Umsebenzi welizwe – Uguqulo lwemibutho, uluntu, amashishini kunye nesithuba sikawonke-wonke

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Yintoni uMsebenzi welizwe?

UMsebenzi welizwe yipharadaym entsha yokusebenza ngotshintsho kubomi bombutho noboluntu. Umbono wawo ogxile kwinkqubo uveza iindidi zehlabathi ukuchaza nokusebenza ngotshintsho nokuhamba kwezinto emibuthweni naseluntwini ngokubanzi. Ubona umntu wonke njengamagqala, abathathi-nxaxheba, abaququzeleli, abalandeli kunye nabakhokeli; nangona ngamanye amaxesha, singathi sayanyaniswe nenye okanye nezinye zezi zinto sizenzayo. UMsebenzi welizwe uvumela ukuhlalutywa noququzelelo lwamaqela kwizikali ezahlukeneyo, ukususela kwiinkqubo zehlabathi ukuya kwimisitho yasekhaya, nakwisithuba sikawonke-wonke nakwiintlobo zemibutho ezifana namashishini, kwimibutho engajonganga nzuzo, kurhulumente, nakwimibutho yenkolo, njalo njalo.

Kula maphema, sinethemba lokubonisa ukuba ukungafani, idemokrasi eyendeleyo, ithiyori yesistimu enzulu, izimvo ze-quantum, nofundo ngezengqiqo, zonke ezi zinto zidibene ngokwemvelo, zidala ipharadaym entsha – ipharadaym
- ipharadaym engeyoyengqiqo nje kuphela kodwa enayo nendawo enombongo phakathi. Ibandakanya inkcaneko kwithiyori yenzululwazi, kwakunye nokubetha kwentliziyo yoluntu, kwaye ibandakanya intlonipho enzulu yeenkqubo zokuzazi ezininzi zabantu ngabanye kunye neemfuno ezingundoqo zemibutho. Lolu manyano oluthi luvumele ukuqhubeka kwenkqubo enobuchule, engalindelekanga enobushushu yokuvela kwemibutho – eya kwisingqi esivela kumculisi wesimfoni yehlabathi.

Enkosi ngomdla wakho kuMsebenzi welizwe. Ndinethemba lokuba uya kuwonwabela la maphepha e-Interrnet endithe kuwo ndashwankathela ulwazi lwam ngethiyori nokusetyenziswa koMsebenzi welizwe, kananjalo ndaza ndazama ukubonisa ukuba ungantoni na uMsebenzi welizwe, ngemizekelo ethile yamalinge endibandakanyeka kuwo.

Imiba yobunyaniso enokuthi ilinganiswe naleyo ingenakulinganiswa

UMsebenzi welizwe owaqalwa ngu-Arnold no-Amy Mindell kunye neqela labo uxabise imiba yobunyaniso enokulinganiswa ngokufanayo naleyo

ingenakulinganiswa, ngaloo ndlela ke wenza ukuba kuphuhle umfanekiso opheleleyo nobanzi wombutho.

