

**TRUTH
CENTERED
TRANSFORMATION**

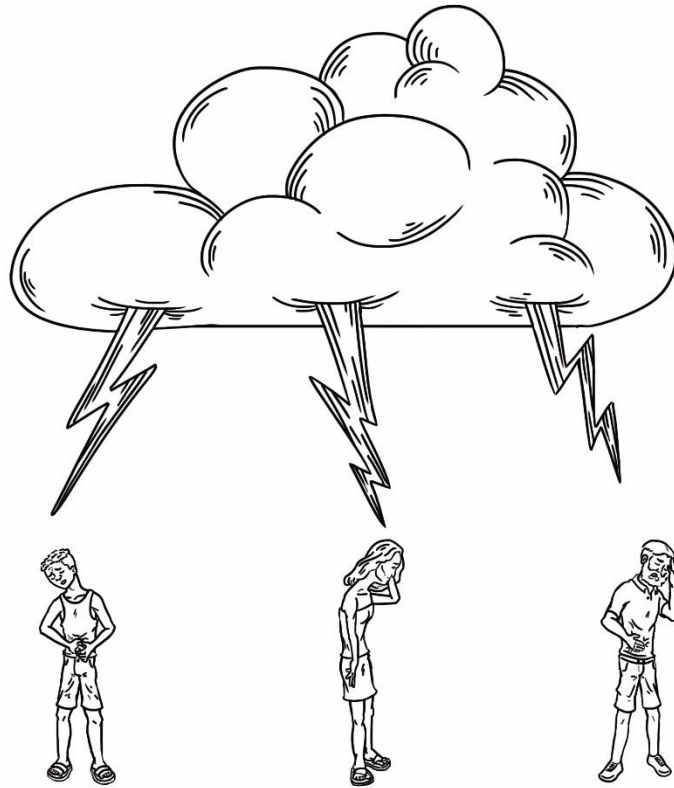
MODULE

**Akilocokinet
Alokiding nguna
Akire
Atutubet**

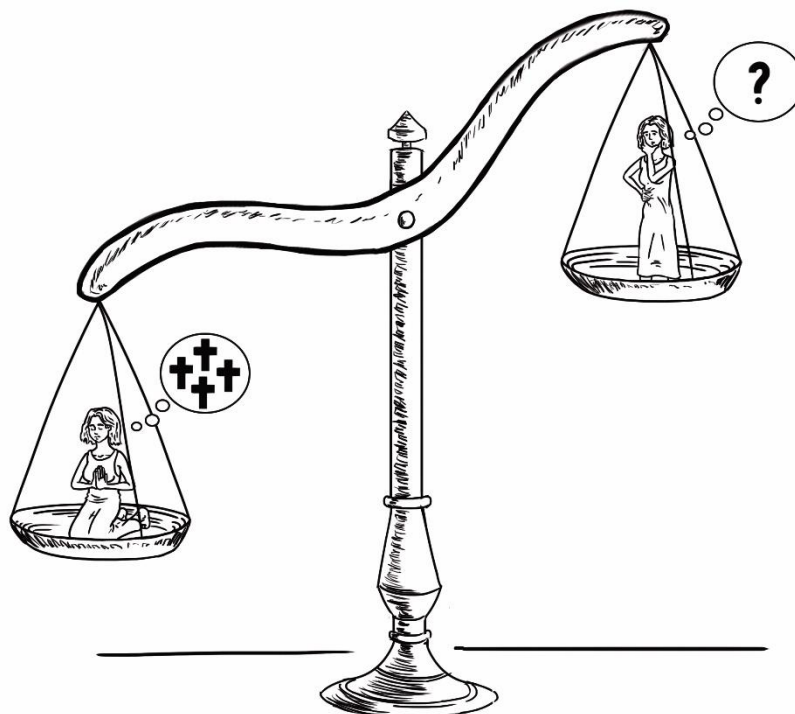


**NGAOSISIO KE ENGALEE
NGITORUBEI**

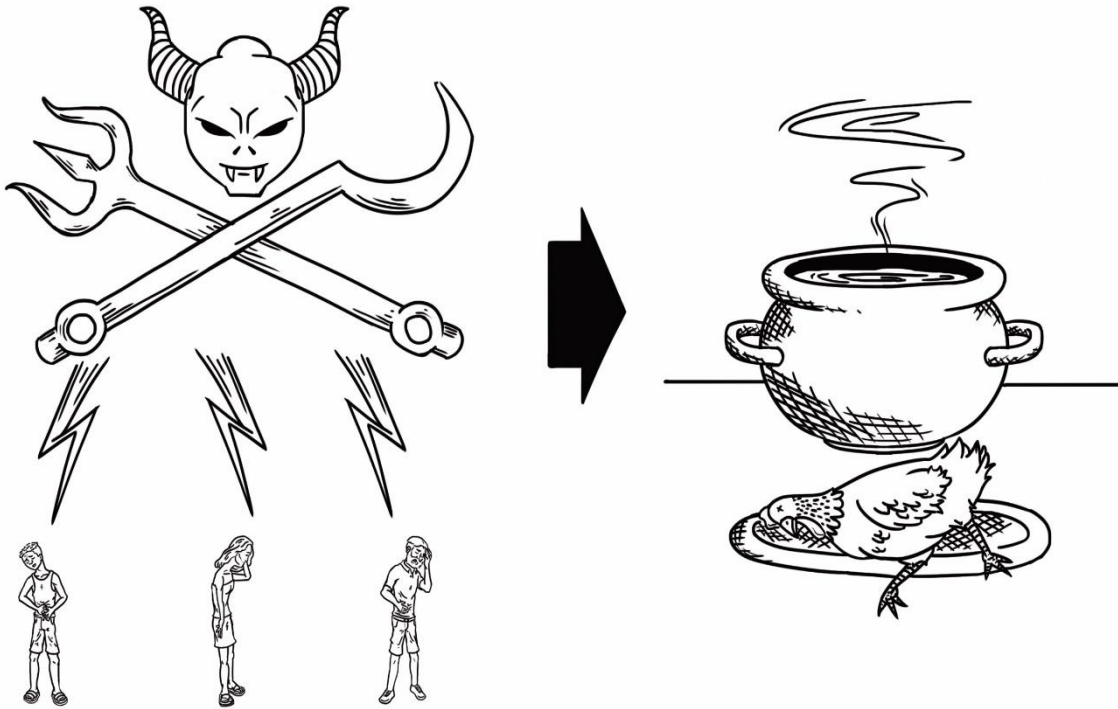
1. Erae ngidekesio daadang akisicanet ngina ebunit aneni ka Akuj (Ngakiyo)



2. Ani kerae toyakare iwon anupit pa kikidyakanakin iwon



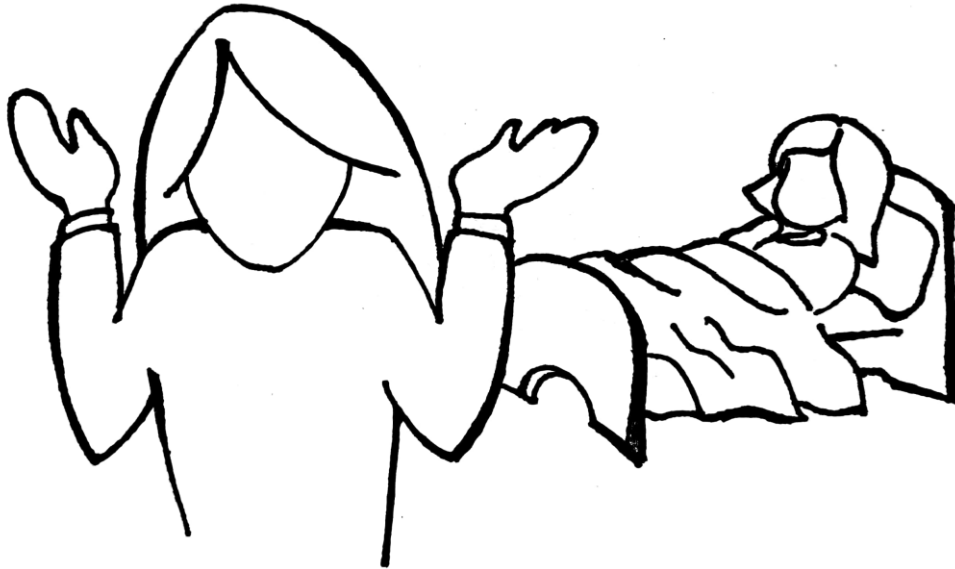
3. Eyaunit ngidekesio erae ngipian, angun, emaikina etiyata amuronot



