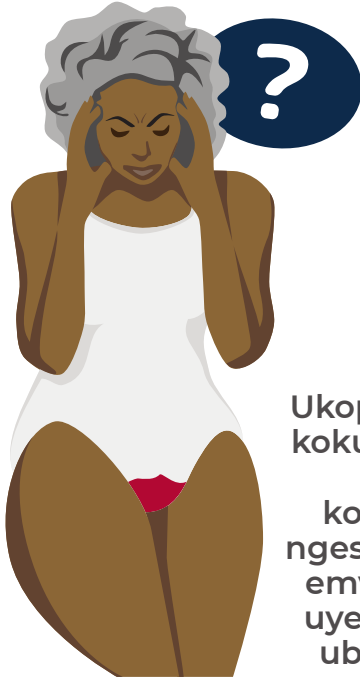


Sukungazihoyi ezi mpawu

Isenokuba ngumhlaza womlomo wesbeleko.
Ukufumanisa umhlaza kwangethuba kunokusindisa ubomi.



Ukwanda okanye
ukunuka kakubi
kwencindi
ephuma
ngaphantsi
kumntu
obhinqileyo

Ukopha phakathi
kokuya exesheni,
emva
kokwabelana
ngesondo okanye
emveni kokuba
uyeke umphelo
ubasexesheni



Intlungu ezingapheliyo
emqolo, emilenzeni okanye
kwi rhorho (pelvis)



Ukuhla emzimbeni,
ukuziva udiniwe
rhoqo okanye
ukungacaceli ukutya



Ukuva intlungu xa
usabelana
ngesondo kumntu
obhinqileyo

Ndwendwela ikloniki yasekuhlaleni okanye unompilo
wasekuhlaleni nokuba awuxhalabanga.