Umgcini - Guardian

Asebenza Daily

A ' Daily-isimiso 'kubalulekile ukuhlangana' Isibopho 2 (Vikela umzimba womuntu) '& Uzolunga okubhekana nezinselele oluzayo. Sukuma, ube ingilazi yamanzi kancane chilled elicwengekileyo, iya endlini encane, do 'Nsuku Zonke-Fit (Umzimba) ', umkhumbi ngoku- 'Nsuku Zonke-Nomthandazo', ukugeza ubuso & izandla, yidlani ukudla kwenu kwasekuseni & ugqoke. Hlola 'Planner' yakho. Manje yakho isilungele izinselele. 'Yiba Day qaphu, kwangathi **1GOD** Busisiwe' .

NSUKU ZONKE - Nomthandazo

Sawubona **1GOD** , UMdali womhlaba wonke kanye nezulu enhle kakhulu Ngisize abe ohlanzekile, onozwela & othobekile Ukusebenzisa ***7*** Imiqulu njengoba umhlahlandlela:

I uyobavikela okudaliwe kwakho & Ujezisa Nokubi.
Ukumelela dedengu ehlaselwa, kwabahluphekayo, ababuthakathaka & abaswele Okuphakelayo abalambile, indawo yokuhlala abangenamakhaya & induduzo Memezela ogulayo:

1GOD, 1FAITH, 1Church, Umkhathi Umgcini ababheki Siyabonga namuhla
ethobekile kakhulu abathembekile umgcini-umnakekeli wakho (1st igama) Ukuze Inkazimulo **1GOD &** Okuhle of Humankind

Lomthandazo isetshenziswa kwansuku, eyedwa noma iqembu kunoma iyiphi indawo lapho uthanda, zibheke rising sun uvale emehlo. Hlabelela ngesikhathi Ukubutha!

CG Klock isiqalo usuku: amahora angu-0 Sunrise ~ Usuku Early ivela amahora 0-7 ~ amahora 7 Mid-Day ~ Late Day ivela amahora 7-14 Sunset ~ ebusuku ivela amahora 14-21 !

A ' Daily-isimiso 'kuhlanganisa nokuhlanzeka & ukusuthisa hhayi kuphela mina kodwa bonke abanye abantu & izidalwa kuncike kuwe. Geza izandla njalo ngemva ukuvakashelwa yangasese & phambi zonke feed. Geza ubuso phambi zonke feed. Ukuxubha amazinyo & ugeze umzimba wonke ngaphambi kokulala. Okuphakelayo 5 izikhathi ngosuku.

Daily **ukondliwa**

Daily kumele babe, amanzi drinkable. Amanzi cool elicwengekileyo, baphuze ingilazi (0.2l) izikhathi 7 (Morning, Breakfast, Early Day-isidlo, ilantshi, Late Day-isidlo, Dinner, Night) ingqikithi 1.4l. I 7 izingilazi zamanzi kungenzeka kulekelelwa nezinye iziphuzo amanzi ezisekelwe: Ground-Coffee, Ukhokho-powder, Herbal-Itiye, Black-Tea, Green -Tea. Lawa angathunyelwa wakhonza kushisa noma kubanda. Imifino-ayo zinhle. Ayikho Fruit-juice! Ayikho onade lem-! Ukudla 'Ayikho enkulu! Cha! kuyinto fructose.

Njalo-usuku viki abe ukudla indaba ephathwayo: isib Usuku 1: imifino ;

Day2: Izilwane zasekhaya ; Day3: Isilwane esincelisayo ; Mid-sonto: sezilwane ezihuquzelayo ; Day5: kwaselwandle ; Isonto ekupheleni: Nuts & Imbewu ; Fun-Day : izinambuzane .

Ukudla kwasekuseni kuzomele sifake Izithelo / nobe Nuts ne / nobe amajikijolo, amaqanda ... Isidlo sasemini kuyinto ukufaka Salad. Dinner kuhlanganisa Imifino. Ayikho ezingaphezu kuka 100g inyama ngosuku.

