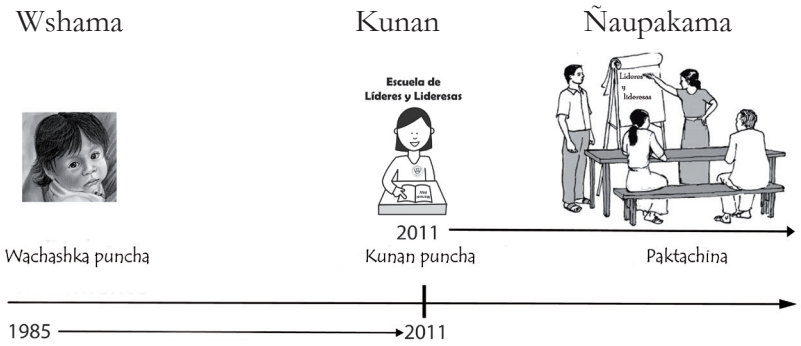
"Ñuka yachaskani kay ñukanchi sintishkata shukuna pasakta rimakpi paykunawas, ñukanchiwas riksirinchi, shinallta ima llakilunata allichinata ushanchi"

3. Amullata rikurina chaymanta amullata yuyarina

3.1. ¿Kausay ñampika imata an?

Chay an mi riksichik ñambi, imashina runa kasamushkata yachashkata rikuchik. Ñaupa ñikiwi yachachin ima killay wachashka ashkamanta kunan killakama, amullata yuyarishkamanta amullata rikurishkamanta tukuy ñukanchi kay kausaypachay paktachishkata riksichin.

KAWSAY ANKU



Kunan killa manta, kunan ñukanchi aushka pachamanta, yuyayllawa llukshisha rishun ñaupakma, unayma kausausha paktanama, ñawita ishkashpa allimanta ñukanchillata rikurikushun imashinashi ñaupakma kausashun ñisha.

¿Ñuka aushka mayanpi shayakunawan imashinata yachiwan, imata rurajuni, ima paktachinata paktachiuñichu?

Ñaupakma kausasha katina yuyayta churashun, shinallata yuyarishun ima paktachinamanta, paktachisha ñukanchi kausay unayma alliyachun.

"Ñaupa uras kausashkata yuyarinaka ashkatami munashkañi chaipimi alli mana alli rurashkata rikushkañi. Manchaushallatami tantarisha yachaushkama kayllayashkañi AMNKISE kayachikpi, chaywasha jampimanta yachanama killkarirañi, ashkatami yacharañi. Kunan ranti yachana wasipi yachauñi, tukuchinata yuyariushkañi".

Ñaupakma kausana

"Ñuka ayllullaktay paktasha tantanakuykunapi rimasha shayarisha apu tukushkami rikurini"

"Kunanka yachauñimi, computación yachanatami ñalla tukuchinkarajuni"

" Ñuka wasimanta llukshisha jambinamanta yachak warmikunama kayllayasha paykunan wangurini"

"AMNKISE yachachisha riushka ukuy astawan yachasha katinata munani"

"Ñuka yachashkata ñuka ayllu llakyaimi yachachinka rajuni "

"Mushuk runakunan rimarini, ñuka yuyaykunata ayllullaktapa tandarinay shitasha uyachini "

"Ñuka wawakunata yachanauchun ñisha yanapañi ñaupakman imay llankanata charinauchun"

3.2. ¿Imaray manchay?

Manchayka an mi shuk yachik, chay yachika mana alli yachikchu kan, chayka shamunmi ima wañuychu tian ñisha yuyarishkamanta, kunan, kayna manakpi ñaupa uras yuyarishkamantami manchayka jatarin.

Runa ashkamantami manchayka tiaytukunchi, ama wañuipi urmachun nishpami tian, kunkaylla aushkay yuyachin ima wañuy tiashkata. Runaka imawanpas pishi tupurishami manchanchi takawankami ñisha.

Chay manchayta ukuma sakisha yalliga nikpi mana mayanyanachu anchi astawan rikugrina anchi mana mitikunachu.

Ima sami manchaymi tian:

- Chiknitukunata manchay
- Chaupillay waglinata manchay
- Ushay illak sakirinata manchay
- Turkakpi mushuk mana ricsiushka imakunata manchay
- Ashka runa chaupi rimanata manchay, etc.

Shinami, ashka sami manchayta tukuy runakuna yalli shinchikunas charinaushka. Warmi asha, kari asha parijullami manchayta yachinchi, chay anmi tukuy runakunapa yachik.