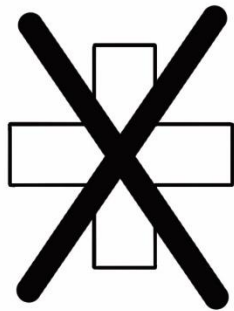
4. Nyemitaninit Akuj anguna ka angaleu



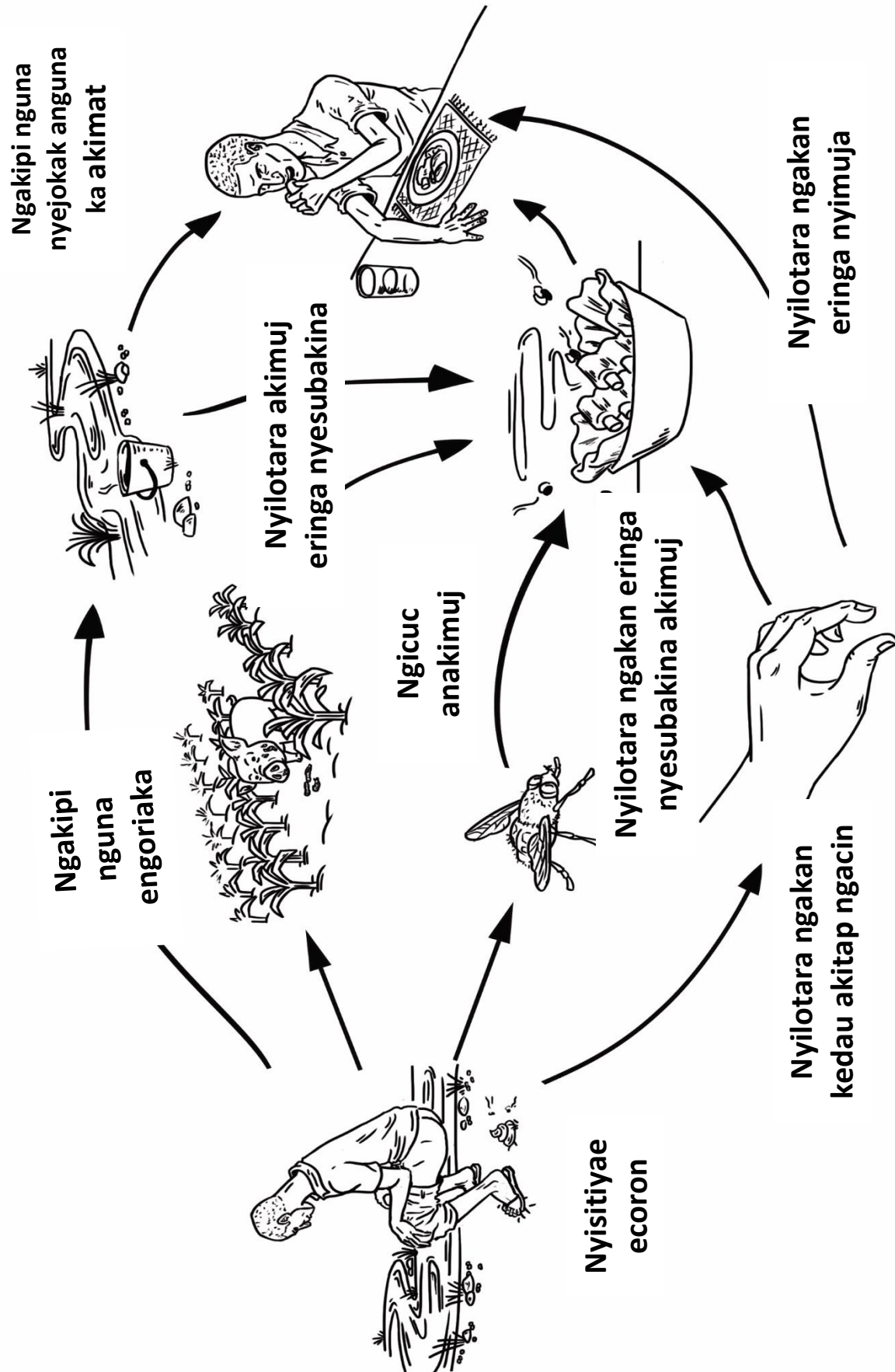
5. Emam nguna epedorio iwon akitiya anguna ka akiretakinia ngidekesio



6. Ani ikidyakakin iwon emaikina elipete akilip bon ka nyemaikina aloto lodakitar

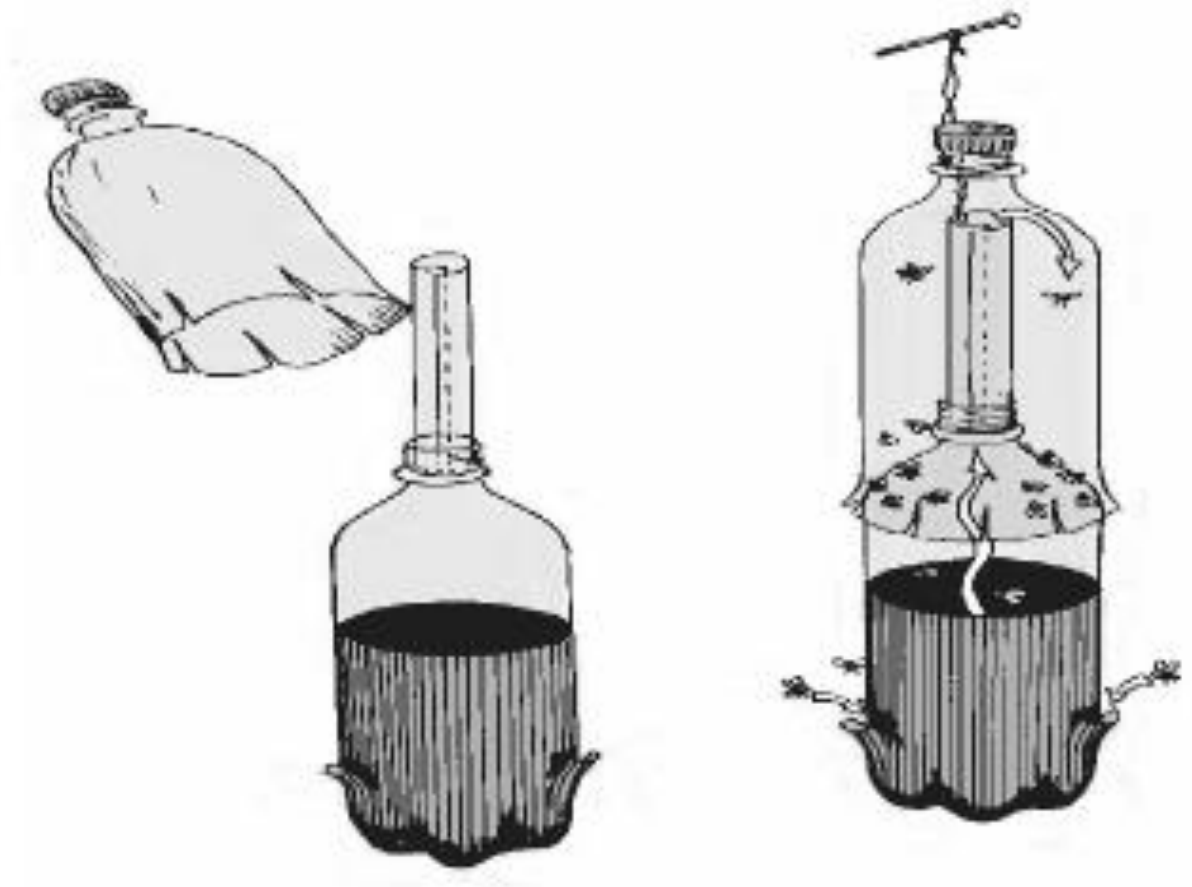


Epite ngolo ekorar edeke



Epite ngolo esubakinere akikamet a ngicuc

1. Toriamu erooro ngolo ngorot, kiwosak erangi ngolo kirionon kwap kori nanus aereooro ka topedoki ngiolei ngiuni anguna angicuc tolomiata tooma.
2. Totub erooro ece ngarwa ngaarei kiwuak epiinit anatutubet angina alokidiana erooro ngolo ke ekingaren.
3. Kirepak atutubet ngina alokidiana ngina ke ekingaren lorooro ngolo ka atutubet angina ke ekingaren.
4. Kiwuak ngadilup kori ngasike tooma natutubet ngina alokwap ido ikimiek alokinga



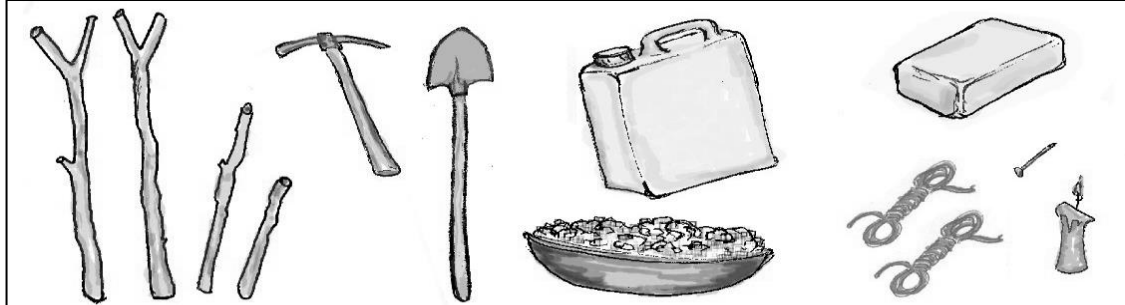
Ecuuma ngini imirimiri



Tosubak icuuma kon ailope ngini imirimiri

Ngiboro ngulu iitana:

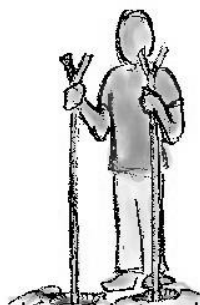
(2)2m ngipirin; (2)1m ngikito ngulucorot; Ngiboro ngulu boket; Ngiboro angakipi; ibore ngini iwuakinio ngakipi; Esabuni; Ekokote; Ngakopit; Esumar & ngikandelae



Ngadoketa:



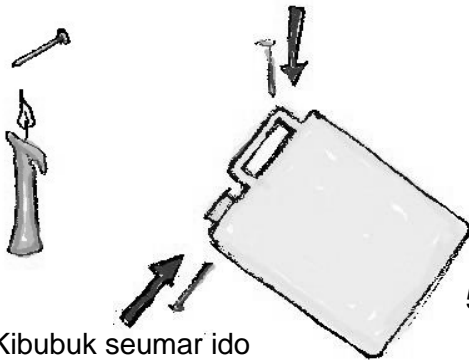
1. Tobokak ngapanya ngaarei elatakina



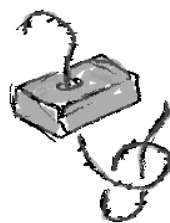
2. Kiwuak ngipirin tonukak ngalup



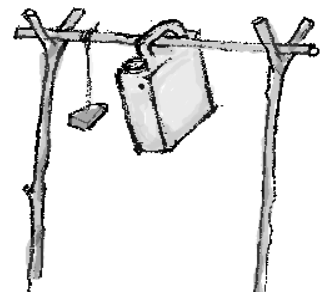
3. Tonukak ngapanya angalup, kiwuak ngadimor ido kisiga ejok



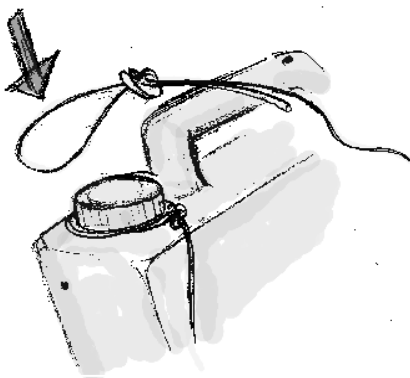
4. Kibubuk seumar ido topedok ngapedon nibore ngini angakipi



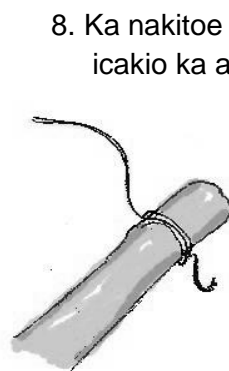
5. Topedok apedot losabuni ido kirepak auno