Ukusetyenziswa kolu luvo lubonakala ingathi lulula kunabela kwiimeko ezininzi kakhulu. Iindidi ezilinganiswayo nezingalinganiswayo ziyafana nezibonakalayo nezingabonakaliyo, okanye eziphathekayo nezingaphathekiyo. Umzekelo xa sisebenza ngemiba ephathelele kwimo yokungafani, sisebenzisa izinto ezinokulinganiswa njengobuni, ubuhlanga, ubudala, umgangatho, ukuziphatha ngokwesondo, njalo njalo, sisebenzisa kwakunye nezinto ezingenakulinganiswa njengamathemba, amaphupha, imvakalelo, izimvo, iziphiwo, njalo njalo. Kwangaloo ndlela, amandla anento yokwenza nesikhundla esithile somntu embuthweni, okanye ukufuma komntu kwezoqoqosho ekuhlaleni, oku kunako ukulinganiswa; kwelinye icala imiba yamandla "njengobulumko bengwevu", "amandla enkolo" okanye "amandla esitalato" akalinganiseleki kakuhle kodwa abalulekile ngokufanayo ekubalweni kwamandla. Kwelinye icala, umzekelo kwimeko yezoshishino, ukulingana kwemiba enokulinganiswa naleyo ingenakulinganiswa, kungathetha ukuba ulwazi oluyinyaniso lokuhamba koshishino kunye nemiba engokuphathwa kwezimali ayinakwahlukaniswa namathemba, uloyiko, imo kunye neengxabano ezikhoyo kumalungu ombutho okanye kwizahlulo zawo, kananjalo onke lamabakala edityaniswe onke angabonakala njengobunyaniso obungenakwahlulwa. Ukukhupha ecaleni amanye amacala njengabalulekileyo kunamanye kuya kuthi ngokungenakuncedakala kudale inkathazo eya kuthi ivele kuloo macala asingelwa phantsi. Kule meko, iDemokrasi nokungaFani zibonakala njengeentsika ezingaphezulu kakhulu kubulungisa ngokwasentlalweni, ukuba kwicala elifanelekileyo kwezopolitiko okanye ukulingana ngokwamanani, umzekelo, ukuba nenani elilinganayo lamadoda nabafazi ekomitini. Singathanda ngcono ukukhuthaza ukuba kuhlonitshwe abantu bonke, icala eya ngakulo imibutho, amava, kunye nesimo seengcamango. Oku sikubona njengokubalulekileyo kakhulu ekufumaneni nasekusebenziseni lonke ulwazi okukhoyo kwisistimu ethile.

Ngale ndlela, utshintsho olwenziwa nguMsebenzi welizwe uhlanganisa inzululwazi kunye nezoluntu ngokuthi unike isiseko esibandakanya kwaye someleze zombini ezi nkalo. Esizikithini sendlela yokubona izinto yoMsebenzi welizwe kukho ukuqondisa kunye nofundo lokuba sezingqondweni. Ukusuka kwesi sizikithi, uMsebenzi welizwe uhlanganisa iinkalo ezintathu ezingundoqo:

- **Wenza unxibelelwano phakathi kweziphumo ze-quantum mechanics, ithiyori ye-chaos kunye nethiyori ye-network.**
- **Uhlanganisa kwaye usebenzisa izimvo ze-postmodernism ezivela kwinzululwazi ngoluntu, kwinzululwazi yezopolitiko, inzululwazi ngezengqondo, kwakunye nenzululwazi ngomntu njengesidalwa.**

- **Uhlanganisa izimvo ezininzi kwakunye nobulumko benkcubeko yama-shamanic kunye nendlela abaqonda ngayo ukubaluleka kobomi boluntu kunye nobudlelwane.**

Ithiyori yoMsebenzi welizwe ibonisa uhlobo esithi ngalo isifundo sokuba sezingqondweni sihlanganise ezi ndlela.

Ungazifumana ezinye iinkcukacha ngohlobo ezithi ezithiyori zihlangane ngalo ngokuthi zibeke elubala imenyu yotshintsho ebekwe ngasentla kweli phepha.

Usetyenziswa phi uMsebenzi welizwe?

Nangona kwiindawo ezininzi uMsebenzi welizwe waziwa ngcono ngokudlula ngaphaya komgaqo wokukhokela kwesininzi nokuba kwicala elilungileyo kwezopolitiko ngokuthi uveze uluvo lweDemokrasi eNzulu kumsebenzi wezokungafani, indawo onokuthi usebenze kuzo azinamlinganiselo. IDemokrasi eNzulu luhlobo olutsha lokuqondisa, oluhlonipha abantu bonke, uhlobo izinto ezihamba ngalo, nesimo sengqondo. Ubandakanya ukuqondisa ukuba ilizwe linokuqondwa ngenxenye kwaye kuye wonke umntu nesimo sengqondo siyafuneka ukulungiselela ukumisa ubunyaniso. Ngokwaseluntwini, kufuneka sizifundise ukuba siqwalasele onke amava ethu angaphakathi xa sisebenza ngehlabathi elingaphandle, sibambe ukuqondisa kwisithuba esithile seemvakalelo, ukuphupha, kunye namandla entlalo. Oku kuneziphumo ezininzi, ukukhula kwemibutho, ubomi bamaqela, ezopolitiko, kunye nokukhulu komntu.