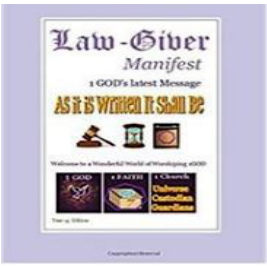
7 Ukudla zidliwa nsuku zonke: fungus (ikhowe) , Izinhlamvu (Ibhali, nesitshulu, ummbila, i-oats, amabele, quinoa, irayisi, i-rye, amabele, ukolo) , Zezıhlabane upelepele, Anyanisi (Onsundu, oluhlaza, obomvu, entwasahlobo, chives, garlic, leek) , Parsley, Sweet-Capsicum, Imifino (Asparagus, ubhontshisi, broccoli, cauliflower, izaqathe, amahlumela ...) . Ukudla-No-Akekho: Manufactured-ukudla, & bofuzo Ushintshe ukudla.

Qaphela! Ngaphambi zonke ukondla Nina nikhulekela: **Thank You Nomthandazo**

NGIYABONGA - Nomthandazo

Sawubona 1GOD , UMdali womhlaba wonke kanye nezulu enhle kakhulu Siyabonga
kokunikeza kimi nge isiphuzo Daily & ukudla Ukuphila ngomlayezo wakho wakamuva
Ngizama ukuba ukondliwa lifanelwe nsuku Ngingayibona bangabulawa okubuhlungu Ukoma & numbing Hunger izinhlungu ethobekile kakhulu abathembekile
umgcini-umnakekeli wakho (1st igama) Ukuze Inkazimulo 1GOD & Okuhle of Humankind

Sebenzisa le ngomthandazo ngaphambi kokuba wonke okuphakelayo!



A ' Daily-isimiso 'okuhilela ezinhle & ukujezisa Nokubi. Ukuba olungile kuhilela ukwenza ' **izenzo okungahleliwe Somusa '.** Yiba nomusa mina, nabantu abaseduze nawe, umphakathi, nezinye izidalwa, olwenzeka endaweni ... **1GOD**
nothanda izenzo okungahleliwe Somusa. Ujezisa Ububi isikhathi every- usebenzise ' **-Mthetho manifest '** njengoba umhlahlandlela.

E ndeavor ukuba 'Ngifuneni, sithole & ukusebenzisa Ulwazi', ' **Funda & Fundisa '&** adlule 'Ukuphila-nakho.
Ukufunda, Ukufundisa badlulisela Life-nakho kubalulekile ukuba ewusizo **1GOD** impilo ejabulisa.

Lemisebenti ukusiza e 'Harmonising' nge olwenzeka endaweni & sokusinda kwezinhlobo. Ukufuna ukuthola & nokusebenzisa Ulwazi kusiza yokuphendula
1GOD ' imibuzo s Lokwahlulela-Day.

R is kuyadingeka ukuze siphile & impilo enhle.
Zonke ezinye main kuyinto ' **Ukulala '.**

UKULALA - Nomthandazo

Sawubona **1GOD,** UMdali womhlaba wonke kanye nezulu enhle kakhulu Vikela nami abasengozini enkulu Ngisithe imicabango ephazamisayo & Evil Nginike elizolisayo, ukuphulukisa & ubuthongo kabusha vitalizing Ungavumeli ukukhathazeka ukuphazamisa amaphupho ami & ubuthongo Ngivumele kuphela ukukhumbula amaphupho amnandi Ukuze Inkazimulo **1GOD &** Okuhle of Humankind

Lomthandazo isetshenziswa ngaphambi kokuya Lala!

Ukulala uphela iDaily-isimiso. 1 li-awa kufanele sele idlulile solo okuphakelayo & ukuhlanzwa. Ukukhulekelwa ' **Ukulala-Nomthandazo '.** Ukuze uthole elizolisayo kabusha vitalizing ukulala embhedeni-igumbi kumele kube njengoba amnyama ngangokunokwenzeka & kokungadlali umsindo yangaphakathi & zangaphandle uyisidingo. Ebusuku-Ukubekelwa isikhathi kwenza lokhu kwenzeke. ' **Shire '**
nokuqalisa 'Ubusuku-isikhathi somthetho wewashi.

H ints

Lapho uya ngaphandle njalo ukugqoka ofanele 'izingubo Protective-'.
ukuvikela (Amehlo, izinwele, isikhumba & izinyawo) obuntu-umzimba kusuka sezulu, isifo & ukungcola.

Lapho enza Daily-Fit (Umzimba) zisebenzisa commonsense sendlela okusheshayo ukufinyelela eziphindaphindiwe esiphezulu. Usebenzisa 1 usuku & hhayi elilandelayo Akuzuzisi.

