

Modimo ka Boene. Krishna le Rama go kaya monate yo o kwa godimo thata, fa Hara ele boitumelo jwa Modimo, Hara o fetoletswe go buega go *Hare*. *Hare* o re thusa go fitlhelela Krishna

Tsa lefatshe, kgotsa maya le tsona ke maatla a Modimo. Le rona ditshidi fela jaalo re baOne. Ditshidi di tlhalosiwa di le kwa godimo ka maemo go tlhago. Fa metsi (setshidi) a tlhakana le mafura (tlhago) ga go nnege sentle mme fa metsi a tlhakana le metsi a lewatle(*Hara*) go tsamaelana sentle ntle le kgotlhang epe.

Mafoko a mararo a: Hara, Krishna le Rama ke dithitho/medi ya thapelo eno. Hare Krsna Hare Krsna Krsna Krsna Hare Hare Hare Rama Hare Rama Rama Rama Hare Hare, ke tsela ya go ikgolaganya le Modimo ka tlhamalalo, le go bona tshireletsego. Fela jaaka nku e lelela konyana, ngwana a lelela mme, Ao! Selelo sa nnete. Mme(*Hara*) o thusa go tliša ngwana ko go Rragwe mme ka yone nako eo, Rre o itshenolela ngwana fa ngwana a ikobile (fa a boaboetsa Hare Krishna...)

Ka ga jalo gago tsela epe e bonolo ya go tsosolosa le go direla Modimo ka lorato mo metlheng ya gompjeno ya dintwa le dikganetsano jaaka eo e bonolo jaaka thapelo eno:

Hare Krsna Hare Krsna Krsna Krsna Hare Hare  
Hare Rama Hare Rama Rama Rama Hare Hare

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# Ka ga thapelo ya Hare Krishna.

Hare Krsna Hare Krsna, Krsna Krsna Hare Hare / Hare Rama Hare Rama, Rama Rama Hare Hare, ke mokgwa o tswanetseng thata go tsosolosa lerato go krsna. Jaaka fa rele mewa rotlhe rena le gone go rata Krsna mme ka gobo re amogetse bodulo jo eseng jwa semowa, go rata Krsna moo go fitlhegile. Lefatshe le re tshelang mo go lone le bidiwa *maya*, kgotsa lefelo la tsietso. *Maya* ke gore, se e seng sone. Seo ke eng? Tsietsego e re leng mo go yone ke gore re batla go itira bo komang kanna, barena ba lefatshe lefa boammaruri ele fa go sa kgonege ka mabaka a tsepameng a tlhago e tlang ka ona. Fa motlhanka a itira yo mogolo go mungwagwe seo ke tsietsego e kgolo. Ka bogagapa le go ikgopolela re leka go tsaya mo tlhagong, mme seo se re tlhakathakanya le go feta (tlhago e re thusa mo bomatleng jwa rona). Jalo, lefa re palelwa re leka go fenyā tlhago, re tšile go palelwa jalo ka metlha. Matsapa a a bophiri a ka khutlisiwa, ke go ikgakologelwa, go tsosolosa mo go rona lerato go Krishna.

Hare Krsna Hare Krsna Krsna Krsna Hare Hare Hare Rama Hare Rama Rama Rama Hare Hare ke tsela e kwa godimo thata yago tsosa lerato leno mo dipelong tsa rona, poapoetso ya Hare Krsna Hare Krsna Krsna Krsna Hare

# Ka ga thapelo ya Hare Krishna.

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Hare Hare Rama Hare Rama Rama Rama Hare Hare, e ntsha leswe lotlhe mo dipelong tsa rona. Leswe le lebakwa ke gore 'ke Morena wa tsothle tse di ntikaganyeditseng'. Go dula ka nako tsothle o naganne Krishna ka lorato, le tirelo ga ese go tsenya maikutlo a maswa, nnya maikutlo a maatla a ke tlhago ya setshidi. Kutlo ya thapelo eno ya Hare Krishna e tsosa maikutlo ano mo go rona. Mokgwa o bonolo o (meditation) o atlenegisitswe. Motho mongwe le mongwe aka itemogela fa poapoeletso ya maina ano, e tliša boitumelo jwa maemo a ntlha, jo botswang mo sebakabakeng sa legodimo. Re ineetse go tshela jaaka diphologolo ka mokgwa wa go tshelela dikeletso fela. Maemo a a ko godimonyana ga a ke go phopholetsa ka maitlthomo a go bona kgololesego kgotsa kagisho le tlhago. Fa go phopholetsa go sena go fela, bomatla botlhe go fedile, motho jaanong o tsaya tshweetso ya go batlana le Modimo, a mo batla gotlhe, ka maikaelelo a go mmona. Mme fa motho ale mo seemong sa bo Modimo, se se ka kwa ga maikutlo, tlhaloganyo le botlhale o mo maemong tota a gaisang maemo otlhe a lefatshe le. Go boaboeletsa mo ga thapelo eno ya Hare Krishna go mo molaong ka jaana, ele bo modimo tota. Ka ga jalo go feta kgakala boitumelo boo ka bo itemogelang ka sengwe le sengwe se se tsamaisanang le maikutlo, monagano le botlhale. Ka ga jalo go go bothokwa go tlhaloganya se maina ano eleng sone, kgotsa go phopholetsa, tota le go fetola botlhale ka mokgwa mongwe gore o dule fela o ntse o re Hare Krsna