6. Kinenek ibore angakipi ka esabuni ido kilelebig ngakipi



7. Toenik akopito nibore angakipi

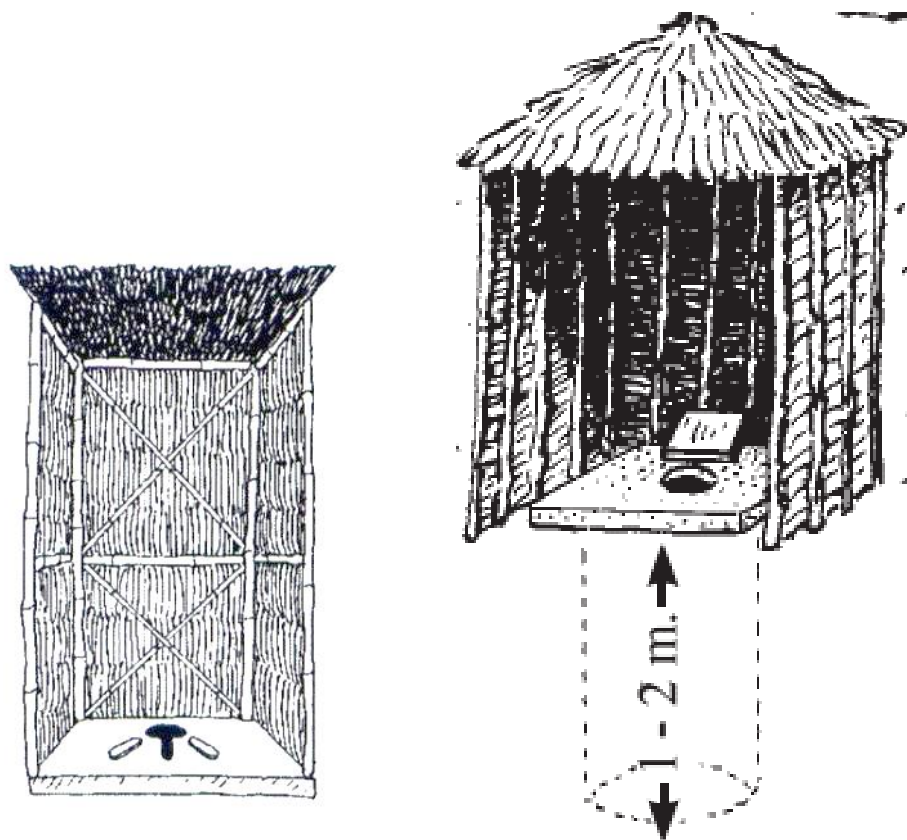


8. Ka nakitoe ngina icakio ka akeju

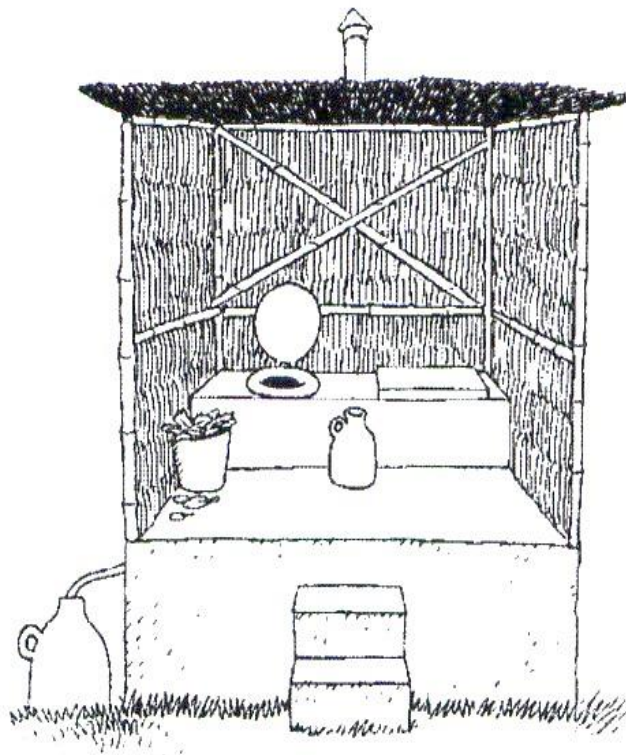


9. Kisitiya ekokote ikwa abesen angakipi

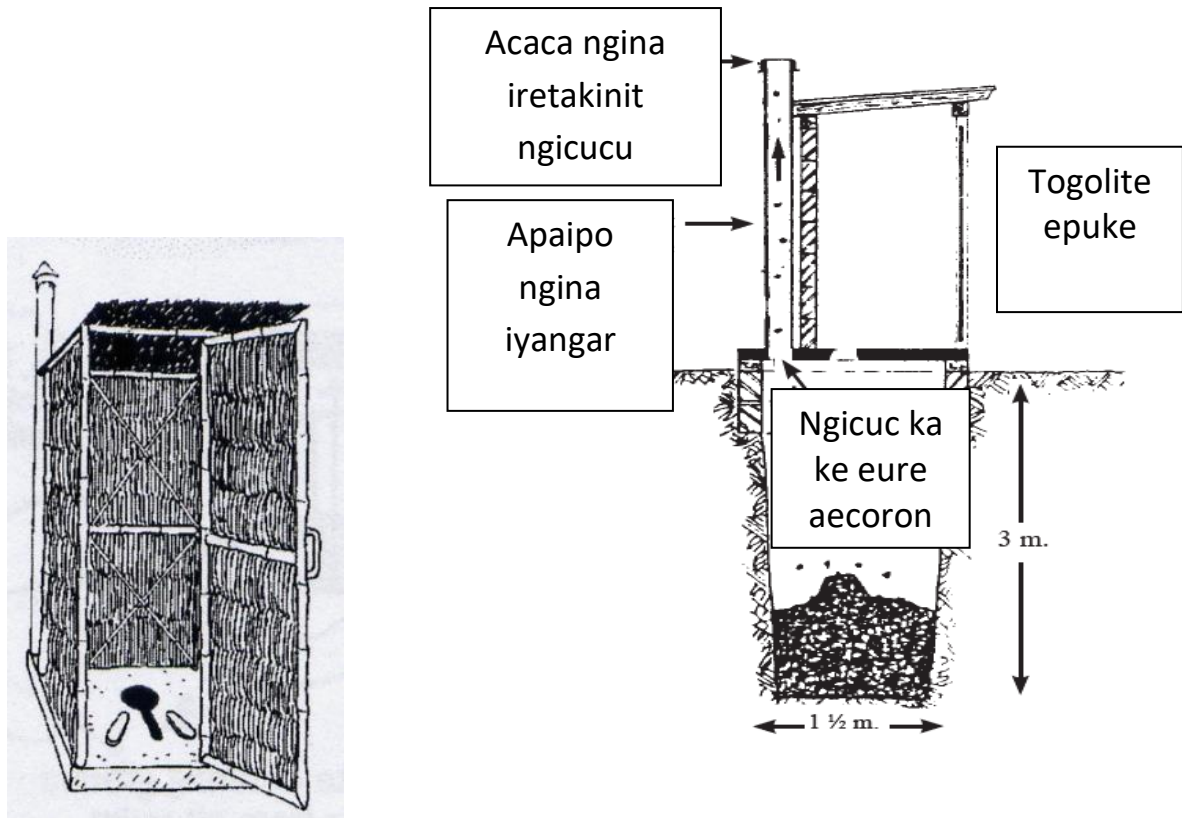
Ecoron ngolo egolol



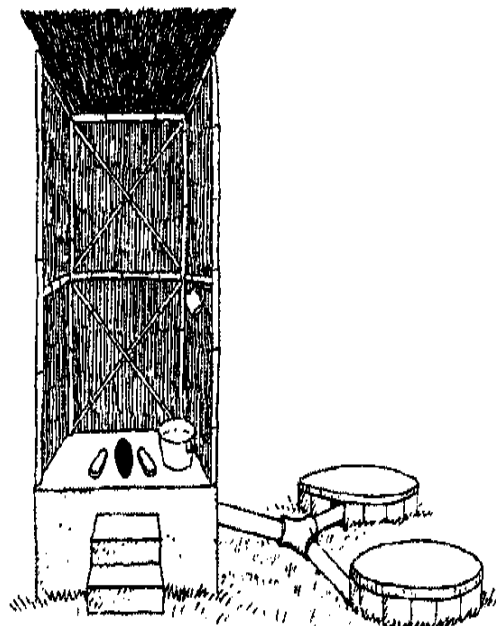
Ecoron ngolo etiakak ngakul ka ngacin



Ecoron ngolo iwuakinitae ngiolei ngulu iyangar (VIP) ngolo angikaplok



Ecoron ngolo ebuko ngakipi

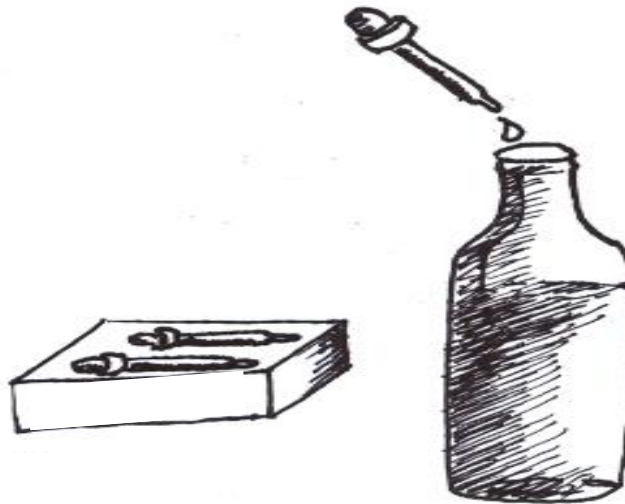


Epote ngolo itesegunere ngakipi

Kiwaluwalu ngakipi



Kivatak e Bilic

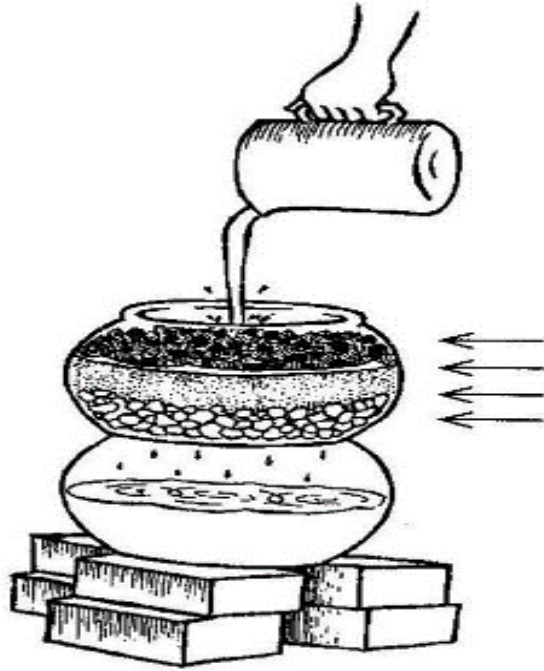


Epote ngolo itesegunere ngakipi isitiyao ekito e Bilic

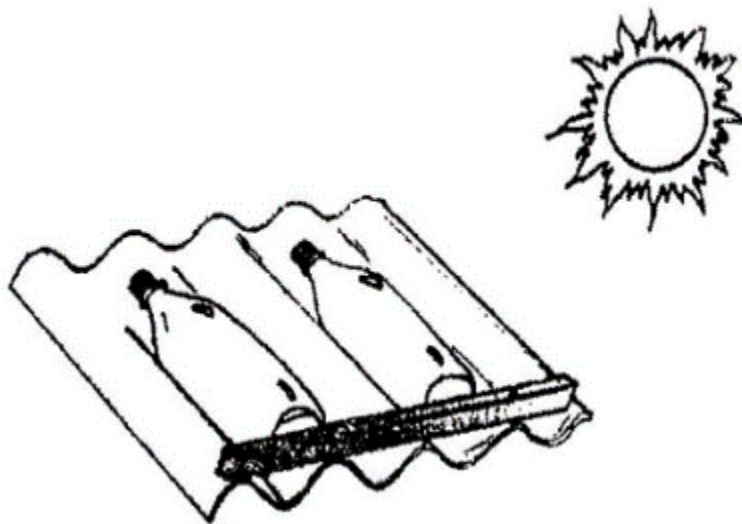
Itiyae erot lo ejok angakipi anguna aris akolong kisibusiu.

1. Kilimak ngakilimakinēt ngaarei a bilic nakipi nguna edolito ngilitae 1,
2. Kilongilongak ngadakikae nguna edolito 30 eringa nyemata (ejoikinit nooi keya ngisae ngulu edolito 1-2).
3. Tobongok ngarwa ngaarei Bilic nabo kidowok ngakipi kori anguna ka akitoyonia ngakipi.