Lapho Udla ukugwema okungenamsoco Ukudla isib (GM) ukudla bofuzo ukulungiswa: Utshwala , Sweetener Artificial , fructose (I-glucose, ushukela) , Manufactured-ukudla (Ham, salami, amasosishi ...) .

Lapho usebenzisa i-Planner yakho emsebenzini noma isifundo ungavumeli ukulawula Isikhathi Wena! Isikhathi akufanele sisetshenziselwe ukushesha abantu. Umzimba womuntu asakhelwanga washesha.

Daily-umzimba isidingo sabantu.

Daily-umzimba esihle sezempilo kumele, ayingxenye Daily-isimiso. Basuke kuphelile njalo ekuseni. Daily-umzimba ukwanda: silungiselela wonke umuntu round inhlalakahle, igazi-kwegazi, ubuchopho-umsebenzi, ukudla ukugaya, kokuzalela-enkanukweni, imisipha toning, ukuzethemba, ukukhuthazwa izivikeli mzimba. Izivivinyo 7 yilezi: Chest, Windmill, uzimele Door, Dumbbell, ukuguqa Hook, swivel . Zonke umzimba 7 zingezokunikeza YENA & SHE & aphindaphindwe.

Qala nge 1 uphinda & ukwandisa lungene 21. Sebenzisa Qala commonsense nge 1 uphinda & ukwandisa lungene 21. Sebenzisa commonsense fast kanjani ukufinyelela eziphindaphindiwe esiphezulu. Ukuphikelela kanye eziphindaphindiwe nsuku zonke kuyazuzisa. Usebenzisa 21 eziphindaphindiwe usuku 1 & hhayi obonisa olandelayo Akuzuzisi. Emva kokuphothula umzimba ume yimani niqonde & umoya kakhulu bese exhale kumkhawulo wenze lokhu izikhathi 3. Qhubeka Daily-isimiso sakho. **Qaphela!** Hhayi obonisa kuwuphawu ukungahloniphi ngokupheleleko umzimba, ukuzenyeza, ubuvila, ...

Chest Isifundo 1: Yima ubude, nezingalo ovundlile kusontwe ukuze phansi (Umumo t-) izithupha ngokuthinta esifubeni. Manje ukunyakazisa izingalo emuva kuze kufike possib- le. Khona-ke ukunyakazisa izingalo kwindawo yasekuqaleni insaliwe. PHINDA (21 max) !

Windmill Isifundo 2: Yima ubude, nezingalo eyeluliweyo emaceleni ovundlile kwisitezi (T-ukuma) . Gxila umbono wakho ku-pointhorizontal olulodwa kuya phansi (T-ukuma) . Gxila umbono wakho ku-pointstraight olulodwa phambili. Qala turning iwashi ohlakaniphe (Kusukela kwesobunxele kuya kwesokudla) . Ukugxila embonweni iphuzu kuze ukuvula umzimba amabutho ukuba yikho. Gcina

ukuvula refocusing ngokushesha ngangokunokwenzeka. Gcina ephendukela iphuzu isiyezi noma ematfuba 21 kuye ngokuthi ikuphi okufika 1st. Breath uhamba ngokujulile izinyathelo ezimbalwa steadying ngokwakho. **Qaphela!** Beginner noma kokululama ekuguleni uqale nge 1 ithuba landa 21 uphendulela max.

Isexwayiso, njalo ayeke uma ukuzizwa isiyezi.

Uhlaka Endlini Isifundo 3: Ukuma aqonde e Uhlaka umnyango uvule ngezinyawo hip-ububanzi ngaphandle izindololwane goba phezulu ngesikhathi engela kwesokudla (90 °, Trident ukuma) . Cindezela izindololwane ngokumelene izinhlangothi Uhlaka umnyango-uze uzizwe ukungezwani phakathi izindwani ehlombe, bamba (Ukubala 3) , Ukunciphisa uvalo.

