

## Ukululama Nokuphinde Usebenzise Izidakamizwa

Ibhalwe kabusha Abantu abaningi bacabanga ukuthi ukululama, ukuvele uyeke kalula nje ukusebenzisa izidakamizwa kalula kanjalo nje, kusho ukuziqhelelanisa nezidakamizwa. Bacabanga ukuthi ukuphinde usebenzise izidakamizwa kuwuphawu lokwehluleka, kanti ukuziqhelelanisa nezidakamizwa isikhathi eside kuwuphawu lokuphumelela. Ohlelweni lwethu lokululama i-Narcotics Anonymous sithole ukuthi le mibono yenza izinto zibukeke zilula kakhulu kanti akunjalo. Emva kokuba ilungu lethu liye lazibandakanya nenhlangano yethu, ukuphinde lisebenzise izidakamizwa kuba yinto eshaqisayo eyenza libuyele ngokushesha lisebenzise lolu hlelo lwethu. Siye sabona amanye amalungu asehlale isikhathi eside eziqhelelanisile nezidakamizwa engakujabuleli ukululama nokwamukeleka okuphelele emphakathini ngenxa yokungathembeki nokuzikhohlisa kwawo. Nokho, ukuqhubeka nokuziqhelanisa nezidakamizwa okuhambisana nokuzibandakanya ube munye namaqembu e-NA kuseyindlela engcono kakhulu yokukhula.

Nakuba empeleni bonke abalutha befana, kodwa, amazinga ethu okugula umuntu nomuntu nendlela esilulama ngayo awafani. Ngesinye isikhathi ukuphinde usebenzise izidakamizwa kuba yisisekelo senkululeko ephelele. Ngezinye izikhathi leyo nkululeko ingatholakala kuphela ngokuzimisela okujulile nokungaguquguquki ekuziqhelalaniseni nezidakamizwa, kumnyama kubomvu, ize idlule inkinga. Umlutha ongase ngandlela thile anqobe, isidingo noma isifiso sokusebenzisa izidakamizwa, futhi akwazi ukucabangisisa

nokulawula izenzo zakhe, lowo mlutha uye wafinyelela ezingeni lokushintsha elingase lisho lukhulu ekululameni kwakhe. Ukuzimela nenkululeko yangempela usuke usuyitholile. Uma sesiziphilela umuntu nomuntu ukuphila kwethu kuyasondeza futhi, sazi ukuthi lokho esinakho sikuthole ngokuncika eMandleni angaphezu kwawethu kanye nasekunikezeni nasekutholeni usizo lwabanye ngokubonisa uzwela. Izikhathi eziningi ekululameni kwethu sihlushwa ukwesaba ebesinakho ngaphambili. Ukuphila kungase kuphinde kubonakale kungenanjongo, kuyisicefe futhi kungena nqubekela phambili. Ingqondo nomzimba kuyakhathala uma siphindaphinda imiqondo yethu emisha nalapho senza imisebenzi emisha, noma kunjalo siyazi ukuthi uma sihluleka uziphindaphinda lezi zinto nakanjani sizobuyela emikhubeni yethu emidala. Uma sihluleka ukusebenzisa esikufundile, sizolahlekelwa esinakho ngokungekho. Yizo ke lezi zikhathi zokukhula kwethu okumangalisayo.

Izingqondo nemizimba yethu ingabukeka ikhathale kodwa, nokho amandla amakhulu oshintsho noma okuphenduka ngeqiniso, angaphakathi ekujuleni kithina, asinikeze izimpendulo ezishintsha ugqozi olungaphakathi kithi futhi ashintshe ukuphila kwethu. Njengoba sibonile eziNyathelweni zethu eziyiShumi Nambili, ukululama kungumgomo wethu, hhayi nje ukuthi siyaziqhelelanisa nezidakamizwa. Ukuzithuthukisa kudinga intshisekelo yokukwenza lokhu, njengoba emhlabeni ingekho indlela yokufaka umbono omusha engqondweni evalekile, ngandlela thile umqondo kumele uvulekile. Ngenxa yokuthi yithina kuphela esingazenzela lokhu, kudingeka siqaphele izitha zethu ezimbili okubonakala sengathi sazizuza

njengefa, ukungabi nandaba nokuhlehlisa izinto. Ukuphikisana kwethu noshintsho kubonakala kwakheka ngaphakathi, thina sidinga into ezosivusa emaqandeni kuphela engaletha ushintsho noma okungabangela isenzo esihlukile. Uma singanqoba ukuphinde sisebenzise izidakamizwa, kungase kube yisiqalo esiholela ekuqaleni impilo entsha. Ukuphinde sidle izidakamizwa, ngezinye izikhathi, nokufa komuntu esisondelene naye okubangelwe yilokho, kungasivula amehlo sibone isidingo sokuguqula izimpilo zethu ngokushesha.

