



ANAPANO ACH TIPE KIREKIROCH NE IAMWIR

lamwir a wewen ekkietā. Sia tongeni ekkietā aramas ren ach achocho ne weweiti met a jis non manawer me pwari ngneiir pwe sia tipengeni ach sipwe fetan rer.

Pokiten Samach won Nang a mochen sipwe winiti Iusun I, ekkewe weires sia weiri non ei manau mi tongeni winiti ach tufichin kaeo ika sipwe nuku non I o nonnom chok won ewe aan. Weires mwo, ach nonnom chok won ewe aan a tongeni epwe weires nupwen sia mefi pwe sia anaemon nupwen sia kunna ekkā weires non manauach.

Nge ese kefin pwe sipwe anaemon ne fetan won ewe aan. Ewe Chon Amanau a unusan tipe kirekiroch, a totiw fan mettoch meinisin pwe I epwe sinei ifa usun epwe tongeni anisi kich non ach weires me samau (nengeni Alma 7:11–12; nengeni Doctrine and Covenants 122:8). A mochen pwe kich menisin sipwe apiru I pwe sipwe pwan tipe kirekiroch. Iteitan chon ewe Mwichefen a fori pwon mi pin pwe repwe “netipeta ren ekkewe ra netipeta; ewer, me aururu ekkewe ra mochen aurur” (Mosaia 18:9). Ikamwo mi wor ach weires, sai kaeo non ekkewe pukfel pwe sipwe nenneu me “apochokunata [pour] kana mi pekus o

apochokunata [pukuer] kana mi apwangapwang” me pwan “oupwe fetan won ekkewe aan mi wenechar pwe pechemi kewe mi ma resap apwangepeangeno” (Hebrew 12:12–13; pwan nengeni Isaiah 35:3–4; nengeni Doctrine and Covenants 81:5–6).

Nupwen sia amouchu pour kewe, mutata ngenir pwe repwe paieti wach, me fetan rer, sia anisir ne fetan won ewe aan tori ewe Chon Amanau esap chok ekkesiwinir—ew nein ekkewe nongonongen iamwir—nge a pwan echikairreta (nengeni Doctrine and Covenants 112:13).

Met wewen Tipe kirekiroch?

Ach tipe kirekiroch a wewen sipwe weweiti an pwan emon memmef, ekkiek, me nonnomun seni pwisin meser nge esap ren mesach pwisin.¹

Ach sipwe tipe kirekiroch mi auchea non ach angangen iamwiri aramas me apwonueta ach popun pwe

kich chon iamwir. A etufichikich ach sipwe fetan non noun pwan emon suus.

Fetan non Noun Pwan Emon Suus

Mei wor ew tutunnap usun emon mwan chon Aramas mi Pin non Fansoun Soponon mi mosonoson mi soun chok anaemon ne mommot non ewe saingon tettenin seia non ewe fan. Nupwen emon chon ewe mwichen elter a mano, ewe pisop a effeiochu chon an ewe elter famini ngeni effeiochun pristut. Fin Anisi ra uwou aner mongo. Chiener me chon ar piranko mi achocho ne kirekiroch ra churi ewe famini o apasa, “Erenikem ika mei wor mettoch aua tongeni fori ne anisikemi.”

Nge nupwen ei mwan mi mosonoson a churi ewe famini nekunion, a tiki ewe penen asam me nupwen ewe fefin a penu, a chok apasa, “ua war upwe tenu noumi kana suus.” Non fitu owa, unusan ar kana sus mi tun pwe repwe monata ngeni ewe meima. Non ewe Raninifel mwirin an ewe souma we famini mi mommot unukun ewe mwan mi mosonoson non ewe saingon tettenin seia.

Iei mei wor emon mwan mi kofichin apwonueta ew osupwang. Ir me i mi feioch ren an tipe kirekiroch ne iamwir ngenir.

Ifa Usun Upwe Kao Tipe Kirekiroch?

Ekkoch ra feioch ren ewe nifang pwe repwe tipe kirekiroch. Nge ngeni ekkewe mi weires ren, mei wor pworaus mi och. Non ekkewe 30 ier a no, chommong soun kao mi nennengeni tipe kirekiroch. Ikamwo a sokkono ekkewe napanap ra nennengeni ei itenap, napanaper ra tipew pwe tipe mi tufich emon epwe kao tipe kirekiroch.²

Sia tongeni iotek ren ewe nifangen tipe kirekiroch. Pwe epwe anapano, mi pwan auchea pwe sipwe weweochu mokutukutun kirekiroch. Ekkei kapasen aurour chommong mi sinei pwe ir nongonongen tipe kirekiroch.³ Ikamwo napangeni fansoun ekkei mi fis nge sise tipereni pwe mi fis, nupwen sia tipereni a awora ewe tufichin ach fefeita.

1. Weweiti

Pwe sipwe tipe kirekiroch mi auchea sipwe weweiti nonnomun pwan emon. Nupwen sia weweiti nonnomun, mi amachersino ach sipwe weweiti mefier me met chok minne sia tongeni fori pwe sipwe aninnis.