PHINDA! Emva kokukhipha ukungezwani kulezi zinyanga uphinda donsa ngokusebenzisa ekhaleni ngokulinganayo ngokugcwalisa emaphashini ukuba max, bamba (Ukubala 3) Ke kancane exhale ngomlomo ukuze max.

dumbbell Isifundo 4: 1 dumbbell isetshenziswa YENA (4kg) , SHE (2kg) . Ungayisebenzisi 2 Dumbbells. Yima yimani niqonde ngezinyawo hip-ububanzi ngaphandle izindololwane ukuze ezinhlangothini zenu izintende zibheke phambili. Sithathe dumbbell ngesandla sesancele eguqa ingcoza kuze ibhodi lemisindo isezingeni engela kwesokudla (90 °) . Kancane ngawakhamela bicep, ephakamisa oyisimungulu-insimbi kuze maqondana ehlombe, bamba

(Ukubala 3) , Dumbbell ke kancane ephansi ukuqalisa posi THI **uphinda (** 1-7) . Guqulela sangakwesokudla **uphinda (** 1-7) . Ingabe 3 kwesokunxele & 3 ngakwesokudla.

siguqile Ukuzivocavoca 5: Guqa ku umthandazo-mat (Ukuvikela amadolo) umzimba uqonde, izandla ezibekwe ngokuqinile buttock. Thambekisela ikhanda phambili kuze kwesilevu ethinta esifubeni. Manje kancane enika ikhanda emuva kuze kufike-ke ngizoya, ngesikhathi esifanayo ukuncika emuva ngangokunokwenzeka ngibeke izandla zenu ziqine ezinqeni. PHINDA (21 max) !

hook Ukuzivocavoca 6: On umthandazo-mat (Ukuvikela amakhaza) amanga flat ngomhlane, enwetshiwe izingalo izintende phansi owakhe umzimba. Manje kancane bayithambekise ikhanda phambili enwetshiwe izingalo izintende phansi owakhe umzimba. Manje kancane bayithambekise ikhanda phambili kuze kwesilevu ethinta esifubeni ngesikhathi esifanayo phakamisa imilenze yakho, amadolo ame ngokuqondile, mpo (90 °) ubambe (Ukubala 3) Ke kancane ukubuyela (Ikhanda & imilenze) ekuqaleni. PHINDA (21 max) !

swivel Umsebenzi 7: On umthandazo-mat (Ukuvikela amakhaza) amanga flat ngomhlane, enwetshiwe izingalo izintende phansi. Manje amadolo bent izithende buttock ethinta inhliziyo. Ukugcina izintende eqinile mat swivel ngamadolo ngakwesokudla baze uthinte mat. Khona-ke swivel ngamadolo kwesobunxele ngokuthinta mat. Phinda kwesokudla & swivel kwesokunxele ngokubala ngamunye swivel kwesokunxele. Ingabe 21!

EBUSUKU - TIME umzimba

Kuyinto evamile ukuba 2 uyalala nge break e-phakathi. Kufanele uvuka (Isib ukuya ethoyilethi) Lapho ebuyela Hlala emphethweni embhedeni sika, baphuze amanzi & do 1 izivivinyo ezilandelayo (Zonke umzimba zenziwa lapho ngihlezi onqenqemeni ngamadolo embhedeni sika ehlombe-wide ngaphandle) . Every- isikhathi uvuka ukwenza umsebenzi ohlukile.

Ukuzivocavoca 1st: Beka izintende * yezandla zakho ngokumelene ngaphandle kwe emadolweni. Cindezela izandla owangaphakathi & ngamadolo kwangaphandle, ubambe 7 imizuzwana (Uzizwa ukungezwani imikhono, imilente & ehlombe) . Nethezeka, ngidonsa umoya, akukho eziphindaphindiwe, amanzi imphumulo, ulale, ulale kahle. * Ukushintshashintsha ukusetshenziswa ngezibhakela.

Ukuzivocavoca 2nd: Yenza ngezibhakela * uyibeke ngokumelene ingaphakathi emadolweni. Cindezela ngezibhakela kwangaphandle & ngamadolo ukukhungatheka kwangaphakathi, ubambe 7 imizuzwana (Uzizwa ukungezwani imikhono, imilente & isisu) . Nethezeka, ngidonsa umoya, akukho eziphindaphindiwe, amanzi imphumulo, ulale, ulale kahle. * Ukushintshashintsha ukusetshenziswa izintende flat.

Ukuzivocavoca 3rd: Bend izingalo (90%) ngesikhathi esifubeni ezingeni isandla sobunxele phezulu eguqa iminwe, ujike ngakwesokunene phansi eguqa iminwe.
iminwe Interlock ezihambisanayo. Manje ukudonsa izandla kolunye uhlangothi, ubambe 7 imizuzwana (Uzizwa ukungezwani iminwe, izingalo, & esifubeni) . Nethezeka, ngidonsa umoya, akukho eziphindaphindiwe, amanzi imphumulo, ulale, ulale kahle.