### Izindaba zabanye abantu

*I-Narcotics Anonymous iye yakhula kakhulu kusukela ngo-1953. Abantu abasungula le nhlangano, esibathanda ngokujulile nesiyohlale sibathanda, basifundise lukhulu ngokulutheka nokululama. Emakhasini alandelayo, sikutshela ngesiqalo sethu. Ingxenye yokuqala yabhalwa elinye lamalungu ethu okuqala ngo-1965. Izindaba zamuva zokululama kwamalungu e-NA zingatholakala emBhalweni wethu oyiSekelo othi, Narcotics Anonymous.*

### Siyakwazi ukululama

Nakuba “Ezombusazwe zakha abangane abaxakile,” njengoba kusho isisho sakudala, ukulutheka kusenza sibe abangane bempela. Izindaba zethu ngabanye zingase zingafani ngendlela ezenzeke ngayo kumuntu nomuntu kodwa, ekugcineni, kunento eyodwa esifana ngayo. Lokhu kugula noma ukukhubazeka kungukulutheka. Sizazi kahle izinto ezimbili ezenza ukulutheka kweqiniso: ukuthatheka nengcindezi. Ukuthatheka—yilowo mbono ongashintshi osibuyisela emuva, kaningi, esidakamizweni esithile, noma kwesinye, ukuze sibuyise ukukhululeka nokuthokoza esake saba nako.

Ingcindezi—uma nje sike saqala ukushaya kanye nje kuphela, iphilisi elilodwa, noma isiphuzo esisodwa, ngeke sikwazi ukuziyekela ngokwethu. Ngenxa yokuzwela kakhulu kwemizimba yethu ezidakamizweni, sibanjwe ngokuphelele amandla abulalayo angaphezu kwawethu.

Lapho, ekugcineni, sithola ukuthi asisakwazi ukuphila njengabanye abantu, zikhona noma zingekho izidakamizwa, sonke sibhekana nenkinga efanayo. Yini enye esingayenza? Nakhu esingakwenza: ukwenzisisa lokho esikwenzayo noma kuzogcina kabi—emajele, ezikhungweni, noma ekufeni—noma sithole enye indlela yokuphila. Eminyakeni edlule, bambalwa kakhulu abalutha abathole ithuba lokugcina. Labo abangabalutha manje basenhlahlani enkulu. Kungokokuqala ngqa emlandweni womuntu, ukuthi le ndlela elula ibonakalise iphumelela emihle ezimpilweni zabalutha abaningi. Iyatholakala kithi sonke le ndlela. Loluhlelo olungokomoya, hhayi olungokwenkolo, olulula olwaziwa ngokuthi Narcotics Anonymous.

Ngenkathi ukulutheka kwami kungenza ngifinyelele eqophelweni lokungabi nawo nhlobo amandla, ukungabi yilutho, nelokuphelelwa ithemba eminyakeni ecishe ibe ngu-15 edlule\*, yayingekho i-NA. Ngathola i-AA, futhi kuleyo nhlangano ngathola abalutha nabo ababethole ukuthi lolo hlelo lwaluyimpendulo ezinkingeni zabo. Nokho, sasazi ukuthi babesebaningi ababesaqhubeka nokuhamba endleleni engenathemba, elulazayo neya ekufeni ngoba babengakwazi ukuhlunga ukuba yisidakwa ne-AA. Ukuhlunga kwabo kwakusezingeni lokubona izimpawu ezisobala, hhayi izinga elijulile elithinta imizwa yomuntu, lapho uzwela luba yindlela yokulashwa kwabo bonke abantu abangabalutha. Sinabanye abalutha

\* Yabhalwa ngo-1965.

abangamalunga e-AA ayenokholo olukhulu kithi, ngo-July 1953, sasungula inhlango namuhla eyaziwa nge-Narcotics Anonymous. Sabona ukuthi, manje, umlutha angakwazi, ukuthola indlela yokuzihlunga kusukela ekuqaleni, azitshele ukuthi angakwazi ukuhlala ehlanzekile ngokubukela isibonelo kulabo asebelulame iminyaka ngemjnyaka.