Apha ngezantsi sinika ezinye zeenkalo apho sisebenzisa khona uMsebenzi welizwe. Kwinkalo nganye kuzo, uMsebenzi welizwe uza nendlela entsha kraca. Ukuvuselela umdla wakho, ndifake kwinkalo nganye umzekelo omnye wenguqulelo ezintsha. Xa utyhila la maphepha uya kubona ukuba lemizekelo ikhethiweyo yinxalenye encinane yoko kuyindlela eyahlukileyo mpela yokubona nokusebenza ngenkalo nganye kwezi.

- **Ukutshintshwa kombutho ngendlela enenkqubo: Ukukhula kombutho kunye neenkqubo zamaqela, amashishini, imibutho engajonganga nzuzo, iindibano kunye neenzame zabahlali.** *Umzekelo woguqulo olutsha: sibonisa ukuba ezona nzima zinkulu zibanezisombululo zazo ezininzi ezakhelwe ngaphakathi kuzo, ezithi zifumaneke kwiqela ukulungiselela inguqu enomxhelo evela ngaphakathi.*
- **Uququzelelo lwendibano evulelekileyo yamaqela anabantu abangama-1000 kwiintlanganiso zasedolophini malunga nemiba edl'umzi.** *Umzekelo woguqulo olutsha: →siqwalasela size sicozulule*

eyona miba inobuzaza ethi amaxesha amaninzi ityeshelwe/ibalekwe size sibonise ixabiso layo ekwakheni uluntu.

- **Ulwakhiwo lobugcisa bokusebenza ngendlela esebenzisa inkqubo nokwenziwa kwezinto kuzo zonke izigaba zombutho, kusetyenziswa indlela enezigaba ezininzi kwaye enokungafani.** *Umzekelo woguqulo olutsha →sinenkqubo ebonisayo ebandakanya zonke izigaba zombutho kwaye ekwanceda ekufumaniseni eyona 'ntsomi' yombutho, esenokuba ngunobangela wamandla.*
- **linkqubo eziphuhlisa isakhono sobunkokheli kumntu ngamnye nakubo bonke ngokuhlanganyela, kwakunye nokufundisa ubunkokheli kwezoshishino, ezopolitiko, kurhulumente, kwimibutho engajonganga nzuzo, kumalinge okuphuhlisa uluntu, njalo njalo.** Umzekelo woguqulo olutsha→Sidibanisa ukuqondisa noluvo lwe-parallel worlds evela kwezenzululwazi ifiziksi ukuvumela iinkokheli ziqonde iimeko ezinzima zizisebenze kakuhle/ngokulula.
- **Ukwakha iqela elinentsebenziswano/itimu nokuyiququzelela.** *Umzekelo woguqulo olutsha→Sinendlela evumela amalungu ukuba akhe angcamle umba wengxaki enzima kakhulu emenza umntu azixhathisele ngokwakhe, nokuba bazisebenzise ezi ngxaki ukufikelela kwiqondo elitsha lentsebenziswano.*
- **Ucwangciso lwedolophu.** *Umzekelo woguqulo olutsha→Sisebenzisa imiba enokulinganiswa nengenakulinganiswa yesithuba sikawonko-wonke ukukhuthaza/ukuququzelela ubudlelwane obutsha phakathi kwabaphathi bedolophu, amashishini, abezopolitiko kunye noluntu oluhlelelekileyo. Umzekelo woku yiprojekthi/ilinge ebizwa ngokuthi "Ukusebenza kwedolophu – unyango lweDolophu".*
- **linkqubo zokuguqula imeko yentlalo nezoqoqosho.** *Umzekelo woguqulo olutsha→Senza okokuba iitalente zomntu ezifihlakeleyo, ezithi zivele ngamaxesha obunzima, zibonakale, size sizisebenzise njengoluvo olusisitshixo kwinkqubo yophuhliso lwezakhono zobunkokheli ebizwa ngokuthi "Iinkokheli zaNgomso" elungiselelwe abantu abangaphangeliyo kunye/okanye abantu abangenamakhaya.*
- **Ukusombulula impixano/umlo kwizigaba ngezigaba kwiindawo ezifana noMbindi-Mpuma, e-Balkans nase-Ireland.** *Umzekelo woguqulo olutsha→Siyaqonda okokuba impixano kanti nemfazwe imbala ngamanqanaba okuqala ekuphuculeni ubudlelwane phakathi kwamaqela kwaye sinakho ukuhlangana nawo onke amaqela achaphazelekayo sinesimo esincedisayo ekuqaleni.*
- **Ukusombulula impixano/umlo ngaphakathi kwimibutho, kubandakanya nemiba yemibutho edibanayo, impixano phakathi kwemibutho, ubudlelwane emsebenzini, njalo njalo.** Umzekeo woguqulo olutsha→Sibonisa indlela ethi impixano yenziwe/idalwe ngayo "ngumoya" wombutho okanye izidale ngokwayo, kwaye ingasetyenziswa ngenjongo zokwandisa izimvo zabathathi-nxaxheba malunga namandla nobunakho bombutho (kwixesha elizayo).