4. Kelunyar ngadakikae 30 eringa ngakipi eurok ka ani iiri iyong eringa esasam iwadio, apolou ebe ejokak ngakipi akimat, ani kesasam ekitaē kori kesabakina, erubakini eure ka angun, nyejokiar eure ka akiir ido egogongier nooi, kiyatak ngakipi kinyiput eure ka ekiire ngakipi.

Tolii ngakipi



Erot ngolo a SODIS (AKOLONG)



Epite ngolo isitiyaere SODIS (AKLONG) anguna ka aliya ngakipi

Adoketait 1: Toseu ecupa ngolo iyookino! Kisitiya ecupa ngolo angilitae a 1-2. Kilota ecupa ejok ekingaren isitiyae



Adoketait 2: Kilelebik ngakipi locupa todolo $\frac{3}{4}$



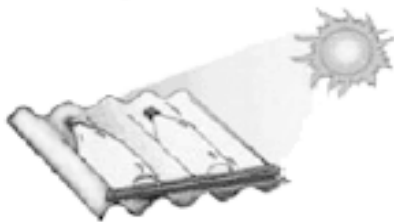
Adoketait 3: Kilongilongak ecupa ngasekonja 20



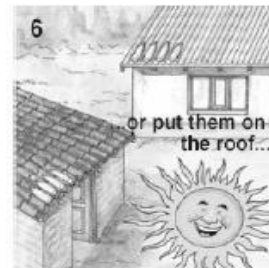
Adoketait 4: Kilelebik tokona ngakipi locupa togolok ka apukenit



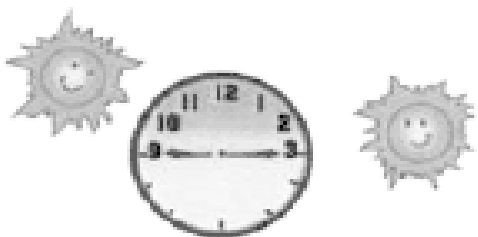
Adoketait 5: Kikacak ecupa kidiana kai ngina angababati



Adoketait 6: Kori lobibiru edio ngolo angababat



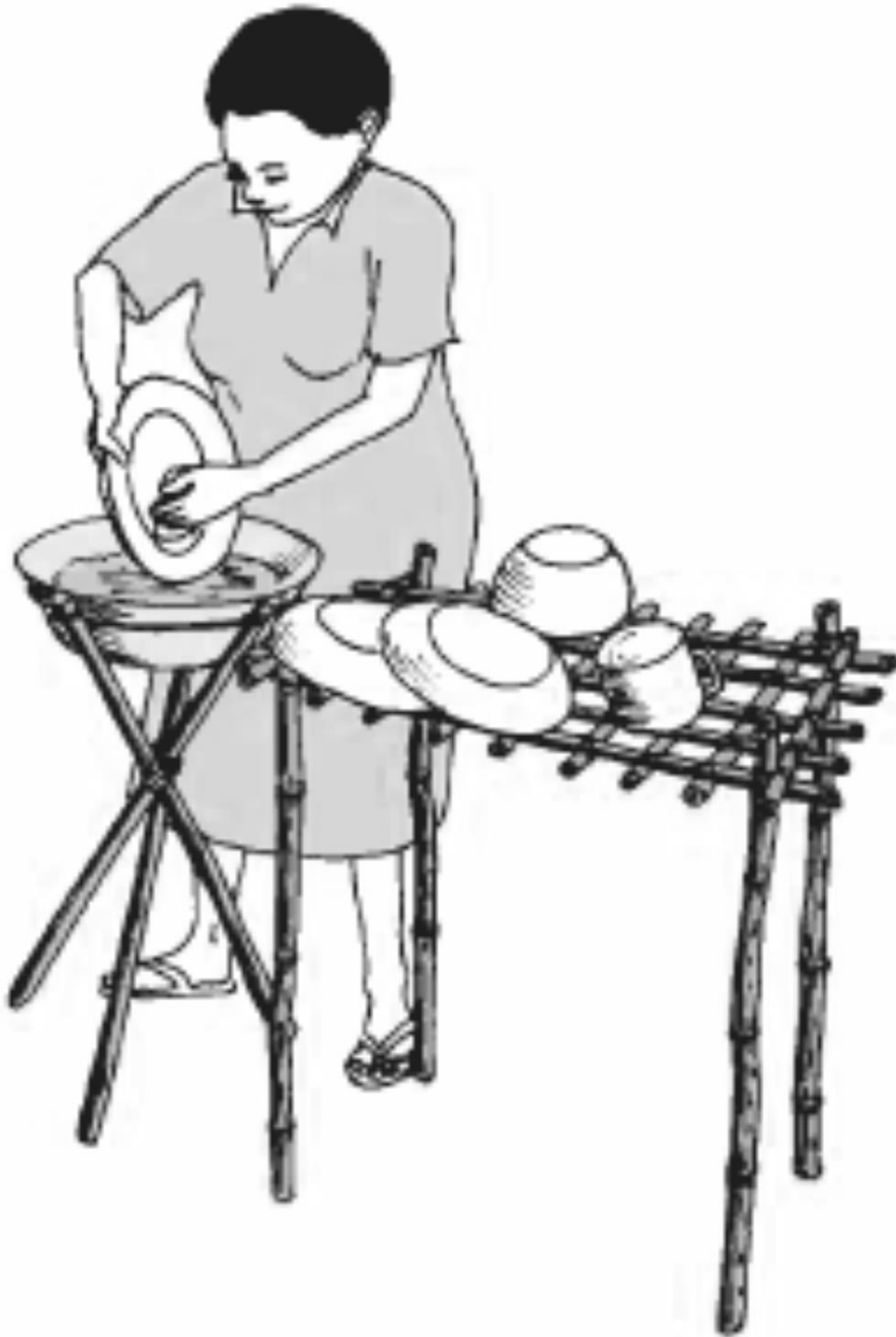
Adoketait 7: Toesik ecupa kidet akolong ageiyar taparac tari ebong. Ngisaae ngulu edolito ngikanikaapei



Adoketait 8: Epedor tokona ngakipi amato ka ejok akimat akolongit ngina etupakini ngin kori akolongit ngina angaarei.