Llaki shamun yapakta mancharishakay imatas mana ruranata ushashkay chaipimari llaki tukun.

Rikushun: mana riksiushka runakunan yachayta kallariushkay, ñaupakma shayarisha shukuna ñawipi yachashkata ricsichiushkay, llankaita tupanka rimariushkay, shuk runakuna chicninata manchanchi.

Machay ama kanta chukchuchichun:

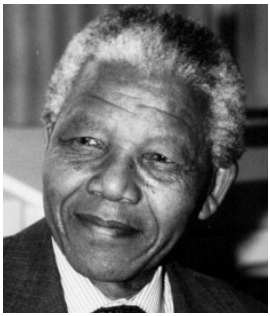
- Ari manchayta charinchimi ñishun. Kariwas warmiwas tukuymi man-

chaywan ñajarinchi.

- Imatashi manchanchi ñisha taripasha rikuna anchi. Wakimpi mana rikunallachu an.
- Manchayta ichillayachina anchi masa jatun rikurikpiwas allichinallata rurana anchi.
- Ñukachi humallatami wiñay manchachitukunchi. Ñukanchillatami imas illashkay jatun wañuykunata yuyarinchi.
- Manchayta yallina munasha alliwallay yuyarina anchi, chay allikunami tankashpa ñaupakma apasha ritukunchi llaki tiana akpiwas.

Nelson Mandela

"Mana manchak runaka mana yalli sinchichu an, an mi upayachinata yachak"



Nelson Rolihlahla Mandela yana runaka, Sudáfrica nishka llaktata pushak ñaupa yana apu ashkami tukuy runakunapa voto shitashkawan mishak.

1962 watapi ishkarishkami, wiñaypak ishkarina ñisha juchachinaushka. Ishkay chunka kanchis watatami ishkarisha kausahska.

Llukshiskawasha Madela runaka paipa wankurita pushak apu tukushami paipa llatay tukuy sami runa kausanata rurangami llankashka.

1993 watay, shuk jatun kuyaytami mishashka pay yuyaymanta rimashka shimi tukuy llaktakunama paktashkamanta. Pay ashkami tukuy runakunamanta yalli rikuk shukunapa llakikunata, pay kikin llaki kausayta kausashkamanta. Shinallata paita ishkachik yurak runakunata paipa makita kusha yanapashka.

4. Sumak kausairaiku ayllu llaktay tiak yuyay

4.1. Yanapanakuna

Chayka anmi, runakuna paykuna munasha yanapana yuyayta charishka.

Yanapanakunami runagunata llikchachin, mushuk yuyaytas llukshichin shinallata tandachin. Llangaytas amushina wangulla paktachina yuyayta churan, chay tandanakuymanta ak shina yachin. Chasallata wankuri ukuy ushachin ima ruranakunata japinalla sakin, alli akpi mana akpi anllanalla tukun.

Mingayka anmi, ashkapura tantarisha ima llankai tiakpi wankulla yanapana. Kallarimantapacha wangurisha llankaushka minga mikan, tandarisha tukuyrayku llankana. Shuk llankana tiakpi wamgurisha rurakpi ukta ukta ruranchi. Mingaima maykan runa kayachikpi ashka kushiwan japinchi, mingaipi ayllugunan tuparisha kuintanchi, asinchi shinallara allira wangurisha sinchita llankanchi, chay washa shuk raimishinami asua upina tukun.

Wangurisha sinchita llankaushkay imakunallata charinchi:

Pushak: ñaupasha ñampita rikuchisha rikta charina

Yanapana: shukunata yanpana yuyay, shuk aylluta yanapakpi tukuyrayku llankashkashina tukun.

Runa ashkamanta shinallata yanaparina: Shuk ayllukunawan tandarisha parijumanta sinchita llankakpi, ima llankayta shuk piñaylla tukuchinchi paktachinchi kushiwan tukuyraiku ashkamanta

Wankurisha llankay: wankurisha llankanaka sapalla shuk raykulla charina yuyayta anchuchin, tandarisha llankausha tukuypura yanapanakunchi, mana yapakta ñajarinchichu allimandalla kushiwan paktachinchi.

"Shuk yuyayllata charinami ñirishka shinallata ñukanchipura yanapana ñirishka, yuyaykunawan sinchiyachisha"

"Rimanakunaka allimi ashka, tandarisha pariumanta yuyarisha ima munashkata wankulla ruranka tukuyraiku ashkamanta"

"Tukuy sami rimanakuna uyachina tiashkatami musiashkañi"

"Ñuka ajushka tandapi shuk warmimi humayachira, shukka rikushalla shayak tiara, shukunaranti tukuyllami yanaparanchi"

4.2. Shuk runaku yuyaruishkata riksina

Chayka anmi shuk runa yuyariushkata imashina yachitukushkata mana rimakllaira musiana, shuk runakunapa yuyaypi tukusha paynara yachiushkata kuintarina.