- **Imizekelo yezempilo.** Umzekelo woguqulo olutsha→Sibonisa indlela ekunokuthi imiba yeenkcubeko ezahlukeneyo, ubudlelwane phakathi kwesigulana, umntu owongayo nalowo ubonelela ngezempilo kunye nemizekelo(iimodeli) yamayeza ahlukeneyo, iqondwe njengeyinxalenye yobunyaniso obunye, obufuna uthatho-nxaxheba kuwo onke amaqela anomdla ukuze adale ikamva eliqaqambileyo.
- **Iimodeli/imizekelo emitsha elungiselelwe iinkqubo zemfundo.** Umzekelo woguqulo olutsha→Ootitshala, abafundi kunye nabaQuquzeleli batshintshana ngeendima abazidlalayo, ezinokuthi zisetyenziselwe ukudala inkqubo yezemfundo, ekuthi kuyo ulwakhiwo loluntu, ukuphuhlisa umntu ngamnye kunye nemfundo eqhutywa yinto eyiqulathileyo zihlanganiswe njengembumba eyinto enye.
- **Ukusombulula impixano/umlo emsebenzini.** Umzekelo woguqulo olutsha→Sibonisa ukuba iimpixano zobudlelwane phakathi kwabantu emsebenzini, zichaphazela abantu, kodwa aziwuchaphazeli umbutho. Oku kuqondisa kungasetyenziswa kuqala ukudambisa ukubambana phakathi kwabo bantu bachaphazelekayo, okwesibini, kungasetyenziswa ukuxhasa ukuphuhla kwekamva lombutho uwonke. Amaqela axabanayo/alwayo angathatha inxaxheba kule nkqubo kuzo zonke izigaba.
- **Izimvo ezintsha ngoququzelelo lwe-Internet kunye nokwakha uluntu lwayo.** Umzekelo woguqulo olutsha→Sibonisa indlela ethi izimvo zethiyori ye-network, ezifana nesenzeko sehlabathi elincinci okanye uluvo lwamanqanaba okwahlukanisa zande xa uzihlanganisa nendlela yezigaba ezintathu, oya kuthi ufunde ngayo kakhulu kwiphepha elilandelayo.
- **Ukulamla phakathi kwexhoba nomenzi wokugwenxa.** Umzekelo woguqulo olutsha→sicombulula inkqubo ekhokelela kwimpindezelo nokuziva unobutyala ukwenzela ukuba size kuzisebenzisa njengeziqhuba ukudaleka kwesisombululo esinobulungisa esibuyisela imeko esiqhelweni.

Iintsika ze-Pharadaym yoMsebenzi welizwe – uMbono, iNdlela yokwenza izinto, neNdlela yokuziphembelela

Indlela yokubona yoMsebenzi welizwe

UMsebenzi welizwe ujonga umntu ngamnye, iqela nesiganeko njengesibalulekileyo kwikamva elihlumayo loluntu nehlabathi ngokubanzi. Wahlula izigaba ezintathu, esithanda ukucinga ngazo njengamazwe anxuseneyo.