Kuyazibonakalisa ngokwako ukuthi kwakunesidingo esimqoka salolu hlelo eminyaka edlule. Lolo limi olungachazeki lokuzibonakalisa, ukukholelwa nokholwa, esilubiza ngozwela lwadala umoya esasikwazi ukuhlonipha kuwo isikhathi, ukubhekana namaqiniso, nokuqaphela amagugu angokomoya okwase kulahlekele iningi lethu isikhathi eside. Ohlelweni lwethu lokululama, sikhula ngamanani amakhulu nangamandla. Akukaze kwenzeke ngaphambili ukuthi abalutha abahlanzekile babebaningi kangaka, ngokuzikhethela kwabo nasemphakathini bakhululekile, bakwazi ukuhlangana lapho bethanda khona ukuze balondoloze ukululama kwabo ngenkululeko nangokuphelele.

Ngisho nabalutha imbala bathi bekungeke kwenzeke ngendlela ebesihlele ukwenza ngayo. Sasikholelwa emihlanganweni eyayihlelwe ngokuvulelekile—kwakungasekho okufihliwe njengoba amanye amaqembu ayeke azama. Sasikholelwa ukuthi lokhu kwakuhlukile kuzo zonke ezinye izindlela zangaphambilini ezake zazanywa yilabo ababehamba phambili lapho abalutha babehlukaniswa nomphakathi isikhathi eside. Sabona ukuthi uma umlutha engabhekana ngokushesha nenkinga yakhe empilweni yansuku zonke, uzosheshe akwazi ukuba isakhamuzi soqobo nesiphumelelayo. Empeleni kufanele sizimele futhi sibhekane

nokuphila kunjengoba kunjalo, pho kungani singakwenzi lokho zisuka?

Yiqiniso, ngenxa yalolo hlelo abanengi baphinde bazidla izidakamizwa, futhi iningi lahluleka ngokuphelele. Nokho, abanengi baqhubeka, futhi abanye babuya ngemva kokuphazamiseka. Okuhle nokukhulu ukuthi, kulabo manje abangamalungu ethu, abanengi sebenesikhathi eside beziqhelelanise ngokuphelele nezidakamizwa futhi basethubeni elihle kakhulu lokusiza labo abafikayo. Indlela yabo yokucabanga, ngokwamagugu angokomoya ezinyathelo namasiko ethu, ingamandla amakhulu enza ukukhula nobunye ohlelweni lwethu. Manje, sesiyazi ukuthi sesifikile isikhathi lapho umphakathi noma umlutha ngokwakhe esengasayikuphinde abekezelele lawo manga akhathalele athi, “Umlutha uyohlale engumlutha.” Siyakwazi ukululama.

Copyright © 2018 by  
Narcotics Anonymous World Services, Inc.  
Wonke amalungelo agodliwe

World Service Office  
PO Box 9999  
Van Nuys, CA 91409 USA  
T 818.773.9999  
F 818.700.0700  
Website: [www.na.org](http://www.na.org)

World Service Office—CANADA  
Mississauga, Ontario

World Service Office—EUROPE  
Brussels, Belgium  
T +32/2/646 6012

World Service Office—IRAN  
Tehran, Iran  
[www.na-iran.org](http://www.na-iran.org)



Lokhu ngokuhunyushwa lwezincwadi okugunyazwe  
yiNhlango ye-NA.

Narcotics Anonymous, , , , ne-The NA Way  
ngamagama abhaliswe ngokomthetho  
ye-Narcotics Anonymous World Services, Incorporated.

ISBN 978-1-63380-121-9 Zulu 1/18

WSO Catalog Item No. ZU3106



**Narcotics Anonymous®**  
**I-Narcotics Anonymous**

IP No. 6-ZU

# Ukululama Nokuphinde Usebenzise Izidakamizwa

Ibhalwe kabusha isuselwa  
eNcwajaneni Emhlophe ethi  
*Narcotics Anonymous*