Shukpa yuyayta riksichik empatía nishkaka anmi runakunawan imashina rimanakunata yachana, ishkay runapura allipacha uyanakunata ushachik. Allita rimakpi, empatíaka yanapanmi shuk rimaushkata, yuyariushkata allita rikusha uyanka shinallata uyashkawasha pariumanta rimarinka. Shukupa yuyama yachiuma kimirikpi pay shinallara yuyakpi yachikpi, chayka llakinuna allimi nisha ñina yachikkunami shamun.

Empatía ñishkami runapura uyanakuna, rikunakuna, chasallata alli yuyawan tianata yanapan, shuk runapa alli yuyay paipa llakina shinallata shuk runapa yachishkawan

"Shukuna charishka llakiwan tupusha rikukpi ñuka llakika allichinallami ashka, mana yapa shinchi ashkachu"

Shukunapa llaki kausaita sumakta rikushkañi ñuka llaki ak shina , shuk llakikunatas ña allimanta rikunata ushashkani.

"Musiashkanchimi, tukuylla imakunatas pariju charik ashkata, yachaykunatas shuk warmikuna shinallata yachak anaushka"

"Tandanakushami yaparinata ushashkanchi karan warmipura karan amu llaki kausaypi"

Gandhi

"Kasnami Gandhi shutiuk runa rimasha tiashka "kay allpay ñalla tukuy llakikuna, mana alli uyashkaguna chinkaringami piñakpa yuyaypi yaykusha pay yuyaushkata allita rikushkawasha allimi nisha sakishkay"[1]

India llaktay Mahatma Gandhi runami kausak ashka, yuyayuk yuyarik shinallata pushakmi ashka. Mana makanakusha kausana yuyayta charishkachu, ashkatami yachachisha sakishka, paipa llaktata llakimanta kishpichishka. Gobirnowan makariusha pakllay yarkachisha shayasha kaparinata yachachishka, illapawan makarinata mana munashkachu. Paipa llaktata kishpichishka washa, tzuntzuyashka runakunatami alli kausanama yaykuchinata munashka. Iglesia pura manakuitas mana sakishkachu India llaktay.

4.3. Pariumanta kuti paktachinamanta

Chiri llaktay kausak runakunapa jatun yuyay ranti ranti yanapanakusha kausana shinallata kausankapa ishkaiñiki ñirishkatami paktachinajun, chaytami paikuna kausaypi paktachinajun. Mana ricsinaushkachu ashilla kullkita karan amuma kunamanta jawallakta yuyapishina, tukuy kay pachay ima tiaka, tukuypakmi an nisha yuyata charishkamanta.

Chasa ashkamantami ima llankaykuna, ayllu ukuy akpi, iglesia puray akpi, kullkipuray ñikpi tukuymi ayllullaktapak an, chaipi shuk runa ima charishka tukuypak an shinallata tukuykuna ima charishka shukpaklla an; chay yuyaymi runa sumak kausayka an.

1. http://www.proyectopv.org/-verdad/empatia.htm

5. Alliklla sinchilla yachiwachun nisha llanka yanapay

5.1. Kunkaylla ana.

Kungaylla anaka anmi mana ima sami manchay charina maipi awshas maykanwan awshas. Kungailla angaj mana piwas waglichiwankachu manchachiwankachun yachitukuna, kungaylla ana munasha shukunatami kungaylla yachichina anchi. Kungaylla anami shuk runakunwan alli apanata ushachin.

Kungaylla anami paskan shuk runaguna ñukachiwan alli apachun. Mana maykan runas shukwan pariulla purinkachu kungaylla ana yuyay paykunay mana tiakpi. Kungaylla ana illakpi mana ushashunchu ñaupakma yallingaj. Kungaylla ana manta rimakpi, rimachimi rimanakuy tianamanta, riksinakuymanta, yachaymantas.

5.2. Samanamanta, samaymanta ñukachi yalliringa yachashun

Alli samanaka sumakta kausachitukunchi, ñukanchi aychata ñukanchi yuyatami ashkata sinchiyachin shinallata alli samarinama yaykuna pungu kan, tukuy ñukachi aychata alli kuyuchin, alli purichin.

