

## Ndiyazithanda

*Elona cebo lam lokuzithanda liqale ngokujonga nokwenza izinto ezindiphuhlisayo ngobuncinci bazo.*

Ndakhula uthando olungumangaliso mhla ndazifumanisa ukuba ndiphila nentsholongwane kagawulayo:

*Yayilosuku kanye endaqala ukuyazi ukuba ndingumntu wokuqala kum.*

Yayinzima kubantakwethu yonke lento kuba babeqhele ukufumana ooni nooni kum, ngaphanyazo kwakukho imiqathango:

*Eyona nto kwakufuneka ndiqale ngayo yayikukwazi ukuba uNombeko lo ngubani na kanye. Ndiphile ndizama ukuphila nezinto endingenakuziguqula, utata engomnye wazo, nokuphila mgama nabantu abandingcungcuthekisayo.*

*Kwakufuneka ndijonge impilo yam ukuqinisekisa ngempilo engcono nende. Ndakhetha ukuqalisa ukutya amachiza athomalalisa (ARVs) intsholongwane kagawulayo ngomhla we-16 ku-Agasti ngo-2006, iminyaka elithoba ukususela mhla wodlwengulo. Ndandizama ukuzinika ithemba nokutshintsha olusuku ukwenza okungcono kubomi obuzayo.*

Ndafikelela kwindima yokuyeka uMpho aphile ubomi bakhe, ndingaphili ubomi bakhe njongoko



*Ndandingumama oneminyaka eli-18, kunye noMpho enenyanga ezintandathu.*

*Umntwana wam uMpho, ungutata eneminyaka eli-19 kunye nentombi yakhe uMuhle unenyanga ezilishumi.*



sihlala sisenza kubantwana bethu. Ndiyaqiniseka, ndiyazidla kuba ndikhulise indoda kuye.

Kunjalo uthando lunzima kwintsuku esiphila kuzo ezinentsholongwane kagawulayo nogawulayo, kunzima nokuzibhaqa sinamaqabane ngendlela eyiyo. Nam ndingene ndiphuma kumaqabane ngamaqabane. Ngamanye amaxesha sihlukane sendibusondela kulomntu ndimlunkisa ngako konke malunga nobume bam:

*Into engaqhelekanga yeyokuba ezo zilonda zithatha ixesha elide kakhulu mhlawumbi zihlala zivakala. Ndizibhaqe ndibhekeliswa kude amaxesha amaninzi ngenxa yenyani. Amaxesha amaninzi ingeloqabane kodwa indlela esitolika ngayo izinto.*

Ndikhumbula ngexesha endandithandana noBB. Kwakumnandi kakhulu. Sasingenangxaki nobume bam bentsholongwane kagawulayo, kodwa umama wakhe wayesitsha engaziva. Wayekwelinzulu inqanaba lokundithiya noko wayengazange wandibona. Kwakuba kubi qho emva kokuba ethethe nomama wakhe kuba wayehlala exoxiswa ngam.

Ndaba sethamsanqeni kuba waqalisa ukubona amanye amantombazana kwaye nesithandwa sakhe sasisithi asikho nje isizathu sokuba sithandane sobabini kuba mna ndinentsholongwane kagawulayo yatsho ke yaphela ebithethwa phakathi kwethu. Ndandisendibudikwa ndifuna nesiphi na isizathu sokwahlukana naye noxa kwakunzima nje. Ukwahlukana kwethu yayingeyontsholongwane kagawulayo kodwa yayikukubonisa ubunzima ekuthandaneni uphila nentsholongwane kagawulayo!

Ndiyathandana kwakhona ngoku kwaye iyandonwabisa kakhulu loo nto. Uhlala kude kakhulu umfana kodwa ke iyandinceda lonto kuba ndingumntu oxakekileyo. Ikwasinika ithuba elaneleyo ukuqondisana ngezinto zonke ngaphandle koloyiko nokuqonda yonke into

esiyifunayo emhlabeni. UMthe undenza ndibe ngoyena mfazi wonwabileyo elizweni:

*Sobabini sinethuba lokuthetha ngezinto esingaziqondiyo nangoloyiko olungabakhona ukuze sikwazi ukungena kwinqanaba elilandelayo singenaxhala.*

*Ndiyazi futhi ukuba ngoku ndikhulile ndiyakwazi nokuqonda iindidi ngeendidi zothando. Yonke lento yenziwa kukuba ndizithanda mna kuqala nokuzamkela nokuqonda ukuba kukho izinto endingenakuzitshintsha. Nasekubeni yena uMthe efuna kangangoko ukuba kunye nam endixhasa, ndifunde ukumgcina ekude kakhulu nobomi bami bobutshantliziyo. Ndimbhekelisa kuba ndiyazi ukuba asidityaniswanga kukuba endithande kuba ndinentsholongwane kagawulayo, sidibene kuba sithandana sobabini, qwaba jwi.*