Ukuzivocavoca 4th: Bend izingalo (90%) ngesikhathi esifubeni ezingeni ujike ngesandla sokunxele izigceme up-, ujike ngakwesokunene ku isibhakela. Beka isandla esandleni cindezela phansi ngesikhathi esifanayo cindezela isandla evulekile phezulu, bamba 7 imizuzwana. sequen obuyela emuva
- ce, bamba 7 imizuzwana (Uzizwa ukungezwani izandla, izingalo, entanyeni, esifubeni) .
Relax, ngidonsa umoya & phuza amanzi belala, ulale kahle. Ayikho eziphindaphindiwe.

Abantu ne sesento emuva ungeze lokhu umsebenzi umsebenzi ngamunye: Beka izandla ngamadolo. Nyakazisa ikhanda emuva goba emuva ke rock phambili ngaphandle kokulahlekelwa contact amadolo (Uzizwa ukungezwani izingalo, emuva & isisu) .
Nethezeka, ngidonsa umoya, 7 eziphindaphindiwe, amanzi imphumulo, ulale, ulale kahle.

Qaphela! Abantu abahlezi eziningi phakathi nosuku-time. Ingabe ukwenza 1 we night- isikhathi ukuzivocavoca ngokushintshana njalo emahoreni 2.

Hhayi ngokwenza izivivinyo: kukwenza langakufanelekela, ukuvilapha, okungenampilo, blubbery, umthwalo kuwe abangane nomndeni wakho & umphakathi, isibonelo esibi izingane angaphilile kahle, acindezelekile, ube bagula, sezimiso kokuzalela, afe junger.

I t 'syourbody! K eepit F ke!

Ukulala luyadingeka ukusinda komuntu-umzimba.

iri ali-7 (CG Klock) kufanele senze okufanayo.

Ukungalali ngokwanele siholela ekufeni kodwa ngemva a zokuthutha kubuhlungu ngokusebenzisa ukucindezeleka & spasm ka ukungaphili engqondweni.

Qaphela! Kuyinto evamile ukuba 2 uyalala nge break e-phakathi. ubuthongo 1st imayelana 3.5 amahora nge break 1.5 ihora kulandelwa ubuthongo 3.5 ihora.

Ngesikhathi 1.5 ihora ubuthongo ikhefu. Abantu suka yangasese .. Ngaphambi elele phansi wenze ebusuku-time umzimba & babe ingilazi yamanzi. Labo ukuthi uvuke, sithandaze, funda, bhala, imibhangqwana baxoxe, ukukhwelana (Ngesikhathi sokulala aphule abantu sebekhululekile kangcono lokukhulelwa) , ..

T nazi zangaphambi requisites phambi elele phansi ukulala. 1 li-awa kufanele sele idlulile solo okuphakelayo kwekhasi odlule. Ukuxubha amazinyo & ugeze umzimba wonke ngaphambi kokulala. Ukukhulekelwa 'Ukulala-Nomthandazo'.

Have 1 Gold-ithoni ingilazi isitsha (1 kuphela kabili) equkethe isiphuzo herbal ku ifasitela ohlangothini Kombhede-etafuleni. Yiba Ukuphuza nengilazi (Akukho plastic) egcwele 0.2l yamanzi ehlungiwe
(Lutho wanezela) ku ngamunye Kombhede-etafuleni. Njalo ebusuku ngaphambi kokulala samfakela ku Kombhede-etafuleni. **Qaphela!** Phuza ngobusuku njalo ngemva uvakashile yangasese & lapho kokuba umphimbo ezomile, baphuze ukuphumula lapho ngivuka ekuseni.