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Hare Krsna Krsna Krsna Hare Hare Hare Rama Hare Rama Rama Rama Hare Hare. Ke semowa, mme fa dilo tsa semowa dileng gona mongwe le mongwe ona le gone go tsaya karolo ntle le tshiamelo epe. Legale mo tswelong pele ya se ga go kitla go siama go ja o feta o itshutla ka gore ole modumedil!

Kwa tshimologong matshwao ga akitla a nna teng a bontshang katlego, mme ga gona pelaelo epe gore fa nako e ntse e tsamaya go go isa ka tlhamalalo ko maemong a a maleba a selegodimo. Mme matshwao a ntlha a mogo tlelweng ke keletso e ntsi ya go bina mmogo le kopelo ya Hare Krishna. Se re se bone ka namana, tota le ngwana a ka tsaya karolo mo go se, mo go bineng le go opeleng Hare Krishna. Batho ba bangwe ba dipelo di-thata mo eleng gore lefa o mo bolelela, o motlisa mo maemong a siameng, o lala a padile-mme ga gona jaaka aka palela Hare Krishna. Batshepiwa ba Modimo ba diragatsa se ka lerato la Modimo, mme seo se dira gore go utlwa go tswa mo go bone gonne le boleng le mosola ka maduo ele a nametsang pelo. Ka ga jalo theetso ya Hare Krishna mogo yo o seng moitshepi mogolo go tshwanelwa ga ikgatolosiwa thata. Fela jaaka setsenekegi se tsenya molomo mo mashwing mashwi abo a sa tlhole a siame go ka nowa (mashwi ke phepa ke le nosi, selabe setla le motsaya kgamelo).

Lefoko le Hara ke mokgwa wa go buisa thata ya Modimo, mme lefoko le Krishna le Rama ke mokgwa wa go buisa

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Hare Krsna Krsna Krsna Hare Hare Hare Rama Hare Rama Rama Rama Hare Hare. Ke semowa, mme fa dilo tsa semowa dileng gona mongwe le mongwe ona le gone go tsaya karolo ntle le tshiamelo epe. Legale mo tswelong pele ya se ga go kitla go siama go ja o feta o itshutla ka gore ole modumedil!

Kwa tshimologong matshwao ga akitla a nna teng a bontshang katlego, mme ga gona pelaelo epe gore fa nako e ntse e tsamaya go go isa ka tlhamalalo ko maemong a a maleba a selegodimo. Mme matshwao a ntlha a mogo tlelweng ke keletso e ntsi ya go bina mmogo le kopelo ya Hare Krishna. Se re se bone ka namana, tota le ngwana a ka tsaya karolo mo go se, mo go bineng le go opeleng Hare Krishna. Batho ba bangwe ba dipelo di-thata mo eleng gore lefa o mo bolelela, o motlisa mo maemong a siameng, o lala a padile-mme ga gona jaaka aka palela Hare Krishna. Batshepiwa ba Modimo ba diragatsa se ka lerato la Modimo, mme seo se dira gore go utlwa go tswa mo go bone gonne le boleng le mosola ka maduo ele a nametsang pelo. Ka ga jalo theetso ya Hare Krishna mogo yo o seng moitshepi mogolo go tshwanelwa ga ikgatolosiwa thata. Fela jaaka setsenekegi se tsenya molomo mo mashwing mashwi abo a sa tlhole a siame go ka nowa (mashwi ke phepa ke le nosi, selabe setla le motsaya kgamelo).

Lefoko le Hara ke mokgwa wa go buisa thata ya Modimo, mme lefoko le Krishna le Rama ke mokgwa wa go buisa

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