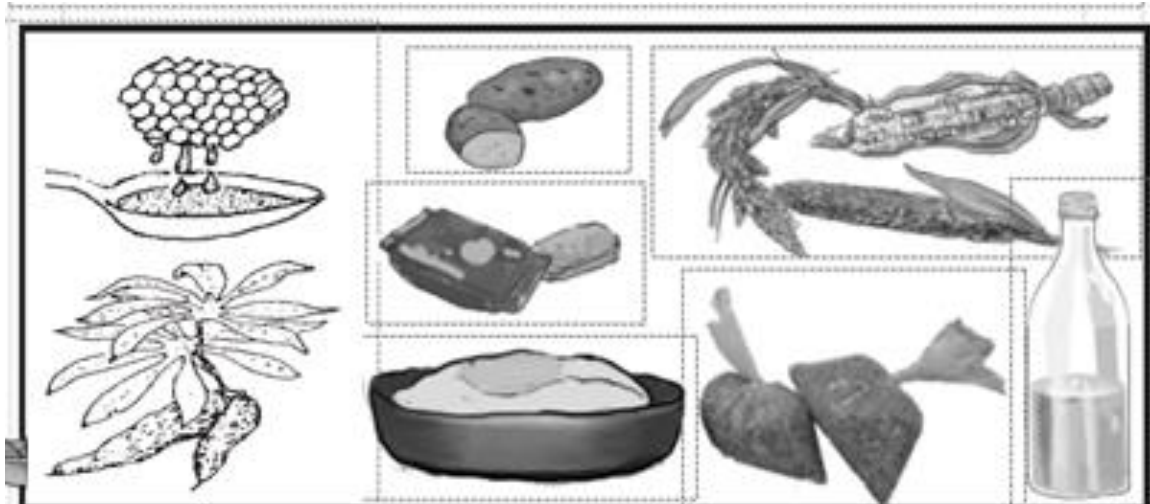


Ekeru ngolo itoonere ngiboro



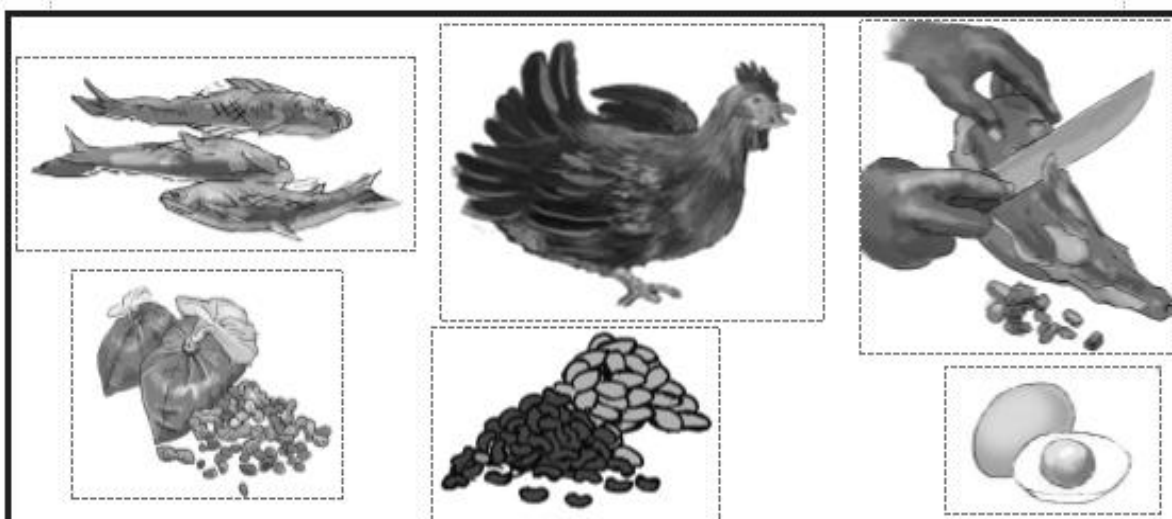
Ngamuja nguna ikiinakinete agogong

(Ekidikidi, akimiet, esukari, ao, ngamuja nguna eya kwap, ekokonat, ngikinyom, akidiatet)



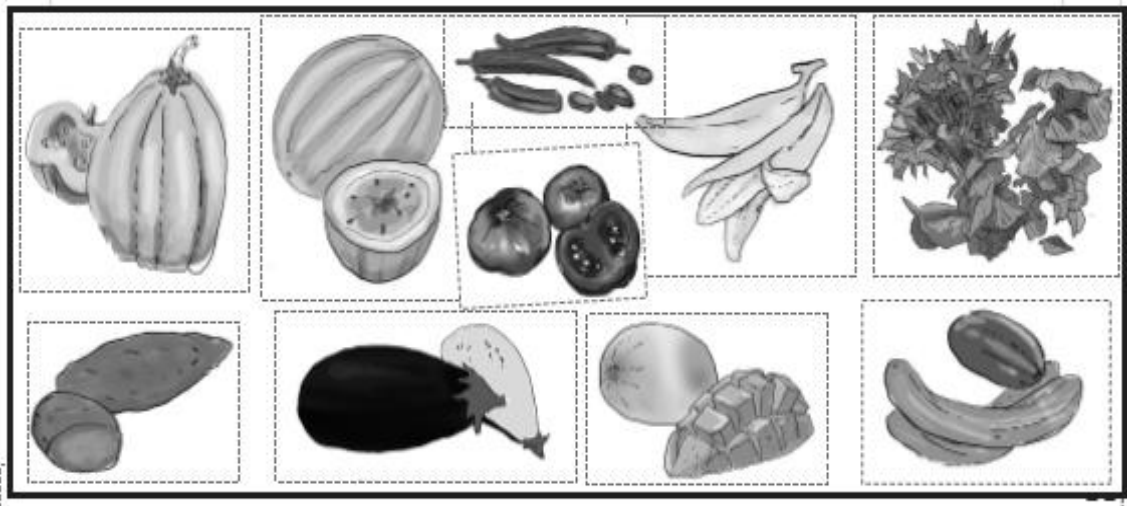
Ngamuja nguna edukete akuwan

(Ngikolya, ngikokoroi, gngimaidei, ngidyas, ngimare, ngikinyom, ngabeyei)



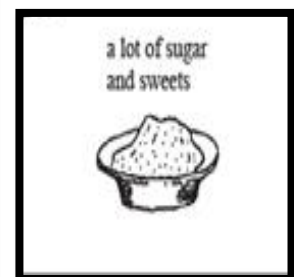
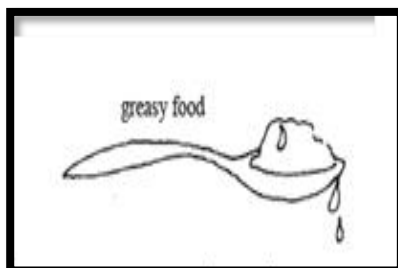
Ngamuja nguna ikingarakinete akiretakin ngidekesio

(Ngaraito ka ngidyas ikwa enyanya, avocado, ekarot)



Ngamuja nguna nyejokak akimuj

(Ngamuja nguna irurukato, ngamuja nguna emam nginyamen alu, esukari ngolo alalan)