Izigaba ezimbini zokuqala zichazwa njengemiba elinganiswayo nengalinganiswayo yamaqela kunye nemibutho. Isigaba esilinganiswayo

sidala ubunyaniso bemvumelwano, esithi, umzekelo sibenobunyaniso bombutho, kananjalo enezakhiwo zombutho, neenjongo zombutho, neendlela zokusebenza zokuzifezekisa iinjongo ezo, njalo njalo. Imiba engalinganiswayo ibandakanya ubushushu obunokuyila, imvakalelo, njengehlombe, umona, ukulwela ukuphatha, njalo njalo. Kwisigaba sesithathu, indlela yokwenza izinto yoMsebenzi lwelizwe ibandakanya ukuqondisa kwesimo sokuhlanganiseka phakathi kwabantu bonke nezinto zonke, umhlaba ongekho mbaxa apho kungekho lukrutha-kruthwano.

Ezi zigaba zintathu zibonwa njengendlela yokwenza izinto ebalulekileyo ngokulinganayo. Ngamazwe anxuseneyo ekubonakala ingathi anempixano okanye akakho zingqondweni ngokwembono ka-Newton. I-Quantum Mind, eyaziyo kwaye evulekileyo kwisiqhelo sehlabathi sokuzijonga/sokuziqwalasela, iba namava azo zonke ngaxeshanye, imana ibheka ngapha nangapha, ingagxilanga ndawonye, kwaye ingena ngokulula kuzo zonke. Le ndlela yokubona neyokwenza izinto, ingasetyenziswa, umzekelo, ekusombululeni iingxabano/iimpixano nasekudaleni intsebenziswano phakathi kweqela elisebenzisa ingqondo, elinobunyaniso kunye neqela elineemvakalelo, neliphethe ubudlelwane.

Zontathu ezi zigaba ziyasebenzisana kwaye zidala umfanekiso obonisa inkqubo enokuyila nenentsingiselo, etsalwa likamva njengoko kananjalo iqhutywa kokwagqithayo. Ukucombulula le ntsingiselo kusenza ukuba sidale kunye ikamva eliqala ukuthi thu, kananjalo sibone izehlo ezingahambelaniyo okanye ezixhalisayo zingena ngeendawo zazo, zidala umfanekiso omkhulu. Ngokwale ndlela, sifumanisa ukuba iingxaki ezininzi zinezisombululo zazo ezakhelwe kuzo ngaphakathi.

INdlela yoKwenza izinto yoMsebenzi welizwe

Indlela yokusebenza yoMsebenzi welizwe ibandakanya izimvo, iimethodi, ukungenelela ekuququzeleleni iinkqubo ezivukayo kuzo zontathu ezi zigaba, nasekuncedeni imibutho ekuthini yenze ngamabom iinguqu zokudala kunye amakamva wayo. Endaweni yokuba sisebenzele ukoyisa imiqobo emi phakathi kwethu kunye neenjongo zethu, sifumana size sizingele imijelo ezidalayo ngokwayo ekhoyo kumaqela size siyisebenzise njengee-wormhole kumahlabathi anxuseneyo.

Ezinye zezimvo zoMsebenzi welizwe njengoluvo lommandla kwifiziksi, imvelaphi yazo yinzululwazi yanamhlanje. Iqulunqa into apho siqwalasela ubuzaza bamandla olwakhiwo kwizinto eziyinene, ngaphandle kokuba izinto eziyenene ezo zithe zahlangana nento ekuphuma kuyo ezinye. Umzekelo lubizelo lomhlaba/igravithi, apho amandla ommandla ajikeleze ubunzima athi asebenzise amandla awo kwezinye izinto ngaphandle kokuhlangana nazo. Noluvo lwakudala lwamaTshayina, iTao ingabonwa

njengento efanayo nale. ITao engenakubabazwa ingathathwa njengentsika eququzelela izinto eziyinene. Nangona leTao ingenakubonwa okanye ingenakuchazwa kakuhle, yiyo enefuthe kuzo zonke izinto.Imimandla yiyo eququzelela ubomi bemibutho, isinike imvakalelo yokungabinamandla ekubeni sibe nefuthe kumaqela esiyinxalenye yawo okanye esiwakhokelayo.

Ezinye izimvo zoMsebenzi welizwe bezisoloko zisetyenziswa kwinkulungawane yeminyaka kumasiko emveli nakwezomoya kwihlabathi liphela. Umzekelo, imbono yokuphupha- njengoko siyisebenzisa thina kuMsebenzi welizwe- iyafumaneka kwii-Aboriginals zase-Astralia. Ithetha ngenkqubo yokucinga ngendlela enoyilo apho sizibona siyinxalenye yelo phupha, ngokuzithandela okanye ngokungazithandeli. Okanye, ukuyibeka ngenye indlela, le mbono ihlanganisa umkhwa wokuzisebenza kweesistimu ukufikelela kuzinzo ngemo enokuqonda nenesikhokelo esinentsingiselo.