Yuyarishkawan, ñukachita yachitukushkawan pariulla tianajun. Mana alli yachikuna, piñarina, manchana, llakirina chaykunami ñukanchi yuyarina ñuktumanta waglichik yakuta llukshichin, shina rashami ñukanchi aychaka yapakta sambayan, aycha unkurin. Ranti alli yachikunaka ñukanchita mushukyachin.

Sumakta samashkamanta kaykunami yanaparin:

- Alli samanaka sumaktami kausachitukunchi
- Ñukanchi aycha, ñukanchi yuyarina ñuktuta shinchiyachin
- Chaymi an shuk pungu shina sumakta samaringa

Samanaka mana sakipak ruray akpiwas, mana allitachu samanchi, ñukanchi pusku shunkuy samaita chaupikamalla undachinchi.

Ashka ukukama samanaka, ñukanchi yawartami kuyuchin tukuy ñukanchi aycha ukuta purichin tukuy runa aycha alliklla achun

Allimanta samana, ashka wairata apana, unaipi unaipi samanaka shungu kushpaita pishiyachin allimanta kuyuchin, aychawas upalla sayarin, chaymi humay yuyariushkatas kunkaylla yachin.

Mana alli samanata yachakpi, llakitami apamun, ima shinchi llaki tiakpi mana kunkaylla apanata ushashunchu shinapas ima unkuitas jatachin.

5.3. Imashina samarina.

Amullata rikurimanta yachana

Yuyallawan kampa aychamanta llukshisha saki, kachari kamba yuyayta maitas wapurichun, kay pachapi richun, intilla puncha-yachiska sacha ukuta purichun, chuya wayrawi, kungaylla anata kamay. Puriushkay ichilla tukushka shinata kamay, tukuy kampa mayampi tiak jatun ashakashina yuyay, yurakuna, yura sapikuna, pangakuna. Shuk pawak putan ashkashina yuyari , sacha wiba kunata, pawak wibakunata kushiwan rikuy, ima yalli jatunda yuyari, pankakunata, sisakunata rikuy, jatun sisagunata, tamia yaku shutuita, allpa asnayta, yura sapi jawata puri, jatun yurakunata jawama rikuy. Purisha wairakuinta jatun tukuy, jawamanta imatas ichillatashina rikuy, yurakunata, llaktakunata, wasikunata, ashka wairata samay. Kuillurkuna jawata puri, paway, mana piwas paktanama muyukri. Tukuy kan charishkamanta amullara pagrachuri, kan amu rayku ashillallas lugaryashkamanta yupaychay.

5.4. Amuyanamanta

Jawa llaktakuna wiñaymanta mayanma sakishka ayllullaktakunawan, ayñikunata mana paktachitukushka ayllullaktakunawan, amullata yallirinamanta amuyanamanta llankanaka ashkatami ñirin.

Rimana shimimanta riksichik killkay rikukpi, amuyanamanta rimakpi, tukuy ushayta mayanma sakishka tzuntzu runakunapa makima kunami ñisha riman, paykuna sinchi llankasha, paykuna sami kausayta alliyachianuchun.

Paktachina yuyaika anmi, runa warmikunata shayachisha chay washa sinchiyachina ayllu llaktakunay paykuna yachashkawan parijuman-

ta yanapanakusha sumac kausana llaktata shayachinauchun.

Amullata yallirinamanta yachasha katiushkay, ima rurana tiakpi runallarami ruranata ushanchi ñisha yuyarinami runata sichiyachin, yuyanakunatas alli yuyanama turkachin imata mana alli yachasha tapunchi ima llankaita yuyariushas rimanchi, yachana wasipi katinamunasha astawan yachasha katina munasha.

Chaymanta ñaupakmami munanchi warmiguna maipiwas paktasha rimasha shayanauchun munashkanchi, karikunawan ayllu ukuy parijulla anauchun, tukuy runakunati, usurishkay mutzurishkay, politicapuray, ima rurana tiakpi ari nina akpi, mana ñina akpi pariulla angaj.

Amullata amuyanaka anmi shuk mushuk yuyay, alli kausanama paktanga, runa kausaipi yuyarisha shayachishka yuyay, paktachipak yuyay shinallata parijulla ushayta tukuima kuyana.

Chay raykumi ñinchi, amullata amuyana yallirina yuyayka kunan uras kausayta turkachinga, mana warmikunapa kausayta alliyachisha katinallata maskanchu, astawan paykuna munashkata paktachisha; manakpias, kari warmi chikan ashallata pariulla kausanama paktanga, paikuna munashakta politikay, ayllulkatay rimana, pushanakunay warmikunawas tianuchun.