**Torubak iyakatar asegis, asegis angawati, angakais
ka neni iboiyo atukot**



**Kilosi ngakan ke esabuni eringa nyesubakina ka
nyimuja ka kirikak etic ngolo ipedoria ariamunia
ngikur**



Kitesegite neni iboiyo atukot



Kisitiyae ecoron



Kisitiyaete ngakipi nguna esegak anakimat, akilosia ka asubanakinia akimuj

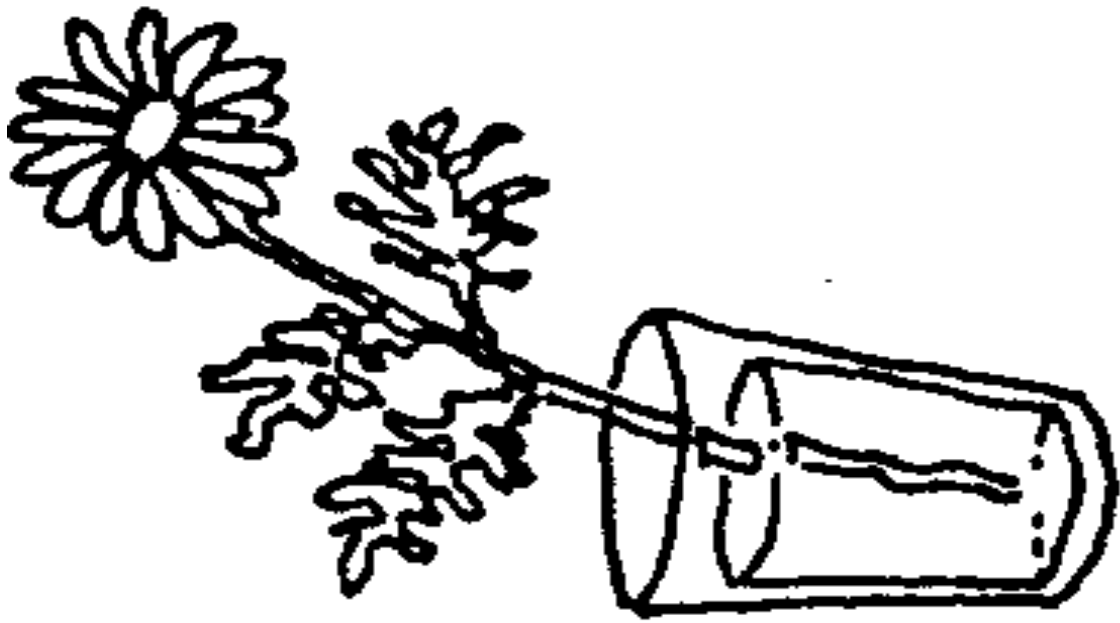


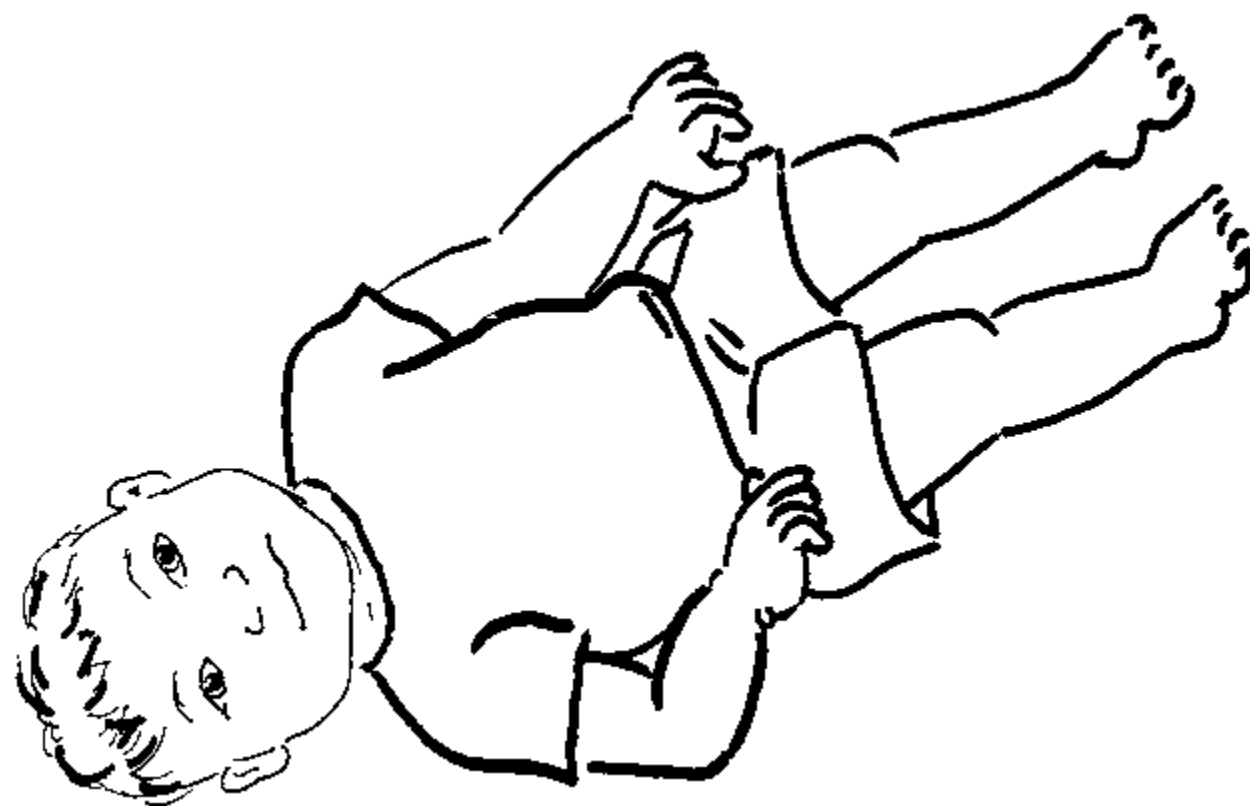
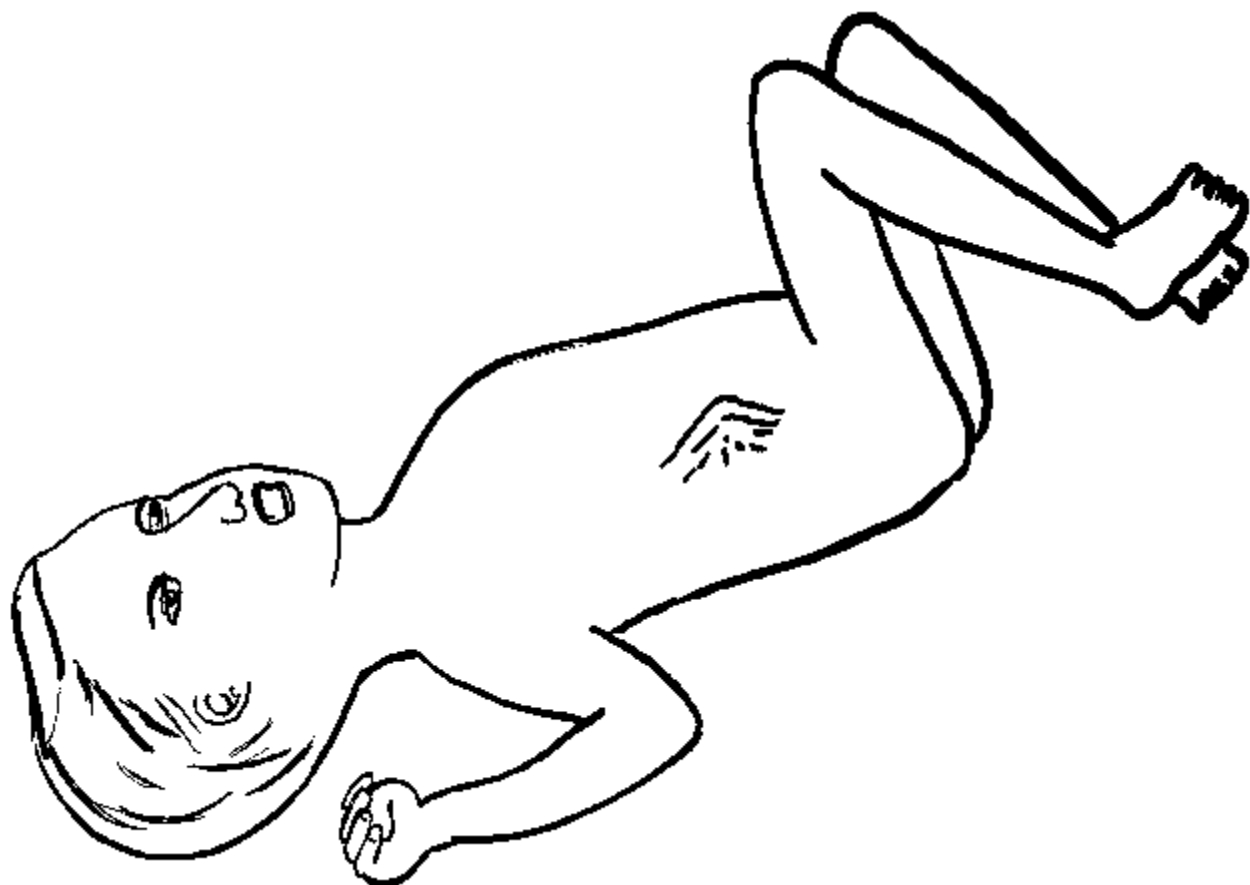
Esubanakine ngolo ajokan akimuj



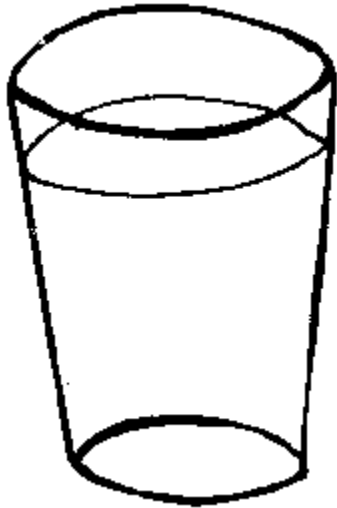
Inanakini akimuj ngina ajokan ngina eduki ngawati lokal







Epitem ngolo esubakinere ngakipi ngunamatan (ORS) nguna aitunganan angini iurusi



Tolem epeigilas
angakipi



Tocudak acumbi apei
kori ngaarei angimoyo



Kiyatak esukari apei
pukenit aecupa

Etia ai ngakipi nguna litnanitae iwon iurusi?



Itunganan ngini apoon: tomat
epei kori ngiarei angigilasia
angakipi kelunyar ngina



Ikoku: tomat egilas epei
angakipi kelunyar ngina
kiurusuyoret

TOTAMUNITE: ETYAE ANGUNA ELOMUNETE KINGA ERAE NGOLOPEITYAE

Alele arukoum alokumes, akigeriger angiporotoi ka awala

Etorube 1: Akibuusikinit ka allele arukoum

Tolema arukoum aibore anginilulung erae apira ngina enakuni arukoum alokumes aikoku

Ani pa kiyakatar apei kori keyakar ikoku ationis anakienga ipedori iyong akisitiya akituk kori anakunia arukoum alokumes.



Etorube 2

Kinyalak ngacudunet acumbi ngacudunet ngaarei logilas angakipi kori kiwuak idiocici nakan kon ido kiriiya. Elacakini arukoum ido kingarak akitolomun.



Etorube 3: Awala

Kigwaligwalak angakipi anguna isibusuunitae – apeikijiko ke ecai acumbi alogilas angolo angakipi kori ngakipi nguna isibusuunitae (ipedori iyong dang akiyatakin apeduru). Kigwaligwalak ngakipi ileleba akituk angun, kimwua kinga. NYILIKO ngakipi nguna ka acumbi ngun. Kimwau kirikak akigwaligwalakin kelunyar epei-saa kepedor. Ejokak dang ngikito ngulu ikote ecai ngolo angakipi anguna amwanak nguna iwuakinitae elemoni ka ao kori ngapoko nguna ikulaunitae angakoyo epedorete akingarakin anguna angiporotoi angulu ikigerigerete.

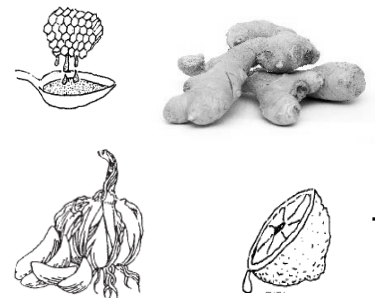


Asubakin ekitoe ngolo a lemon-cangausi

Eya kwapa ne ngirotin ngulu iwuapakinio anasubakin anguna aipeitunganan ka ngitunga ngulu alalak kisitiya ngakipimet nguna iyookino.

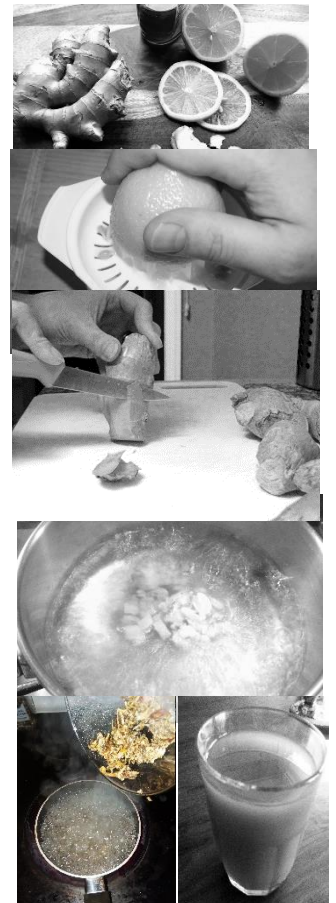
Ngiboro ngulu inyalio

1. Elemon epei ngolo apolon kori ngilemonio ngiarei ngulu alibak
2. Akijiko 1-2 ngina ke ecai aecangausi angolo irietae kori
3. etubutubutoe edit kori erukitoe
4. Ikijiko 1 ngini ke ecai a etungurusum kori etubutubutoe edit kori erukitoe
5. Ngakipi nguna iwaliwalitae (emwaka pee)
6. (Kiinata) apeikijiko ngina kecai ka ao anguna ka akitoboboun



Ngadoketa

1. Kilota ngiboro ngul daadang.
2. Tocuu ngakipi ngulu ke elemon (tolema ngicok nawae)
3. Totubutubu elemon ngolo idongit angatubutubeta
4. Tokula kori kikisa ecangausi ido torukok kori totubutubu edisiak kori torukok.
5. Tolema ngapoco ke etungurusum ka iso totubutubu (kepedor)
6. Kiwaluwalu ngakipi.
7. Tocakak ngiboro ngulu tooma ecangausi ke elemon (erae kicamit).
8. Kimiek alotooma ngakipi nguna ekulaete iwadio ido torapite.
9. Tolema alokeno ido kiyatak ngakipi ke elemon.
10. Toliwak logilas ka akeeke
11. Kiyatak ao erae kicamit tobobou kigurok ido tomat ibusuunito.
12. Tomasi anginataparac ke ebong, ijokuni iyong alorwa a 2-3.



Akaritas ngina ke etiae ekitoë angolo edakitar

Igiritae ngapakyo ngace nguna emaikina kiwuapae angatutubeta angakabeei ke ekitoë kori ekapusal.