Ukuze uthole elizolisayo ubuthongo kabusha vitalizing umbhede Igumbi (BS-1) kumele kube njengoba amnyama ngangokunokwenzeka & kokungadlali umsindo yangaphakathi & zangaphandle uyisidingo. Uhulumeni Local- (*Shire)* kufanele asebenzise Ebusuku-isikhathi somthetho wewashi

EBUSUKU - ISIKHATHI

Umzimba womuntu sasingaklanyelwe kube ebusuku. Abantu kabi kwabo ingqondo-amandla ukudala yokuphila ebusuku. Lokhu yokuphila akuyona
kuyazuzisa (Omphakathi, azimele, commercial, ...) impilo enhle. Ukuze uthole elizolisayo ekuvuseleleni ubuthongo egumbini bed- kumele kube njengoba amnyama ngangokunokwenzeka.
Kokungadlali umsindo yangaphakathi & zangaphandle uyisidingo. ' Ngakho-ke i-Shire '

kufanele asebenzise ebusuku-umthetho wesikhathi sokubuya ekhaya okuyinto edingekayo ukuze sibe nempilo enhle.

A 7 ihora Ebusuku-isikhathi somthetho wewashi kusukela amahora 14-21 (22- 6 amahora, yamahora angu-24 iwashi Pagan-) Kuphoqelekile. Ukuze sibe nempilo enhle, nokuncipha amandla THI consump-, nokuncipha ukungcola & Ukuvikelwa yasendle. Ukuncishiswa ubugebengu, ukunciphisa izindleko zikahulumeni & ukubuyabuyelela ekhuthazayo.

Phakathi Ebusuku-Isikhathi obekelwe sona 'Cha' ngemgwaco uvunyelwe ukuhambisa emigwaqeni ngaphandle izimoto eziphuthumayo! Ayikho izibani emgwaqweni, amarobhothi, ukukhangisa ...zivuliwe. Ayikho amabhizinisi avuliwe. Ukungabi bikho kwezithuthi emoyeni isebenza Air- izimbobo zivalwe! Air ezokuthutha kumelwe cababa esikhumulweni eliseduze etholakalayo kokwehla ensimini! Ayikho ukunyakaza wesitimela! iziteshi sesitimela & ezikhumulweni zivaliwe! Izitimela uhlale umile esiteshini ngesikhathi Ukubekelwa isikhathi. ISentinel kukhona ahamba ukuphoqelela Ebusuku-isikhathi somthetho wewashi . Akekho imisebenzi (Konke evaliwe) ngaphandle okungenani eziphuthumayo siqu. Ayikho amandla izosetshenziselwa ngaphandle eziphuthumayo noma ugesi! 1 izindaba isiteshi somsakazo womphakathi uvunyelwe zonke ezinye ukuzijabulisa sivaliwe! Ayikho yokukhiqiza, ihhovisi, noma umthengisi usebenza noma usebenzise amandla! Emakhaya angasebenzisa Ukushisa e ukubanda okwedlulele. Abantu ukusebenzisa izingubo kunakwezinye ukusetshenziswa bafudumale.

Ebusuku-umthetho wesikhathi sokubuya ekhaya kuyinto impoqo. Ngokuba kahle womuntu-umzimba & Habitat wendawo. ukuze **SAVEPLANETEARTH !!**

A Shire isebenzisa owayo Ebusuku-Ukubekelwa isikhathi ngokusebenzisa Shire-Ukuvuselelwa **MS / u-R1**
Phinda-ezinukubeza ngokocansi zidluliselwa wesifundazwe-Ukuvuselelwa **MS / R3**

1GOD wadala isikhathi ukukala Ekuqaleni & Ukuphela konke. I CG Planner ubizwa njalo ekuseni njengengxenye isimiso sansuku zonke. Sebenzisa Planner njengoba Umhlahlandlela ungavumeli ukulawula isikhathi Wena! Isikhathi akufanele isetshenziswe ukushesha abantu. Umzimba womuntu asakhelwanga ni ngokushesha-. Qala ngokuthi usho Planner-Nomthandazo:

PLA NN ER - Nomthandazo

Sawubona **1GOD** , UMdali womhlaba wonke kanye nezulu enhle kakhulu Ngisize ukuhlela Daily-isimiso sami ngiyosimisa sihlaziye & ubuyekeze uhlelo lami ngizokhala ukukhuthaza abanye ukusebenzisa Planner Ngiyabonga, ngoba Planner yami

Ngizama ukuyisebenzisela iDemo & eside ukuhlela Ukuze
Inkazimulo 1GOD & okuhle isintu

Sebenzisa lo mthandazo ekuseni ingxenye Daily-isimiso!

Ingabe Uthole Okudingekayo Ukuze babe A Umgcini Guardian?

Ukuphela