Uluvo oluthi singajonga “ekuphupheni” kombutho lubonisa ukuba ukuba siqwalasela ukuba umbutho ngamanye amaxesha, uziphatha ngokungathi uzimele; akufuneki sicinge ukuba uyimoto engenamqhubi engekho phantsi kolawulo, kodwa kufuneka siyijonge njengento ephilileyo echwayitisiweyo elandela ingqiqo yayo, mhlawumbi engekho emgceni, kodwa ineemvakalelo ezinentsingiselo-ulwazi olungasoloko lufumaneka kwindlela engomgca abacinga ngayo abathathi nxaxheba.

Olunye uluvo loMsebenzi welizwe yi-ghostrole eyehlula ububanzi elithi iqela lizibandakanye nokuthatha kwalo inxaxheba kwisenzeko/kwisehlo. Umzekelo, amanye amalungu ombutho angasebenzisa eli gama lithi: “thina” xa ethetha ngento azibandakanya nayo, kodwa asebenzise igama elithi “umbutho” xa ethetha ngento engekho phantsi kolawulo lwayo. Le ntetho ithi, “Sisebenza nzima sonke, kodwa umbutho awuyixabisanga loo nto”, ibonisa umzekelo olula wale nto sithetha ngayo. Kule meko, “umbutho” ubonakaliswa njengesiporho esibonakala singawuxabisanga wonke umsebenzi wabantu – ubukho obungengobalapha obuwaphazamisayo amanye amalungu. Ukuba sizinika ilizwi ezi “ziporho”, amaqela angathi akwazi ukuzifumanela amandla aleleyo okuyila izinto ezintsha kunye nentsingiselo. Kule meko, umzekelo, amaqela angathi enze umdlalo apho omnye eba sisiporho sombutho, kuze kuthi ngale nkqubo, amaqela afumanise ukuba kufuneka ewuguqule umbutho ngokuthi axabisane.

UMsebenzi welizwe uchaza **njengohlangothi** indawo apho iqela licelwa umngeni luphuhliso lwalo ngoluvo okanye amava amatsha kulo. Kulo mzekelo ungentla, uhlangothi kubathathi nxaxheba kukuzibandakanya kunye nalo mbutho abawuthatha njengobenza amaxhoba. Ngokwenza oku, utshintsho lombutho lungenzeka ngoko nangoko, kuloo seshini, kwabo bakhoyo ngokuthi baxabisane.

Ngenxa yokuba uhlangothi yincam ethwele ukubanokwenzeka kotshintsho kwaye yiyona ikufutshane kakhulu kwindawo ezisebenzayo yombutho, amaxesha amaninzi lubonwa njengendawo apho izinto ziba ngaphandle kolawulo.

UMsebenzi welizwe unesixa seendlela zokungenelela ezikhangela amava amaninzi amaqela anomdla. Ngenxa yokuba ungenelelo ludibene ngokuthe ngqo kumava ncakasana abo bathatha inxaxheba, amalungu amaqela akudingeki ukuba axelele ipharadaym yoMsebenzi welizwe.