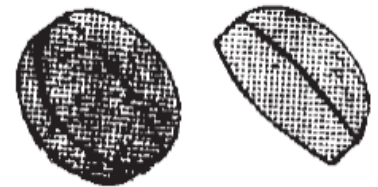
- 1 kabeiyait = akabeiyait daadang



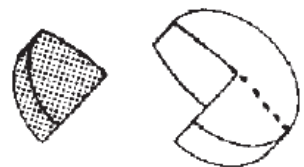
- $\frac{1}{2}$ akabeiyait = anus akabeiyait



- $1 \frac{1}{2}$ angakabeiya = apei ka anu akabeiyait

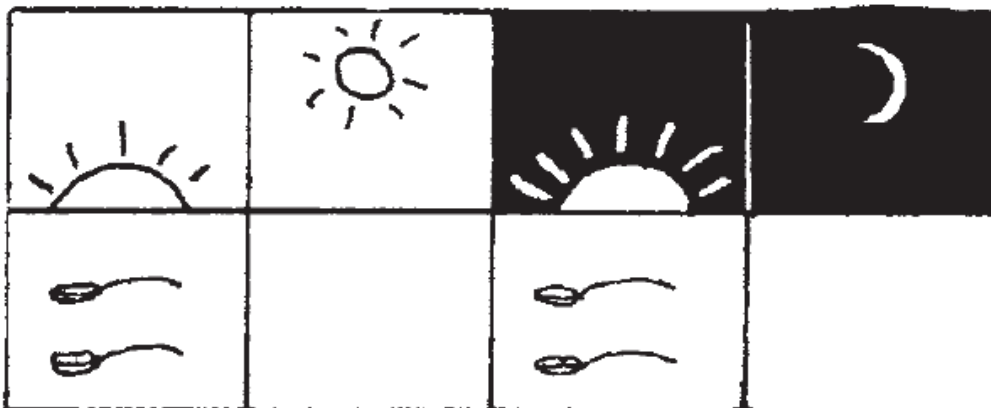
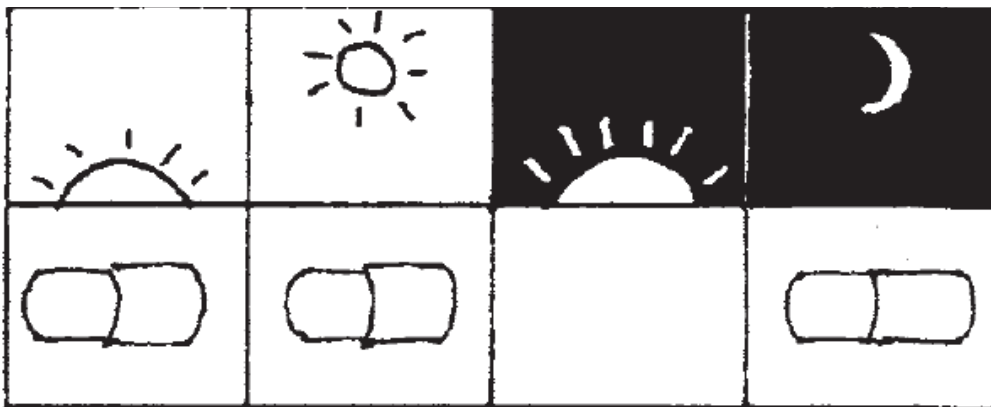
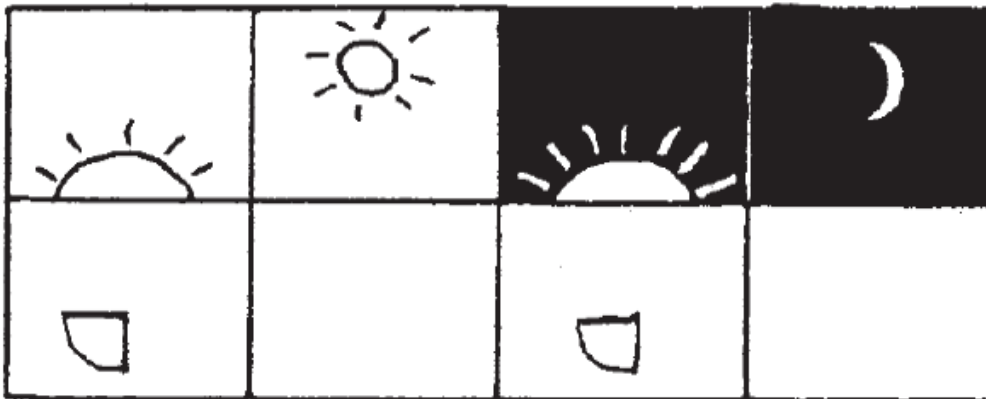
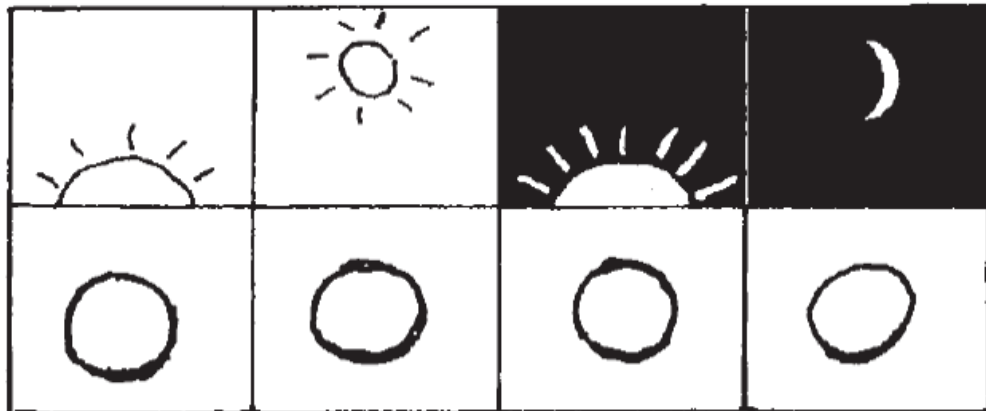


- $\frac{1}{4}$ akabeiyait = apeitutubet angakabeiya angaomwon kori apei alotooma ngaomwon

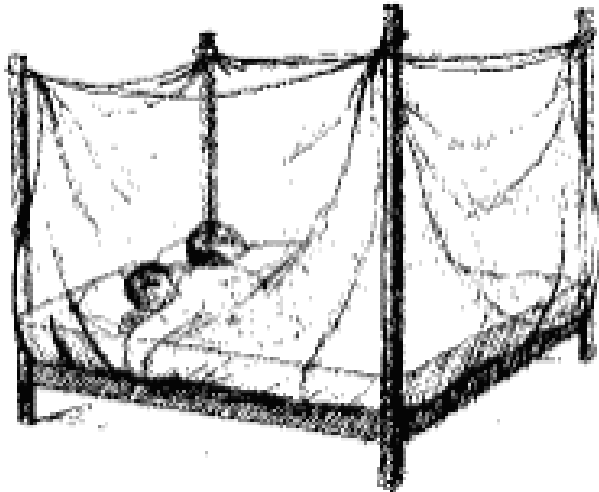
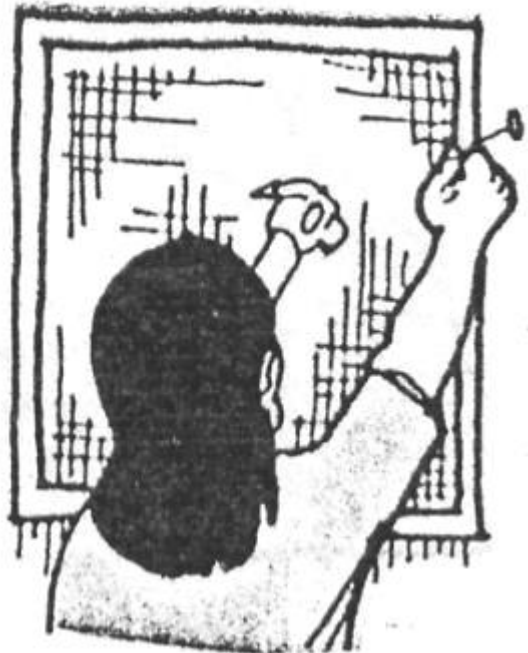
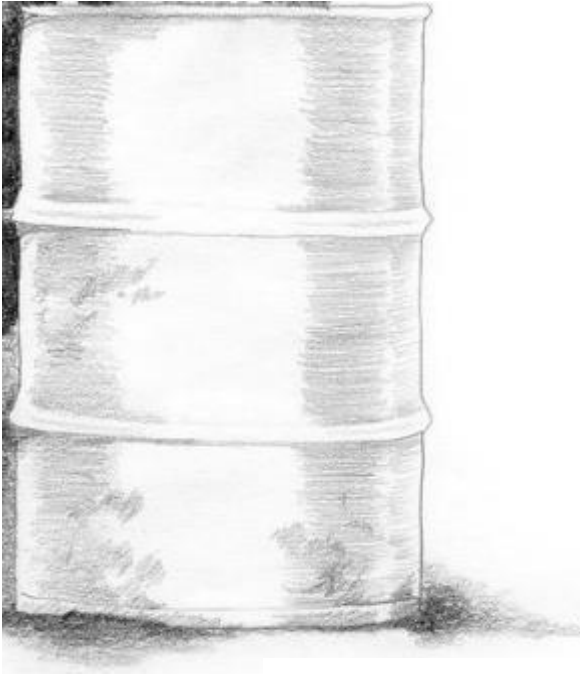


Tocoite ainakin ekitoë alopite angolo ecamakinitere etiae.

Akad ngina ke etiae ke ekitoë angolo kilioko



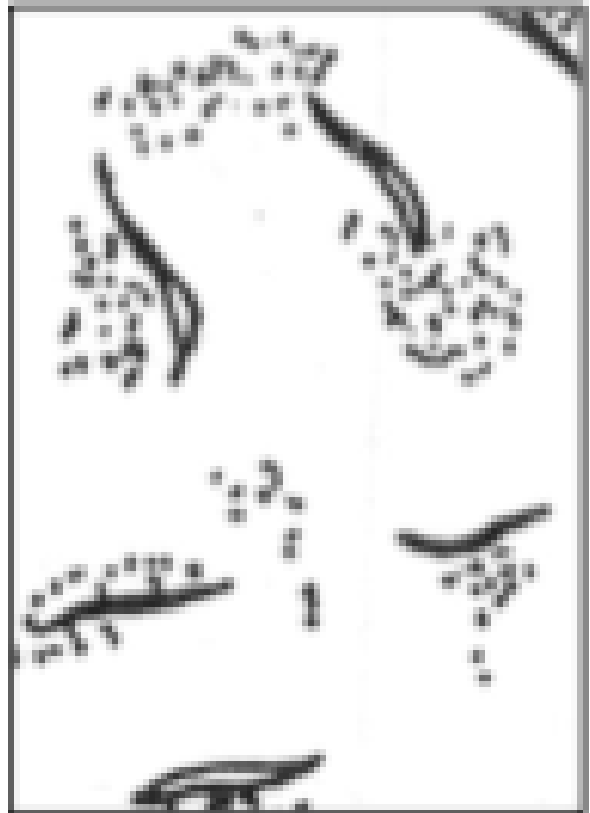
Maleriya



Ngikuru ngulu epetuna

1. Ekurut ngolo iita akituk

- Esubito ikes etiae imutu ngini akwangan kori iusi ka epedor aanyun anacin
- Eyaunete ikes akiptere ke ecin kori nakibobonet.