Elona cebo lam lokuzithanda liqale ngokujonga nokwenza izinto ezindiphuhlisayo ngobuncinci bazo:

*Ndaqinisekisa ukuba ndizingomb'isifuba ngezinto endiziphumelelayo nokuba ndicinga ukuba zincinci ntsuku zonke. Izinto ezinje ngokuvuka kusasa, ukukwazi ukuzihlamba, ndizinxibise kuthi nco, njengesiqhelo kujikw'iintloko xa ndigqithayo ngendlela endihamba ngayo!*

Ndikufumana kulula ukuzithanda kuba ndiyathanda, ndiyakhathala kwaye ndinobushushu kwaye ndifuna wonke umntu okufutshane kum achulumance. Ndiyayazi ke ukuba olwam uncumo luyosulela.

## *Ndiyazithanda*

*Ndiqikaqika umzimba wam omhle kumandlalo wam  
ndithe chu  
Ndivuswa kusasa livumba lemine'ntsha.*

*Ndijong'esipilini,  
Kwekhu! Akasemhle  
Ndizibona ndinolunye usuku lokuyek'uthando luhlale  
lunjalo.  
Ndikhulul'impahla yokulala  
Ndisiv'kubetha kwezivi  
Ingqondo yam iqhagamshelana nomzimba  
Ndisiva iinyawo zam zinyathel'umhlaba kancinci  
Ndisiva ubuhle bomongo womqolo bunyakaza*

*Ukuba ndedwa kunamandla ngaphezu kweqhayiya  
lam?  
Kanti ke, ndizibona ndindedwa nangona  
Ndinam ndonke kum?  
Hayi bo! kuba kaloku ndingumfazi.*

*Ndilele ndizolile emgangathweni  
Ndibuka ndibulela umfazi ebandinguye  
Ebudeni bemini  
Ndiphila ibali  
Ndibhal'ibali  
Ndidala uthando ngaphakathi  
Ndisiva uthando ngaphakathi  
Ndidala ubukhaphukhaphu kum ngqo.*

*Xa amaqhwa engaphambi kwam  
Ndizibona ndomelele ngakumbi  
Kuba ndinothando olunyanisekileyo kum.*

*Ndiyazithanda nje mna  
Ndonwabile kuba ndikwazi ukuzithanda kangaka.*

Ndiyazingca ngemizamo yam yokuzixelela ukuba ndingaphila ngcono nentsholongwane kagawulayo. Ndisabeva abantu bethetha ngathi thina baphila nentsholongwane kweli zinga:  
“Nangona ephila nentsholongwane kagawulayo, uphumelele le naleya.”

Ndinqwanela ukuba abantu bangayiyeka loo nto, kodwa ke ngubani okhathalayo, kunjalo? Le ntsholongwane kagawulayo indibonise izinto ngezinto. Ndandifudula ndinemilenze emikhulu ndingalinganwa zizihlangu kodwa ngoku nam ndiyakwazi ukulinganwa zizihlangu ezazingasoze zindilingane. Ndandidla ngokuhleka ndisithi nam ndawuze ndikwazi ukuzinxiba ezi zihlangu xa sele indinciphisa intsholongwane kagawulayo, ndiyazinxiba nangoku. Phambi kokuba ndiqalise amachiza, ndehla emzimbeni ndanesinqe sikanokutsho esilangazelelwa ngabafazi abaninzi. Ndasebenzisa elothuba ke nam ukungenela oonobuhle.

Kuyo yonke lonto ndisazibona ndingumntu phakathi kwabantu, odingwayo luluntu nodingayo ukulungiswa xa esenza izinto ezingezizo:

*Ndisiva ndithobekile ndibulela ngomntwana  
wam uMpho, undenza ndingayilibali indima*

*yam yobuzali. Ndibulela uMthe ngokundivumela ndiphile ubomi bam ekunye nam encedisa xa kunzima kum. Ningabantu ababini ababalulekileyo ebomini bam.*

**Musa ukoyiswa, ubomi bubalulekile kakhulu:**

*Ndinemvakalelo yokukhetha ukuba ndiphile ndinentsholongwane kagawulayo okanye ndife kunye nayo. Ndikhetha ukuphila.*



*UNombeko ephethe imbasa awayizuzisa ngo2008 kwi-Africa Centre for HIV/AIDS Management.*