UMsebenzi welizwe njengeNdlela yokuziphembelela kunye nophuhliso lomntu

Isigqibo somntu sokukhokela, ukuququzelela, nokuthatha inxaxheba ngomdla emibuthweni nakubomi basekuhlaleni sisekelwe phezu kwempembelelo enkulu. Ubizo oluqalisa isigqibo sangaphandle sokusebenza kule ndawo luququzelela luze lulungiselele indlela yomntu yokufunda kunye nokuphuhla komntu. Ukufunda, kweyethu imbono, ikakhulu kusekelwe ekubeni umntu aqhagamshelane nenkqubo yangaphakathi, nokufumana intsomi yomntu ngokumalunga nehlabathi ngokubanzi, kwakunye nombutho.Ukufundisa luququzelelo lwale ndibano phakathi komfundi kunye nendlela yomfundi. Le ndlela inempembelelo iyayibophelela ipharadaym, indlela yokwenza izinto, kunye nesimo somququzeleli/umkhokeli/umdala kwintlanganisela eyondeleleneyo, kwaye iyimvelaphi yesimo kunye neemvakalelo athi umntu ngamnye phakathi kwethu eze nazo emsebenzini. Ngokuthi sibeke ukuqondisa esizikithini sengqwalasela, uphando kunye nobudlelwane bethu singabantu; sifunda ukukholelwa kumandla esinawo ngaphakathi kwethu ngoko ke sinakho ukwakha ngokwendalo ingqiqo eyiyo yeemvakalelo ethi idibanise indlela yokwenza izinto kunye nendlela yokubona izinto ukuba zibe ngamava omntu aphilayo. Iindlela ezizodwa esisebenza ngazo, siququzelele ngazo kwaye sikhokele ngazo azinakwahlulwa kwiziseko zobomi esiphila ngazo, azinakwahlulwa eluntwini, kwindima esiyidlalayo eluntwini, nakwindima esiyidlalayo ehlabathini ngokubanzi.

Imbali yokukhula koMsebenzi welizwe

UMsebenzi welizwe ngumntwana wepharadaym yoMsebenzi-nkqubo. Zombini ezipharadaym zigxile kwindima edlalwa kukuqondisa kwindlela esibeka ngayo ixabiso kwimiba yobunyaniso enokulinganiswa nengenakulinganiswa. uMsebenzi-nkqubo waqaliswa ngu-Arnold kunye no-Amy Mindell kunye nabo babesebenza nabo kwaye uye wakhula kule minyaka ingama-30 igqithileyo, waba yipharadaym ebanzi ethe yaveza uphando lwengqiqo olufuneka ngamandla kwindlela yokuphila

yanamhlanje, yaza yongeza inkqubela-phambili kwinzululwazi yefiziksi, izibalo, kubugqirha/kwezamachiza, kwinzululwazi yezengqondo kwakunye nofundo lokuziphatha kwabantu abaninzi.

UMsebenzi-nkqubo waziwa njengomzekelo/imodeli enzulu yonyango lwezengqondo (psychotherapeutic model) ukuphuhlisa abantu. Nangona kunjalo, uyasetyenziswa kwiinkalo ezininzi ezifana neempawu zomzimba, nezimo zokufa isiqaqa, kwithiyetha, ekwenziweni komfanekiso-bhanyabhanya, nakwimidlalo yeqonga.

UMsebenzi welizwe uphume kwimodeli yoMsebenzi-nkqubo kwisithuba seminyaka eli-15 egqithileyo, kwaye ke ukususela ngoko uye waphandwa, kwabhalwa ngawo, wasetyenziswa, wavavanywa waza wakhuliswa ngu-Arnold kunye no-Amy Mindell kunye neqela abasebenza nalo. Zombini, uMsebenzi-nkqubo noMsebenzi welizwe ziipharadaym ezisakhulayo, ezisafanele ukuba kuxoxwe ngazo ziguqu-guqulwe. Uya menywa ke ngoko ukuba uthathe inxaxheba kwiingxoxo zamaqela ezikwi-Internet, uze kananjalo uthathe inxaxheba ekukhuleni kwazo.

Iinkcukacha ezongezelelweyo kunye noqeqesho

Konwabele ukutyhila lamaphepha e-Internet, kananjalo, ukuze ufumane ezinye izimvo ezigcweleyo ngoMsebenzi welizwe, landela izikhokelo zelayibri ezikusa kwiincwadi neemibhalo engesi sihloko nakwezinye ii-websites – kubandakanya nee-homepage zabo bawuqalayo lo msebenzi – unganakho nokuba unxibelelane namanye amaqela eengxoxo kwalapha kwi-Internet asebenza ngoMsebenzi welizwe kunye noMsebenzi-nkqubo. Unxibelelwano lwe-Internet luya kukukhokelela nakwiinkqubo ezininzi zoqeqesho kunye nezifundo zezidanga zeyunivesithi ezibandakanya uMsebenzi welizwe kulo lonke ihlabathi nakwezinye iingxoxo ezikwi-Internet ezinxulumeneyo nalepharadaym.