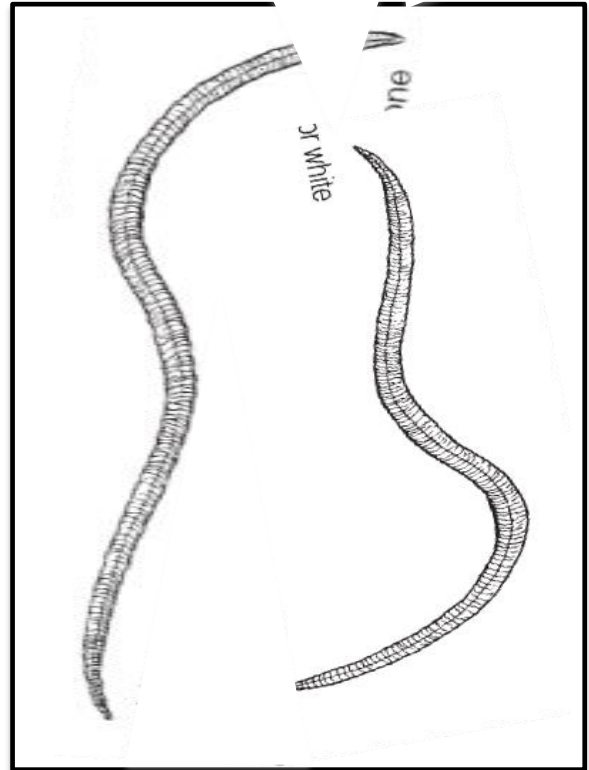
2. Ngikur ngulu angikodoce

- Edisyak ikes nooi nyepedor aanyuwaro.
- Einakinete ikes itunganan eupanu, iteriebunete akook ka ekiuruton. Itunganan ngini eyakatar ngikur ngulukodoce lu eyakaunotor angirit ngina enyangaaniyarit, nyimeger ka neni dapal angakan.



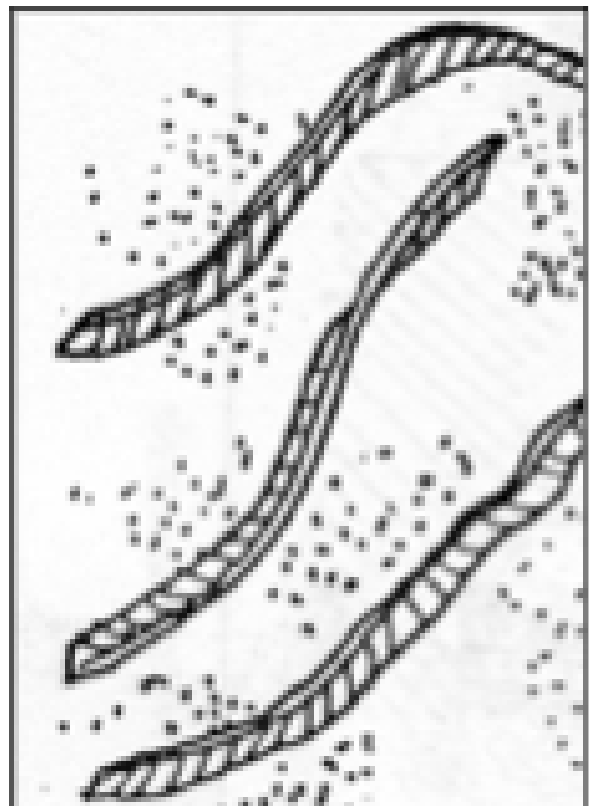
3. Ngikuru ngulululung

- Epolok ikes elulung, epusiyaka kori ekwangak, eoyak ebii akicaket a akeju aitunganan angini apolon, epedor ikes aanyun.
- Itunganan ngini eyakatar ngikur lu epalagagiyari akuwan kori arieba ka akook ka arukum ngina aonon.



4. Ngikuru ngulupeeleei

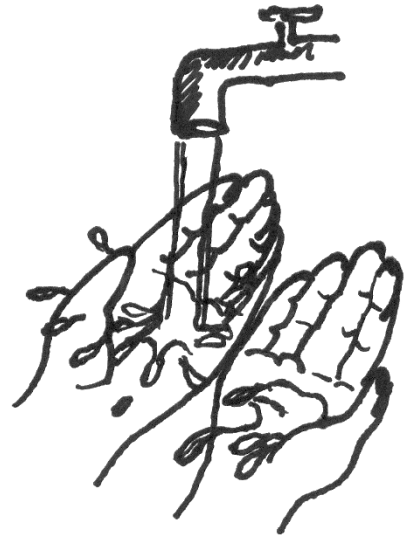
- Eya ngikuru lu tooma namoliteny, epoloete ngipeeleei eoyak, nait alotooma ngacin, etakanete ikes edapal, ekwangak ebii ngimeger aikoku.
- Eyakatar itunganan ngini apipeeleei apipilu anakook ka inyipor ngakilo ka akuwan.



Akiretakin ngikur

Nyaanu nguna ikipedori iwon akitiya anguna ka akiretakinia ngikuru?

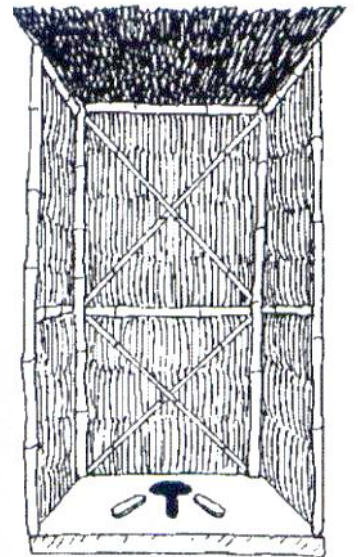
- Akilot ngakan



- Anapit ngamuk



- Akisitiya ecoron ka akitesegit inges



- Akisisa
asubanakin
akimuj ejok



- Akimat ngakipi nguna asegak
(akisitiya SODIS, akiwaliwal,
Bilic kori akilii)



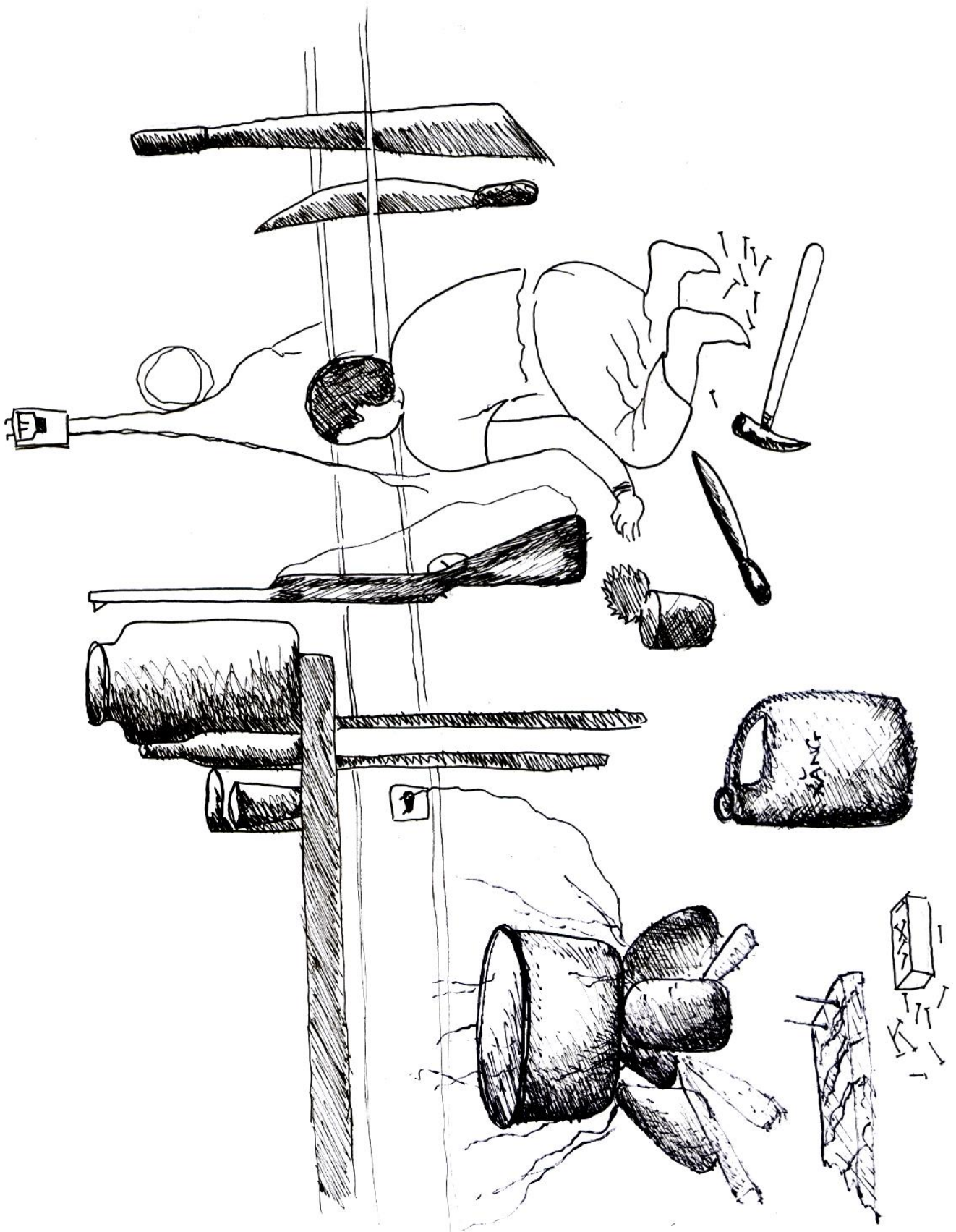
Ngimacarin ngulu alokudi

- Awal angina eyai elap 1, nooi kelunyar
- Amwanis ngina epaalana, esonyakini ka ebong
- Akinyinyir nakwaare
- Apipilu aekore kori popore akou
- Nyikiburakinit akimuj ka akinyipuno angikilo
- Apalogo akuwan (eupit itunganan atipei)
- Enyanganiyarit akuwan
- Ewala ngaokot (nooi anapaki angina iumiyaria)
- Etoil ngolo eoroeikinit (erienyaana aororikin)

Ngimacarin ngulu ka alilim akuwan

- Arukum ngina elelee alokumes
- Awala
- Akigiriger ngiporotoi
- Amwanis ngina epalaana
- Eupanu anakuwan
- Akitibitib angakoyo

Ngakangasia nguna eyakaunun



Ngakonyan angimuno

