

# KWIGCISALAM LOBUHLE

Amanqaku amahlanu malunga  
nesifo se-psoriatic ukukunceda  
ukuba undiqonde

Yimeko engapheliyo enokugqabhuka kunye nokuxolelwa

Inokunyangwa kodwa ayipheli

abantu abaninzi abayiqondi le meko

Ichaphazela ngaphezu kolusu lwam

Ayisosuleli



# IINGCEBISO EZISEBENZAYO



Ndisenokwenzeka:

ndinexhala, ndiyazazi kwaye ndilumkile

Nceda ube

unobubele, uvelwano novelwano

luthambile ulusu lwam njengoko lunokuba buhlungu

Musa ukusebenzisa amanzi ashushu kakhulu, kunoko amanzi adikidiki

Cinga ngokundihlalisa kwindawo ezolileyo esaluni

Amasuntswana olusu asenokuba mdaka kodwa atshayelwe lula

I-Psoriasis AYOsuleli