Auseningoch, kapaseis, me auroufengen rer pwan ren ekkoch aramas mi auchea pwe sipwe weweiti nonnomur. Kao usun ekkei pworaus non ekkewe pwan ekkoch pworaus Nongonongen Iamwir:

- “Nimu Mettoch Ekkewe mi Auseningoch Ra Fori,” *Liahona*, June 2018, 6.
- “Aurour usun Met mi Auchea Ngenir,” *Liahona*, Sept. 2018, 6.
- “Sia Angei Aninis ach Sipwe Anisi Ekkoch,” *Liahona*, Oct. 2018, 6.

Nupwen sia achocho ne weweiti, mi auchea sipwe achocho ne weweiti pwisin nonnomun esap minne sipwe chok esisinna pwe mi chok usun nonnomun pwan emon. Ika pwe esap ina, mi tufich sipwe mwanino me repwe mefi sise weweiti nonnomur.

2. Anchang

Non ach achocho ne apwonueta ach pwon mi pin pwe sipwe netipeta ren ekkewe ra netipeta me aururu ekkewe ra mochen aurur, sia tongeni iotek pwe ewe Ngun mi Fel epwe anisikich ach sipwe weweiti mefier emon me ifa usun sia tongeni anisir.⁴

Nupwen sia weweiti nonnomun pwan emon, kich meinisn—ikamwo mi mecheresika ese mecheres—sia tongeni fori ena taison ekkiek me anchangei met sipwe ekieki ika mefi non ena fansoun. Ach weweiti ekkan ekkiek me memmef, fiti emwenian ewe Ngun mi Fel, mi tongeni emweni ach penueni osukosukan nonnomur.

Nupwen sia poputa ne weweiti nonnomun pwan emon me anchangei mefier, mi auchea sisap kapungungawa ir (nengeni Matthew 7:1). Ika sia kapungungaw ifa usun pwan emon a tori nonnomun mi tufich sipwe amawa pwe nonnomun mi esinepato metek.

3. Penu

Ifa usun sia penueni osukosukan pwan emon mi auchea pun mi esinesine ach tipe kirekiroch. Mi wor tepetep napanap minne sia tongeni apworaus ach wewe non pekin kapas me pekin fofor. Mi auchea ach sipwe chechemeni pwe ese namwot pwe sipwe awesano ewe osukosuk. Napangeni fansoun mi namwot sipwe chok ekieta me apochokunata i pwe ese mefi pwe mi chok anaemon. Mi tufich pwe epwe chok wewe pwe sipwe apasa, “Ua pwapwa pwe ka ereniei” ika “ua men noninen. Ina epwe kan metek.”

Non mettoch meinisin ach penu epwe feito seni netipach. Me nupwen mi fich, kopwe tipetekison pwe aramas mi tongeni kuna om apwangapwang me mafen mi tongeni esinepato memefin chiechi mi auchea.

Tingorun Fofor

Nupwen ka ekikei nonnomun ekkewe ka iamwiri, anchangei pwe sia manueni nonnomur me met ka ekkieki epwe anisuk ika ka nom non nour kewe suus.

Iotek pwe kopwe weweiti mefier me apwonueta. Ika-mwo pwe om penu mi mecheres, nge epwe auchea.

JISES KRAIST A IAMWIR REN TIPE KIREKIROCH

Nupwen ewe Chon Amanau a pwa ngeni ekkewe Chon Nifai, A aitir tori I a sinei pwe, non nonnomur iei, rese tongeni weweiti unusan minne I epwe aitir. Nge I a pwan sinei pwe rese mochen I epwe tou senir.

A penu ren an ekkesiwini an aitir ren an apwora-usa ewe kapas allim ngeni an iamwiri ar weiresin futuk—a tingor pwe repwe panato ekkewe mi samau, pechema, chuun, ika mwok. A echikaireta. A pwan iotek wor me iamwiri nour kewe, a pwisin churi emon me emon pwe epwe efeiouchuer.

Met sia tongeni kaeo seni an ewe Chon Amanau we apirun tipe kirekiroch ren an iamwiri ekkewe Chon Nifai?

Pworausen “Nongonongen lamwir” mi fis pwe epwe tongeni anisikich ach sipwe kaeo ach sipwe tumunufengenikich—ese fis ach sipwe ani afa-nafan won ei non ach churi ekkewe sia iamwiri. Nupwen sia poputa ne sineiochu ekkewe sia iamwiri, ewe Ngun mi Fel epwe auroura ngeni kich ach sipwe sinei menni afanafan mi namwot ngenir kapach ngeniach tumunuer me kirekiroch ngeniir.

NOTES

1. Nengeni W. Ickes, *Empathic Accuracy* (1997); me M. L. Hoffman, *Empathy and Moral Development: Implications for Caring and Justice* (2000).
2. Nengeni, ren aweve, Emily Teding van Berkhout me John M. Malouff, “The Efficacy of Empathy Training: A Meta-Analysis of Randomized Controlled Trials,” *Journal of Counseling Psychology* (2016), 63(1), 32–41.
3. Nengeni, ren aweve, Brené Brown, *I Thought It Was Just Me (But It Isn't)* (2008); Theresa Wiseman, “A Concept Analysis of Empathy,” *Journal of Advanced Nursing* (1996), 23, 1162–67; me Ed Neukrug me pwan ekkoch, “Creative and Novel Approaches to Empathy: a Neo-Rogerian Perspective,” *Journal of Mental Health Counseling*, 35(1) (Jan. 2013), 29–42.
4. Nengeni Henry B. Eyring, “The Comforter,” *Liahona*, May 2015, 17–21.